

## Dress Yourself

Practise getting dressed in your school uniform. Putting on your shoes and coat too. Pay particular attention to your buttons, zips and shoe fastenings because they can be really tricky!



## Snack Time



Can you draw a list of different things you would like to take as a snack for playtime? Think of things which fit in your bag, can be easily eaten whilst you are in the playground and don't take too long to eat. Practise opening different packets, tupperware boxes and peeling fruit so that you can do this easily when it is playtime.

## Pencil Control



Practise your pencil control using the dotted lines. Trace over the lines from left and right, starting from the dots. Maybe ask an adult to make some other dotted lines for you to trace over – it's great practice for your fine motor skills.

## Scrapbook Memories



With an adult collect together photos, pictures and mementoes of important milestones and events in your life so far to share with your new classmates and teachers.

You could make them into a scrapbook. Remember to keep some pages free at the end for your new Primary 1 memories.

## Cambusbarron Primary School



### Transition into Primary 1

### Getting Ready for School Activities

*These are suggested activities and ideas which your child can do in preparation for starting school. Feel free to post any photos to the nursery Facebook page or tweet directly to @cambpsgov for us to share and celebrate learning together!*

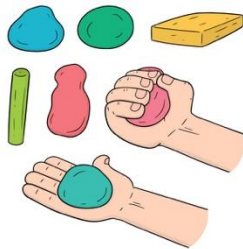
## Label it

Do you recognise your own name? With help from a family member make a sign for your room so you get used to seeing it. Make sure that only the first letter of your name is a capital letter. Can you help an adult to label all the things you will bring to school daily? Remember PE kit, school jumpers, snack boxes, bags and water bottles etc.



## Dough Disco

Follow the instructions for 'Dough Disco' to help develop the muscles in your hands to help your handwriting. Five minutes a day will help you to become happy and successful writers! Give it a go and have some fun.



## Kindness Rocks

Collect smooth rocks, wash them and allow them to dry. Paint designs on your rocks and then apply a sealant over the top (so they don't smudge). Hide them in our woodland classroom and playground so we can go on a hunt for them together when we start school.



## Copy the Pictures



Trace over the top of each picture and then try to copy each one in the box below. Remember to try your hardest to hold your pencil in a tripod grip.

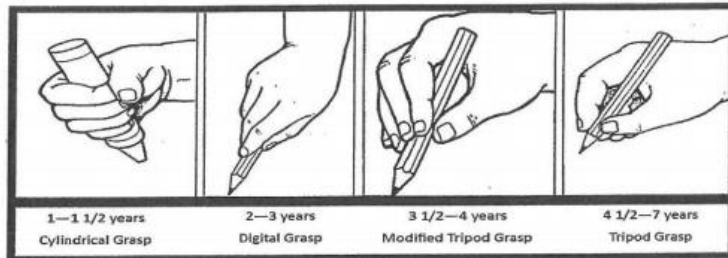
Colour in your pictures afterwards – try to keep within the lines. Can you use all the pictures in one big picture?



# Pencil Grip and Letter Formation

## Helping your child's handwriting

The diagram below illustrates the development of a child's pencil grip. A child will alter their pencil grip as their fine motor control develops.



A good pencil grip is one of the first steps to developing good handwriting skills. The correct pencil grip will allow your child, in time, to develop quick and smooth handwriting. Each letter needs to be formed correctly as they will later learn joined-up (cursive) writing. Cursive handwriting helps the fluency of writing and improves spelling. When words are written in one movement it is easier to remember the spelling correctly.

## The Tripod grip

The pencil should be held in the 'tripod' grip between the thumb and first two fingers. The pencil rests on the first joint of the middle finger with the thumb and index fingers holding the pencil in place. The grip is the same for both left and right handed children.



a b c d e f g h i j k l m  
n o p q r s t u v w x y z

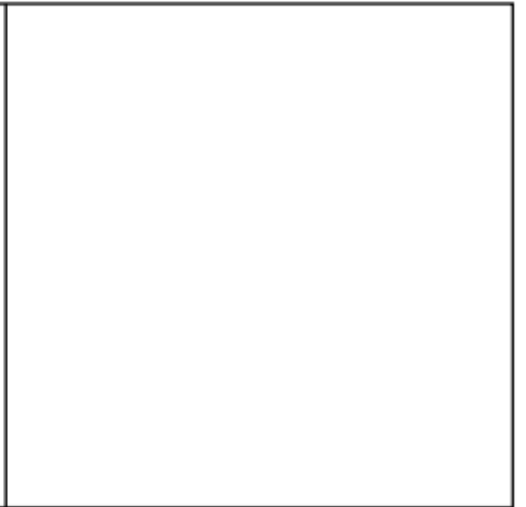
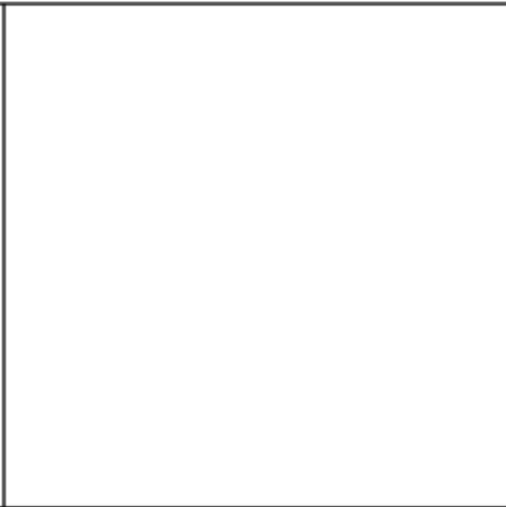
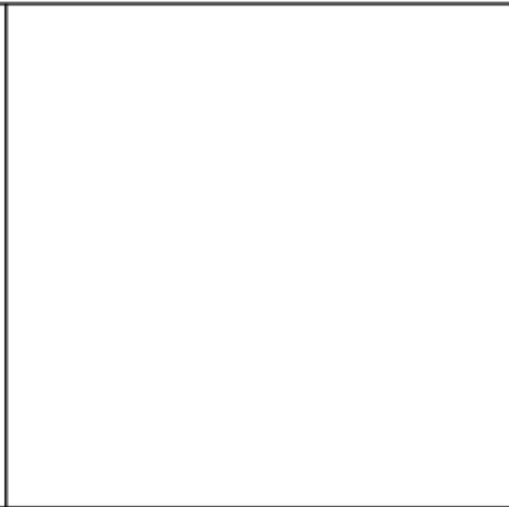
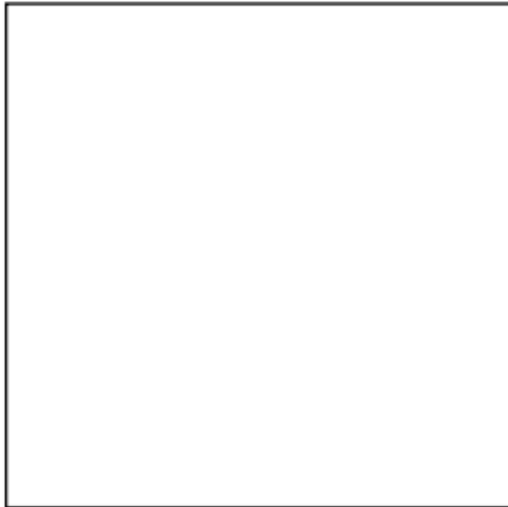
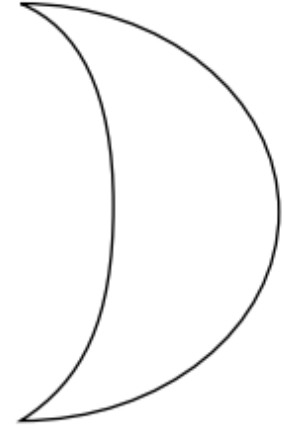
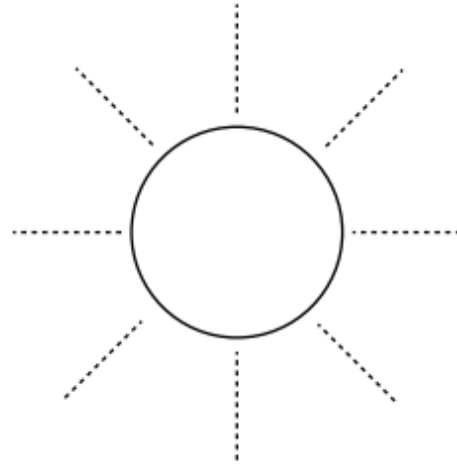
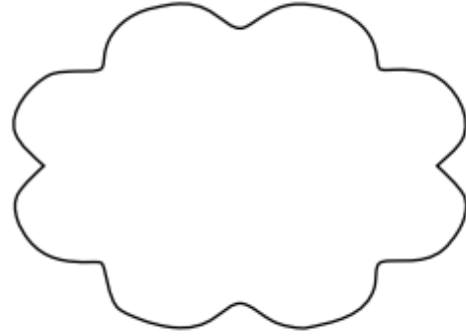
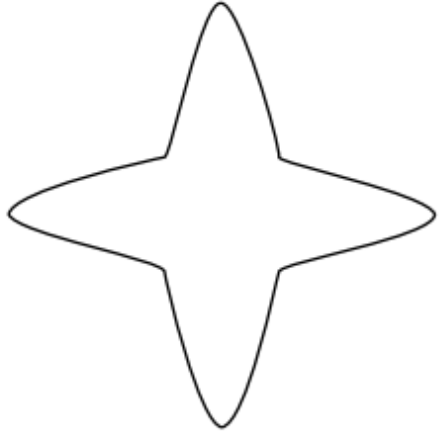
A B C D E F G H I J K L M N  
O P Q R S T U V W X Y Z

Start from the dots and carefully trace over the lines from left to right.

# Pencil Control



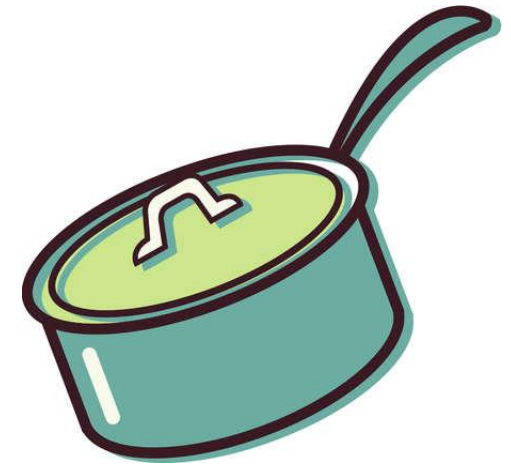
# Copy the Pictures



# Play Dough Recipe

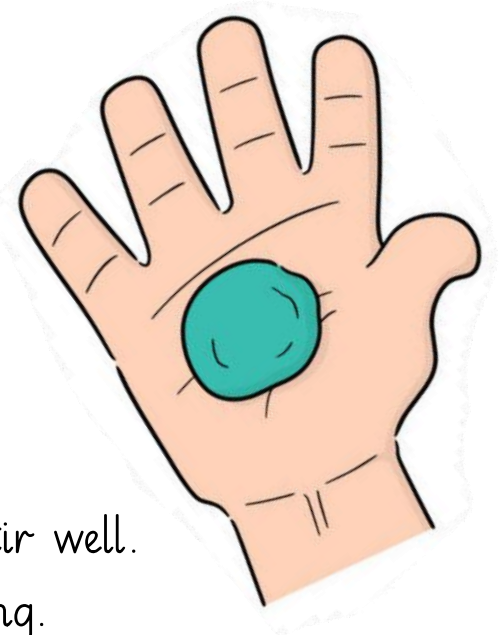
## Ingredients:

- 1 cup of salt
- 2 cups of water
- 2 tablespoons of cream of tartar
- 2 cups of flour
- 2 tablespoons of oil
- Food colouring



## Directions:

1. Mix the flour, salt, cream of tartar and oil in a pan.
2. Mix the water with the food colouring.
3. Add the water and food colouring mix to the other ingredients, stir well.
4. Cook on a medium heat for 4-5 minutes, whilst constantly stirring.
5. When the mixture becomes "doughy" remove from the heat and start kneading (the dough will be hot, so be careful).
6. When desired texture is achieved, the play dough is finished – enjoy!



# Dough Disco Moves

Roll the dough into a ball using both hands.



Poke the dough with each finger and thumb in turn to make the holes in the dough. Make sure you swap hands so all fingers and thumbs are used. Extend by using the names of fingers and thumb:

- Tomb Thumb
- Peter Pointer
- Toby Tall
- Ruby Ring
- Baby Small



Squeeze the dough with all the fingers and thumb using fist grip one hand at a time.



## Sausage

Roll the play dough between both hands moving backwards and forwards to make a sausage.



## Pancake

Hold the play dough in one hand and push the other hand flat into the play dough. Repeat this until the dough is flatter.



## Pinch

Hold the play dough in one hand and use Tomb Thumb and Peter Pointer to pinch the dough. Then swap hands and repeat.

