

# Writing Workshop – Reception







## Simple ways to improve your child's pencil grip.

### Play Dough – Excellent for improving fine motor control

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- gel food colouring (optional)
- few drops glycerine (my secret ingredient for stretch and shine!) – Mix all ingredients together

### Other Ideas for Messy Play which will improve fine motor control.

Activities	Method	Vocabulary
	Put rice in a tray and let your child trace letters in it with their finger. Start with letters in their name.	<ul style="list-style-type: none"> <li>• letter sounds always use lower case, except for the first letter of their name.</li> <li>• trace</li> <li>• soft</li> <li>• crunchy</li> <li>• smooth</li> <li>• up, down, round</li> <li>•</li> </ul>
	Put any dried pulses or grains on a tray and let your child trace letters in it with their finger. Start with letters in their name.	
	As above but use shaving foam.	
	Whiteboard and marker pens.	