

Before I Learn to Write I Need to be Strong

Learning to write is difficult. There are lots of things I need to learn before I start writing.

Crawl



Crawling helps to build the muscles in my tummy, back, shoulders and arms.

Climb



Climbing and hanging at the park helps me to build my upper body muscles.

Play



Play can help to build my muscles too. Build me an indoor obstacle course. I could move like an animal; try being a crab, bear, bunny or frog.

Help



Helping with housework can build my strength. I could carry a shopping bag, vacuum, sweep up, mop, hang up the washing or water the plants.



Before I Learn to Write I Need to Use My Hands

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Get Messy



Messy play helps me to explore, build my hand muscles and learn to control my fingers. I could try squeezing and rolling playdough, scooping and pouring sand or water, finding toys in jelly or cooked spaghetti.

Play



Play helps to make my hands strong, teaches me how to use my hands together and one finger at a time. I could play with pegs, thread beads, put on a show with finger puppets or sing clapping and finger songs (like Tommy Thumb).

Create



I could build with bricks, make playdough creations, build a jigsaw or create art by ripping and tearing, cutting, gluing and sticking. This helps me to develop hand skills, different grasps and strength.

Help



Helping at home helps me to get strong hands, learn different grasps and how to use tools. I could bake or cook, wash and dry the dishes, load the washing machine, hang up the washing and fold the clothes.



Before I Learn to Write I Need to Scribble and Draw

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Explore



I need to make marks on different surfaces and in different textures. I could draw in sand, dry rice, shaving foam, playdough. I could draw on the ground, on a wall, under a table, on a table, on an easel.

Make Marks



Using different tools to make marks helps me to get strong and practice my grasps. I could use a toy car dipped in paint, a stick to draw in the mud, a wet mop to draw on the garden slabs or pavement (keep them away from the road), a spray bottle filled with coloured water (use food colouring) to draw in the snow.

Colour & Scribble



I need to colour in and scribble to help me learn how to control the marks I am making. I could use chalk, crayons, felt-tip pens, paint and paint brushes.

Draw



I need to draw different lines (straight, wavy, zigzag, spirals, diagonals) and shapes (circles, crosses, squares, triangles). I need to be able to draw these shapes before I can form letters.



Before I Learn to Write I Need to Look at Letters and Words

Learning to write is difficult. There are lots of things I need to learn before I start writing.

Read



I need to look at books with you.
You can point out different
letters and words.

Find



I need to look for letters and
words when we're out and about.
Look at signs, labels etc.

Play



I need to play with letters. Hide
magnetic or foam letters and go on
a letter hunt. Build letters using toy
bricks, rocks, playdough, buttons,
beads or anything else you can find.

Help



I need to know that writing is
important in everyday life. Write
a shopping list or birthday card
with me.

