

# Kinetic Letters<sup>®</sup>

## Helping your child at home with writing

### Making bodies stronger

Lie on tummy on the floor to read, write, play on electronic games, watch TV

Sit on the floor to play

Chair push-ups, pull-ups on monkey bars, the plank

Using scissors, knives and forks, playing clapping games

Using playdough and plasticine – rolling, pinching, squeezing using different parts of the hand

### Holding the pencil

Practice picking it up

Learn and practice the Pencil Checks

Use optimal sizes and shapes of writing tools (small diameter with triangular cross sections)

### Learning the letters and their families

#### *Lower-case letters*

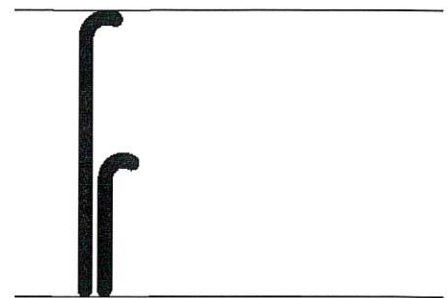
|                       |               |
|-----------------------|---------------|
| Jumper Family         | h n m b r p   |
| Abracadabra Family    | c a o d s q g |
| Window Cleaner Family | l t i u       |
| Fisher Family         | y j f g       |
| Squirter              | e             |
| Slider family         | k v w x z     |

#### *Upper-case letters*

|                         |                   |
|-------------------------|-------------------|
| Straight lined group    | I L E F H T       |
| Curved line group       | C O S G Q         |
| Lines with Curves group | D P B R J U       |
| Sliding lines group     | A M N K W V Z X Y |

### Using the tree

When practising writing, use a writing line and the tree symbol to give a guide for both where the letters start and their proportions.



[www.kineticletters.com](http://www.kineticletters.com)

# Making bodies stronger - Working/Listening Positions



**Gorilla**



**Penguin**



**Lizard**



**Meerkat**



**Stone Lion**

# Making Bodies Stronger: The Plank, Chair push-ups



**The Plank**

**How many?  
How long?**



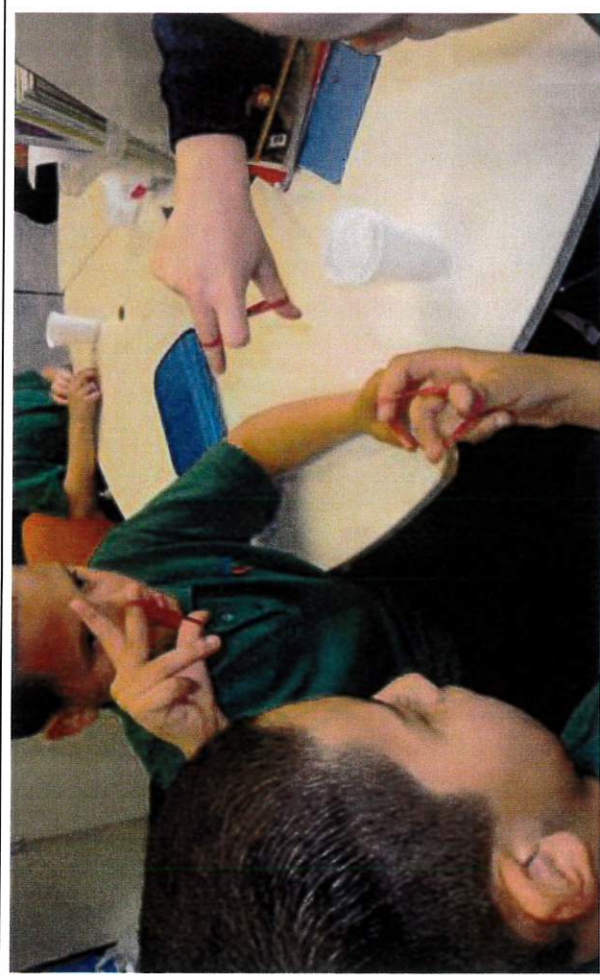
**Chair push-ups**

**Making bodies stronger: - Forearms and wrists -**  
**Crawling activities and clapping games**

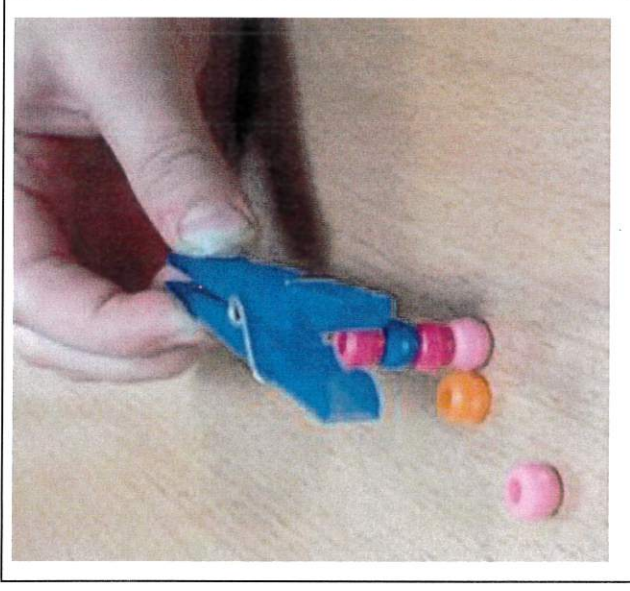


**How quick?**  
**How complicated?**

## Fingers – Using pegs and bands



How long?



How accurate?