



Below are practice ideas to help your child prepare for Senior Kindergarten. Your child should now be showing a hand preference. Encourage starting and finishing an activity with the same hand. It is beneficial to demonstrate and then watch as your child completes the below activities.

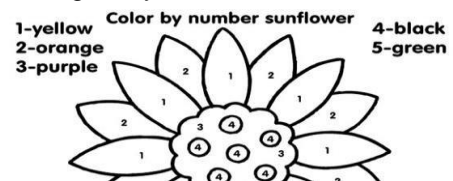
Pencil Grasp:

- Pinch the pencil with thumb, index and middle fingers.
- Pencil should rest in the web space at the base of the thumb.
- A great way to practice this grasp is colouring with short (broken) crayons.



Drawing and Colouring:

- Draw using simple lines and shapes (o □ +).
- Add details to pictures (hair, hands, stripes, etc.).
- Try step-by-step drawing using simple shapes to make designs (adult draws a circle, then the child draws a circle; keep adding one step at a time to make a person, animal, etc.).
- Colour using many colours in smaller areas.



Cutting:

- Cut along straight lines and large circles, use ½ cm wide lines for easier targeting.
- Practice on smaller sized and thicker paper (construction paper, cardstock, paint colour cards, etc.).
- Keep elbows "glued to sides" and thumbs up on the scissors and the paper.
- **Right-handed** children should cut in a **counter-clockwise** direction.
- **Left-handed** children should cut in a **clockwise** direction.



Printing:

- Form letters using playdough, Wikki Stix, yarn, etc.
- Carve letters in flattened playdough, sand, etc.
- Draw letters using sidewalk chalk.
- Finger trace along letter cards, sandpaper cut-outs, or glitter glue cards using a top-down movement and the same pattern each time.
- A clear starting point and proper formations are important. A green dot for go and numbered arrows may be helpful.



Workbook Suggestions for Printing Practice:

1. Learning Without Tears (www.lwtears.com): workbooks available for purchase in both English and French.
2. Printing Like a Pro!: printing practice sheets can be downloaded for free in both English and French (<http://www.childdevelopment.ca/SchoolAgeTherapy/SchoolAgeTherapyClassResources.aspx>).

