

**Physical skills  
children need to  
develop before  
they can begin to  
write**

### A. Open and close hands one at a time

Suggested activities to develop the skill;

- Throwing and catching a large ball, a small ball, a bean bag or a quilt
- Using plasticine and clay
- Using wet sand play
- Picking up objects of increasing weight
- Squeezing activities

### B. Touch each finger with the thumb of same hand

Suggested activities to develop the skill;

- Tearing tissue paper and newspaper
- Using finger rhymes, finger play and puppets
- Printing
- Threading large and small beads
- Fastening buttons, zips, press studs, Velcro, laces and belts
- Typing and keyboard skills
- Using pegboards



### C. Roll each wrist in turn

Suggested activities to develop the skill;

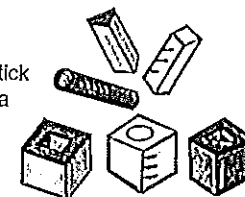
- Rolling out dough, plasticine or clay
- Stirring with a large spoon
- Turning a skipping rope
- Brushing a doll's hair
- Whisking soap suds
- Twirling a hoop
- Shaking a dle or tambourine
- Undoing a screw top jar
- Using a screw driver
- Playing with construction toys, and nuts and bolts



### D. Thread large beads

Suggested activities to develop the skill;

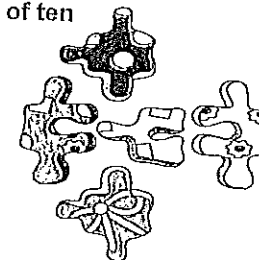
- Threading cardboard tubes onto a rope or stick
- Putting rings or quoits of various sizes onto a peg
- Using large lacing cards
- Winding thread round hooks
- Hanging clothes on pegs



### E. Pick up square bricks and make a tower of ten

Suggested activities to develop the skill;

- Using Duplo
- Posting shapes into a letter box
- Doing simple jigsaw puzzles
- Balancing big bricks
- Stacking beakers



### F. Hold a pencil correctly

Suggested activities to develop the skill;

- Using finger puppets e.g. snapping crocodiles, finger cymbals

