

Fine Motor & developing mark making at Hillcross



Dough Gym



Finger Gym



Big Art



Wake Up! Shake Up!

Across each term all children will be involved in these adult led activities to help develop their gross and fine motor skills and prepare them for writing.

TYPICAL PENCIL GRASP DEVELOPMENT FOR HANDWRITING

10 Months
Pincer Grasp



12-15 Months
Palmar Supinate Grasp



2-3 Years
Digital Pronate Grasp



3-4 Years
Quadrupod Grasp



3-4 Years
Static Tripod Grasp



5-6 Years
Dynamic Tripod Grasp



How to Help with Pencil Grip

How To Use: The Pencil Grip, The Pinch Grip, The Crossover Grip and The JUMBO Grip.



1. Slide the wider end of the grip on first.
2. Lefties place their thumb on the "L". Righties place their thumb on the "R".
3. Fingers will fall naturally into place with the middle finger on the underside of the grip.

Pinch and Flip

