Writing Programme

I am learning to make marks

I am learning to use my fingers

Warm up

(Can do this to music if appropriate)

* Arm, wrist, finger warm up and awareness – circling, flexing, stretching etc. arms and wrists.
* Opening and closing hands, wiggling fingers etc.

Hand and finger work

Strengthening activity

Choose only one activity each time:

* Tearing paper into strips
* Scrunching newspaper into balls
* Scrunching newspaper into balls then throw the newspaper balls into a basket
* Popping bubbles
* Popping bubble wrap
* Lacing shoe laces into shoes
* Threading/lacing into colander
* Making marks in playdough
* Cutting with scissors
* Rolling playdough into long lengths
* Rolling playdough into small balls

Making Marks - Girls

Mark making in different materials and textures e.g. Gloop, dough, shaving foam, bubbles, sand, porridge, dried lentils, dried peas etc. Pour into a tray and let the girls explore and make marks. Can use any texture or material that you can make marks in

Making Marks – Boys

Write words that the boys are interested in. Could be favourite books, toys, shops, airports. If you can print off maps as they like to follow the roads with their pens. Could also print out familiar shop logos, airport logos etc. Any words that are interesting to the boys.