



Here's a list of skills that all children need before they can learn to write:

Skills	Practical ideas
Body and spatial awareness	<ul style="list-style-type: none">• Opportunity to play outside, to make dens, climb in and out of different size spaces, climb trees and play hide and seek•
Lateral and bilateral co-ordination; using two hands together effectively, one to hold pencil and the other to stabilise the page	<ul style="list-style-type: none">• Opportunity to use one hand and two hands to complete tasks such as building with construction toys• Using scissors and painting using rollers• Large loose part play• Climbing
Visual perception, visual motor integration and form and space perception which are needed to recognize letters/ words/ and position words on paper	<ul style="list-style-type: none">• Playing outside and having opportunity to strengthen the use of the eyes by looking and focusing on things at different distances.• Play with squirt guns to hit a balloon target.• Bats and balls/ bean bag in the bucket/ skittles• Eye spy games in the environment and in books• Movements to support vestibular such as spinning, sliding, rolling, up and down movements; such as see-saw and trampoline

<p>Postural stability; without this children may slump at table or keep their head close to their paper or sit on their feet</p>	<ul style="list-style-type: none"> • Scooter board activities on the tummy • Moving like different animals: slithering snake, crawling cat, moving like a lizard etc. • Climbing
<p>Hand-eye coordination</p>	<ul style="list-style-type: none"> • Puzzles, threading, weaving, wood work bench
<p>Sensory integration including how much strength require to hold the pencil to write (proprioception)</p>	<ul style="list-style-type: none"> • Opportunity to lift, pull, push and carry things that cause resistance such as: • Large loose parts • Wheel barrows • Rolling logs • Climbing and hanging
<p>Attention, focus and motivation</p>	<ul style="list-style-type: none"> • Opportunity to move regularly in a range of different ways • Heavy work activities (as above) • Games to support attention and concentration such as 'Kims Game' and memory games with increasing steps • Model writing in lots of fun and engaging ways!