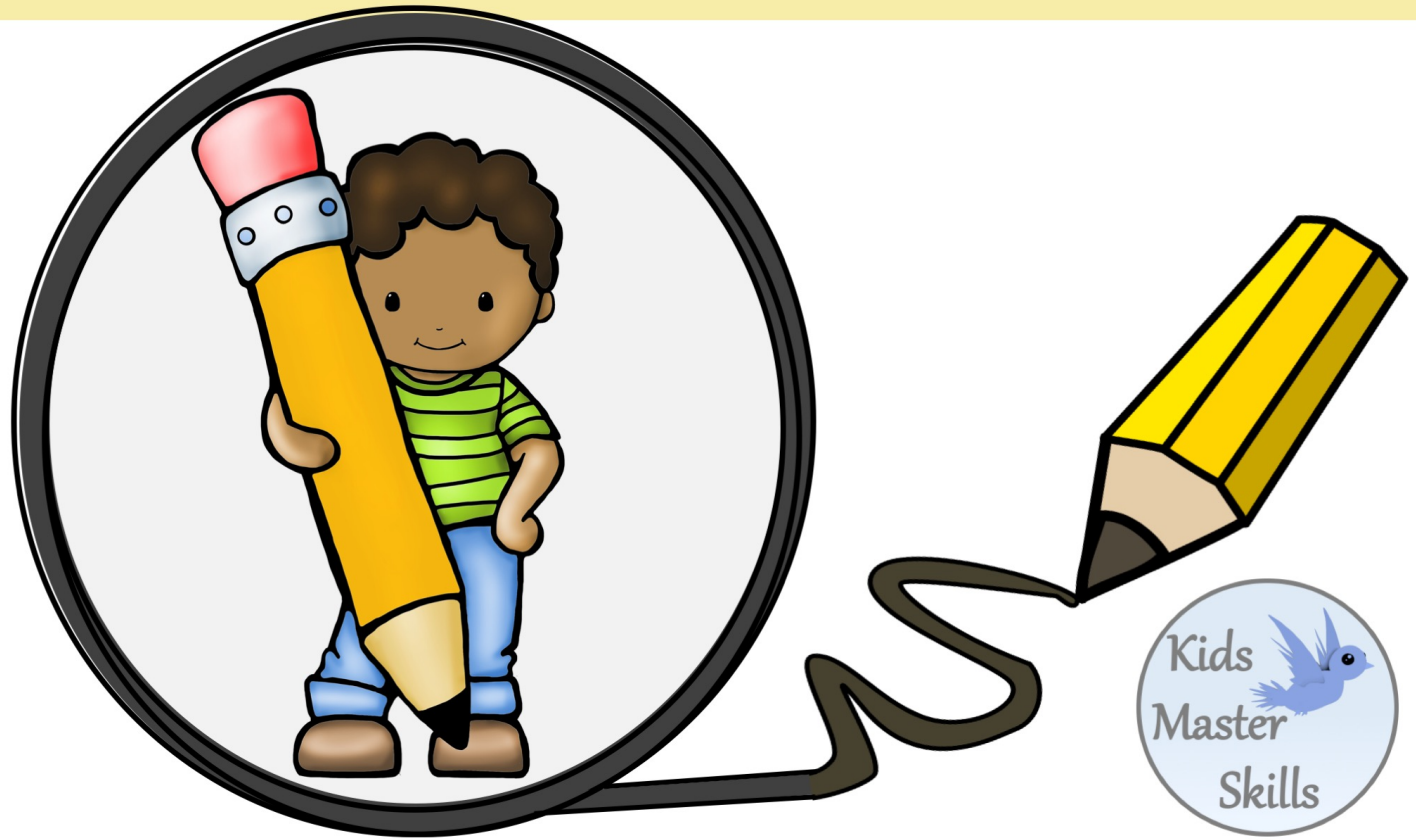


Kids Master Skills® Take Home Packet



Pencil Control

All About This Resource

What is Pencil Control?



Pencil control is the efficient manipulation of a pencil in a child's hand. It requires fluid motor control for straight lines and turns, mastery of starting and stopping strokes, and command of very small precision movements. Pencil control emerges after a child has developed adequate hand, forearm, and shoulder strength as well as a functional pencil grasp.

Why Such Little Focus on Tracing in this Resource?



Kids learn letters by mastering the kinesthetic “feel” or the “motor plan” for writing strokes. These strokes include vertical and horizontal lines, circles, up/down bumps, sideways bumps, diagonals, and weaving. When tracing, a child focuses on staying on the line. He isn't learning a writing stroke, such as a circle. Even if writing strokes aren't perfect, practice strokes without tracing to help kids get ready to eventually master letters.

What Activities Help Develop Pencil Control?



A variety of fine motor activities help develop the hand strength and coordination for pencil control. These include cutting with scissors, working clothespins, using push pins or a hole punch, lacing cards, pegboards, geoboards, and even opening/closing containers. At home or school, post a list of favorite fine motor activities on a wall, and encourage kids to practice one or two of these daily.

Why Use a Vertical Surface?



Writing, drawing, and coloring on a vertical surface helps children in many ways. First, kids use an extended wrist, and this places fingers in the correct position for writing. Also, working on a vertical surface is great for strengthening and stabilizing kids' shoulders – important for handwriting. Finally, a vertical surface puts work directly within the line of vision, making it easier for kids to see the strokes they are making.

How to Use This Resource?

Follow These Directions:

1- Finger First!

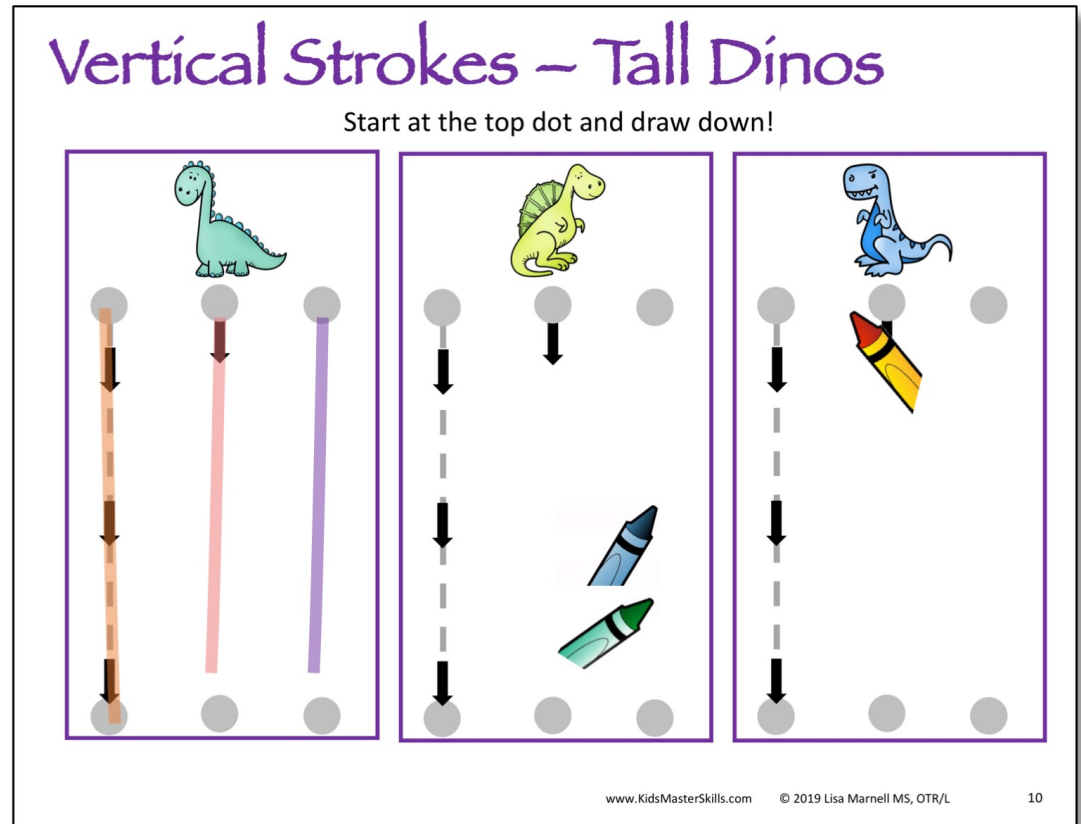
- Have a child use his or her Finger First to make pencil strokes. Starting by using only a finger allows a child to focus on the strokes, not on manipulating the pencil.
- Why? Holding and manipulating a pencil can be challenging. We want to introduce each pencil control stroke in the simplest way possible. Children should understand and master the pencil movements first.

2- Rainbow Strokes!

- Have a child make writing strokes with short crayon pieces. Using short (1 to 1½ inch) crayons promotes proper thumb and finger placement and a better pencil grasp.

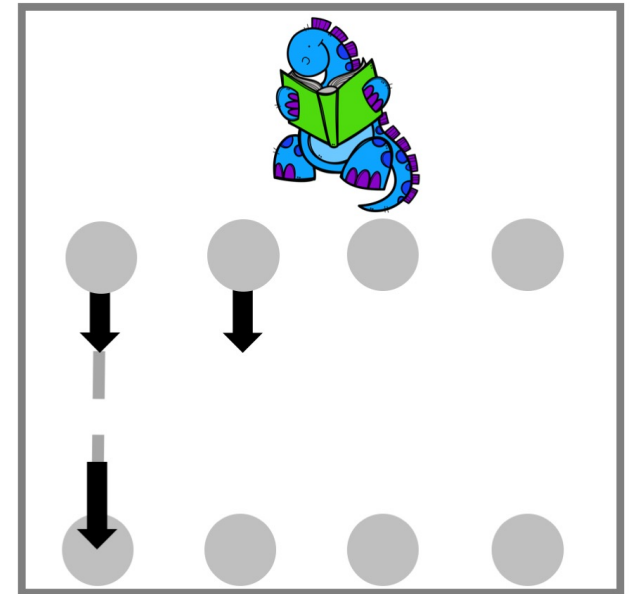
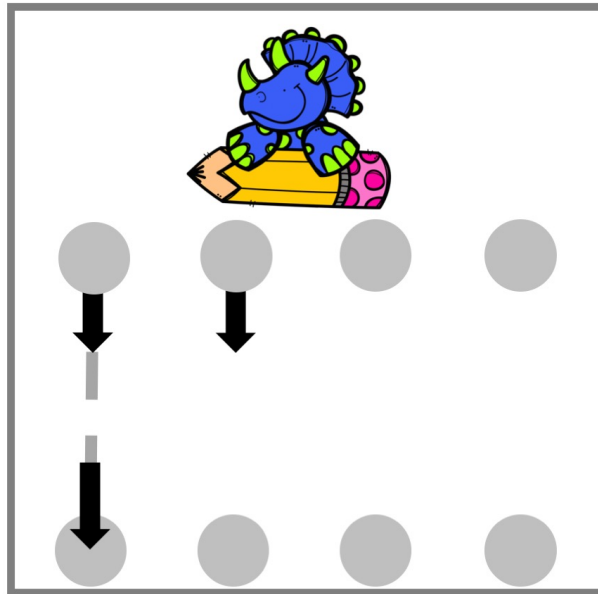
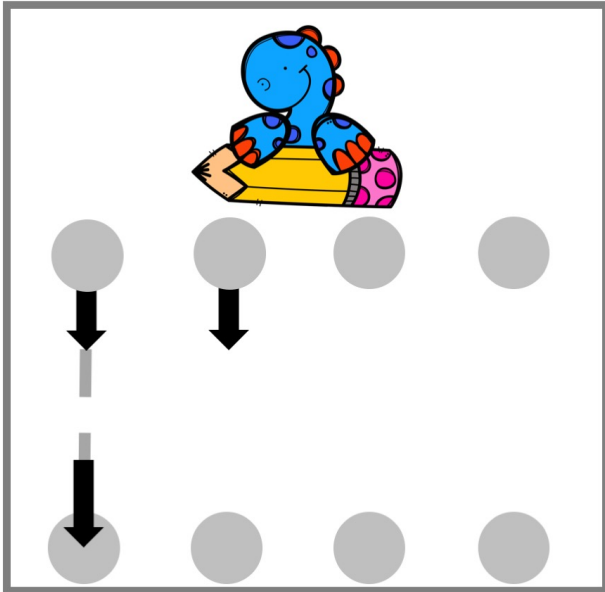
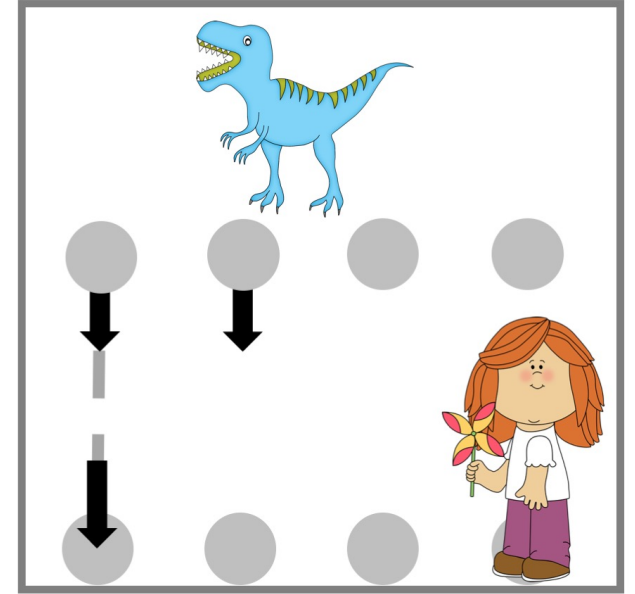
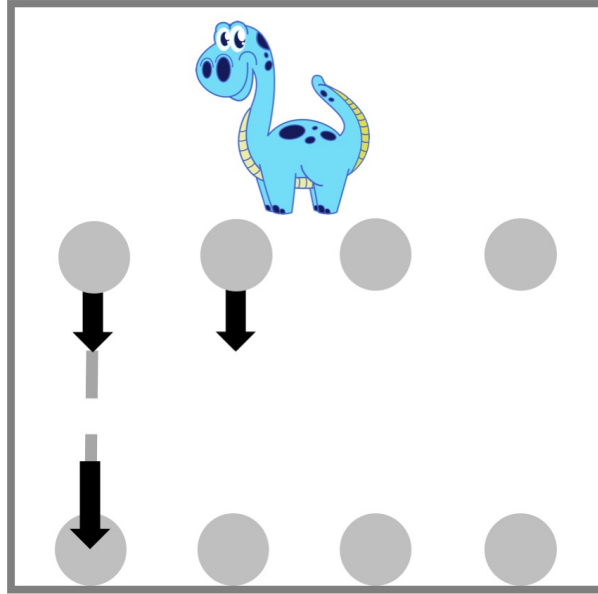
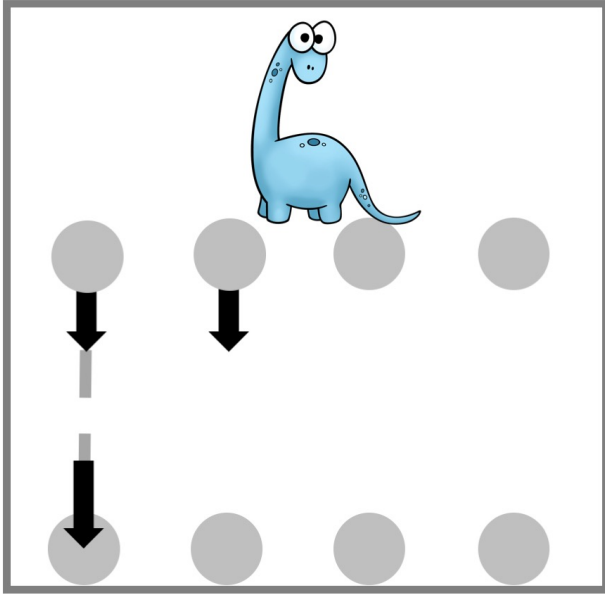
Try These Variations!

- Practice pages in this workbook using different writing tools. This helps build pencil control. Try wide crayons, ball-shaped crayons, paintbrushes, fingers and finger paint, Q-tips cut in half and dipped in paint, cotton balls dipped in paint, stamps and ink, and more!
- Have children work on a vertical surface. Tape these pages onto a wall and participate this way. Working on a vertical surface builds shoulder and arm strength, tilts the wrist back to promote a better pencil grasp, and is visually less challenging for kids.



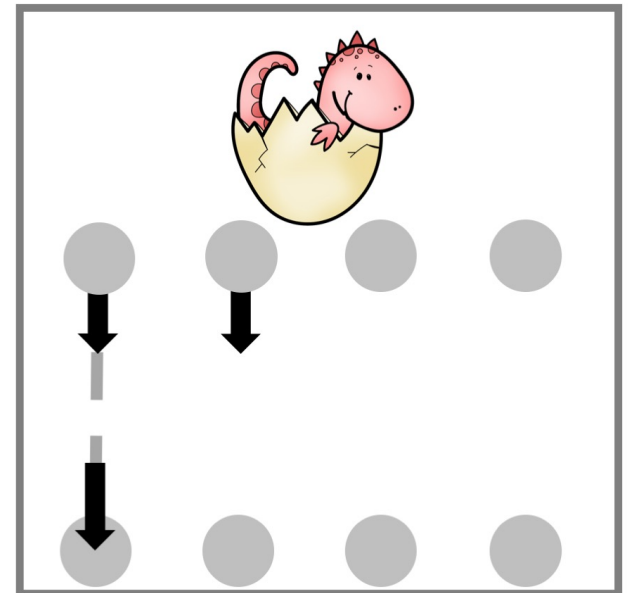
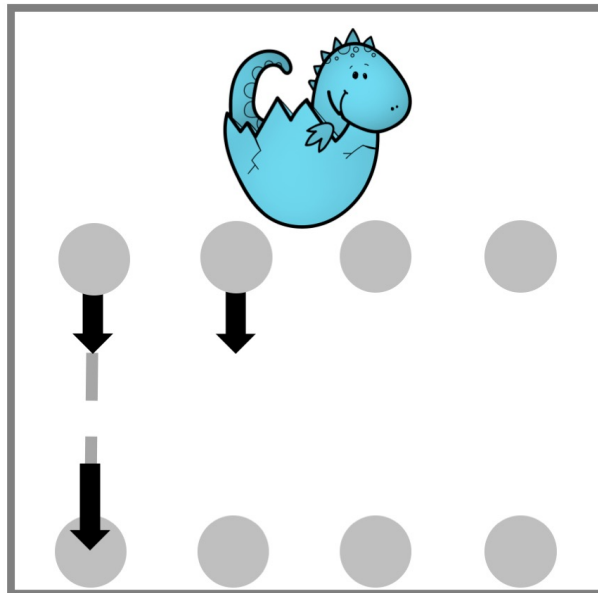
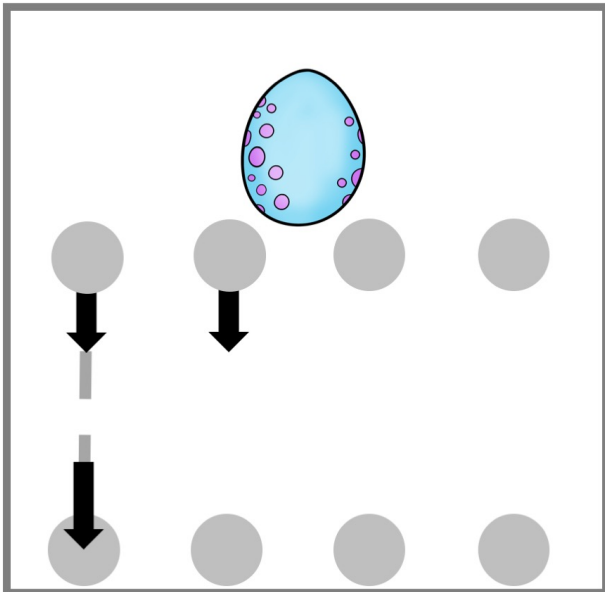
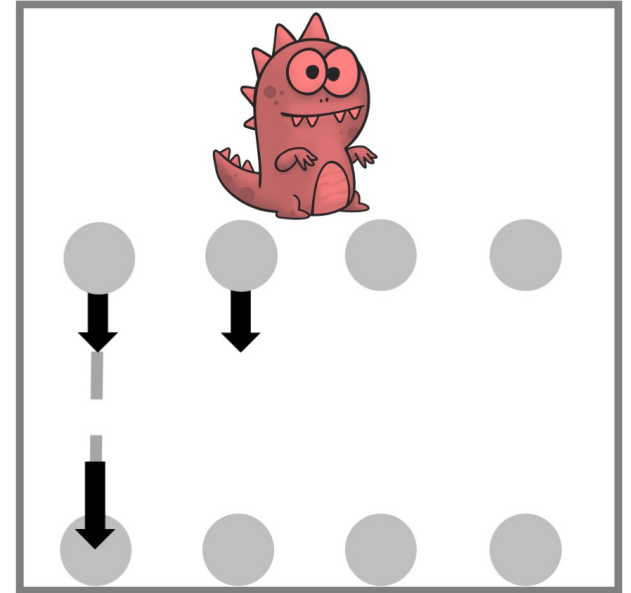
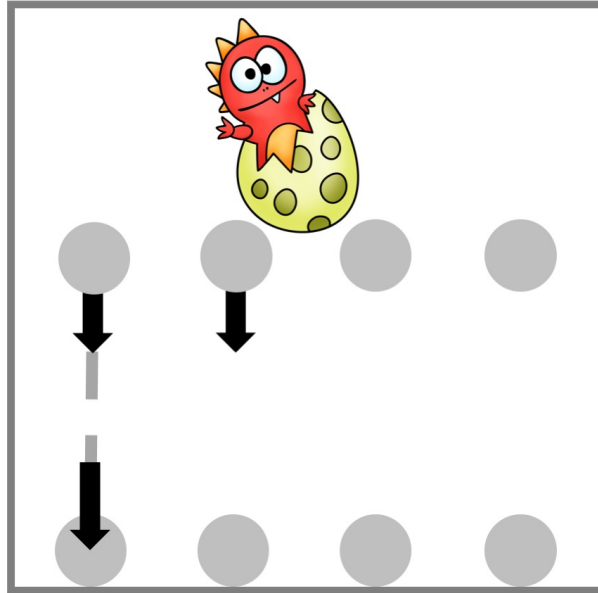
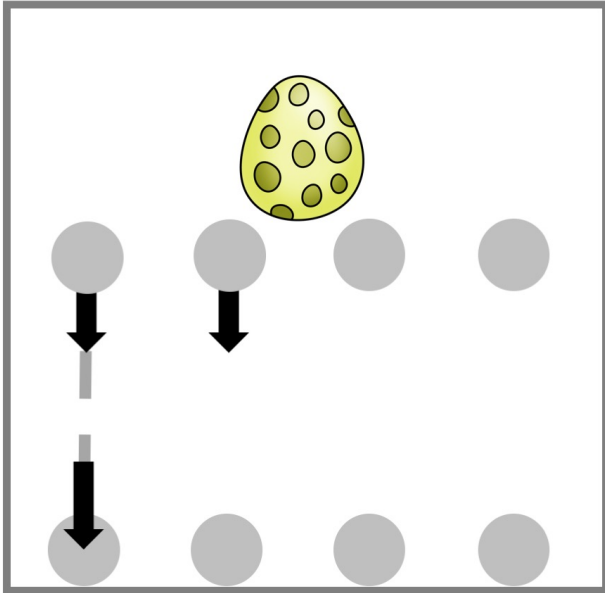
Vertical Strokes – Blue Dinos

Start at the top dot and draw down!



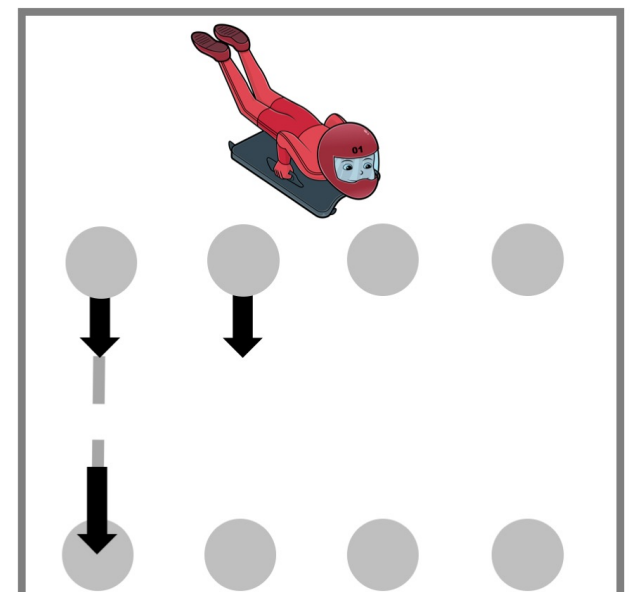
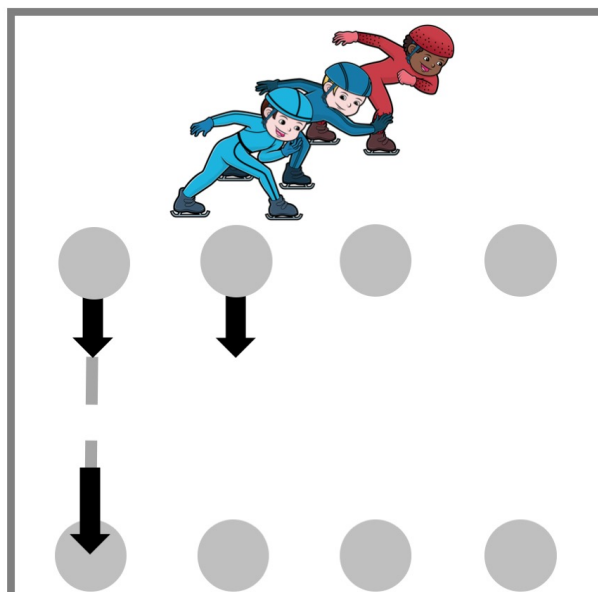
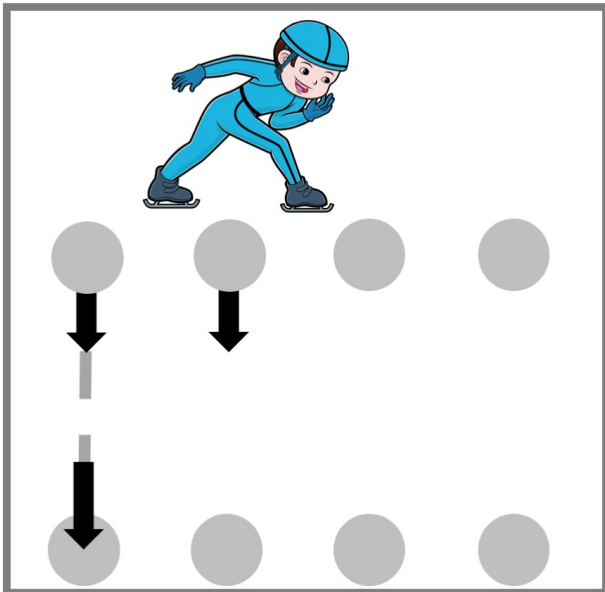
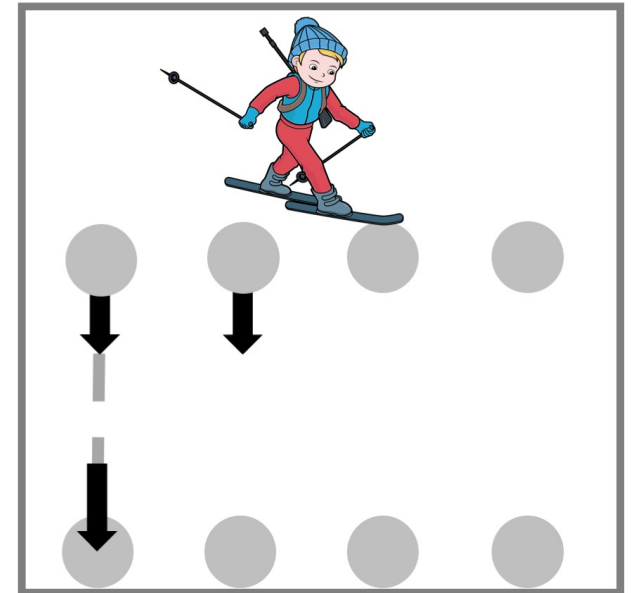
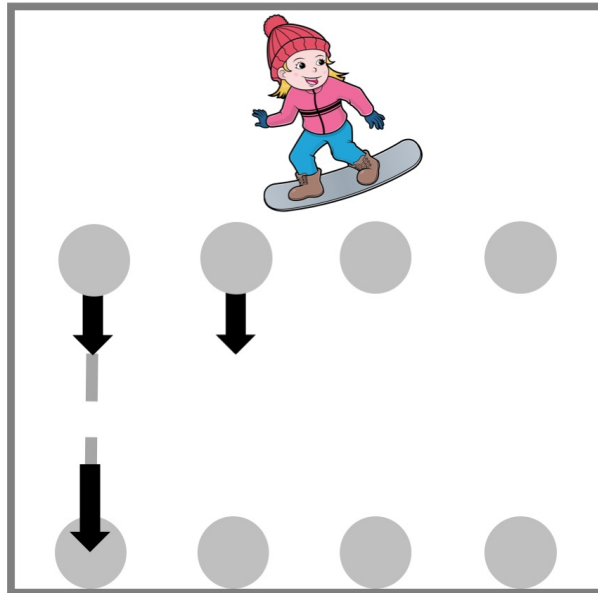
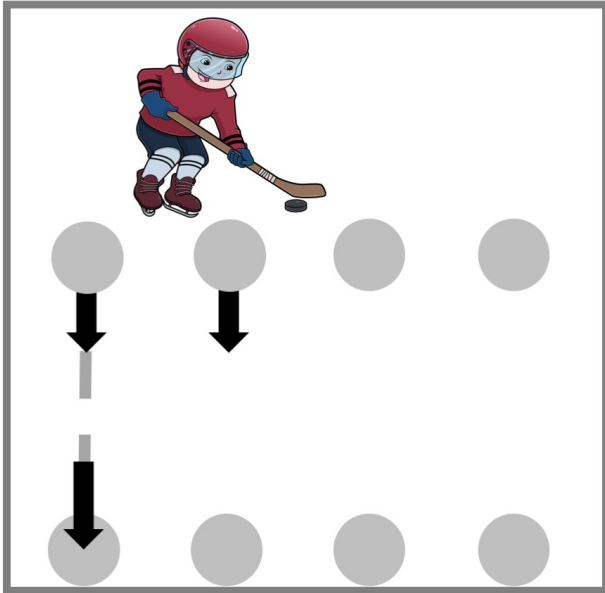
Vertical Strokes – Baby Dinosaurs

Start at the top dot and draw down!



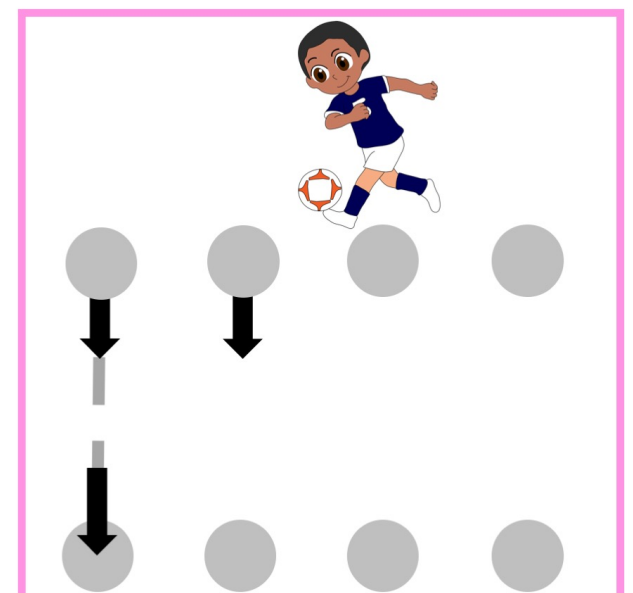
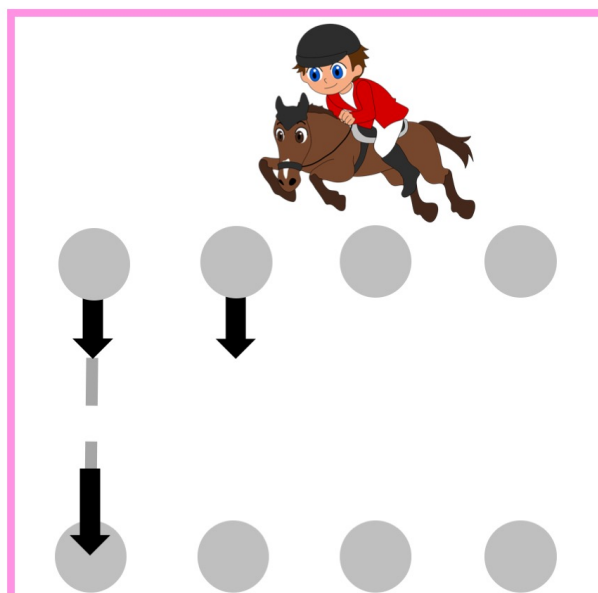
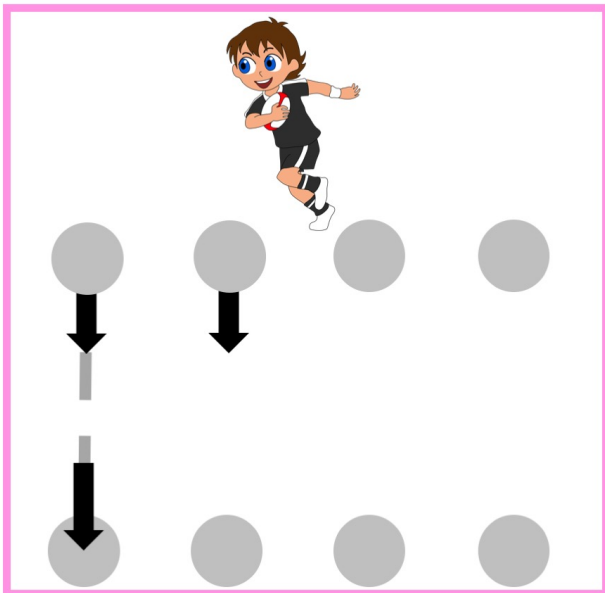
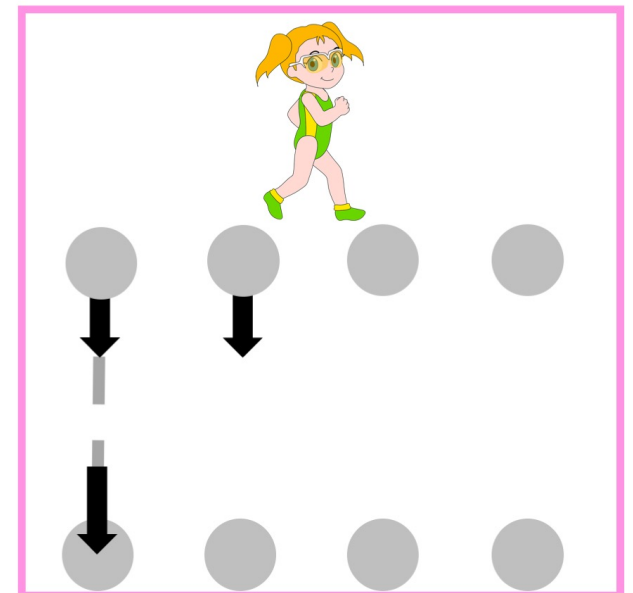
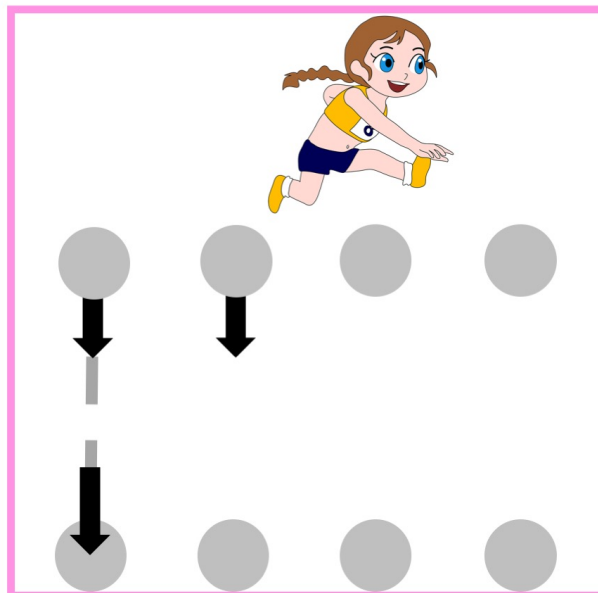
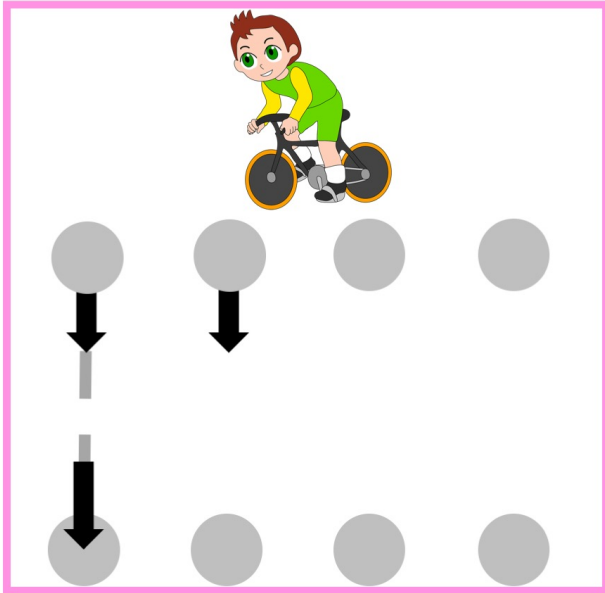
Vertical Strokes – Winter Sports

Start at the top dot and draw down!



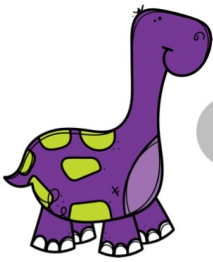



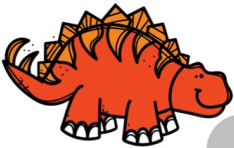







Vertical Strokes – Speed!





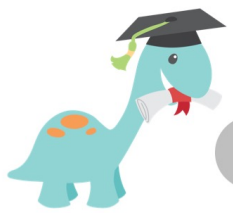







Start at the top dot and draw down!



Horizontal Strokes: Happy Dinos

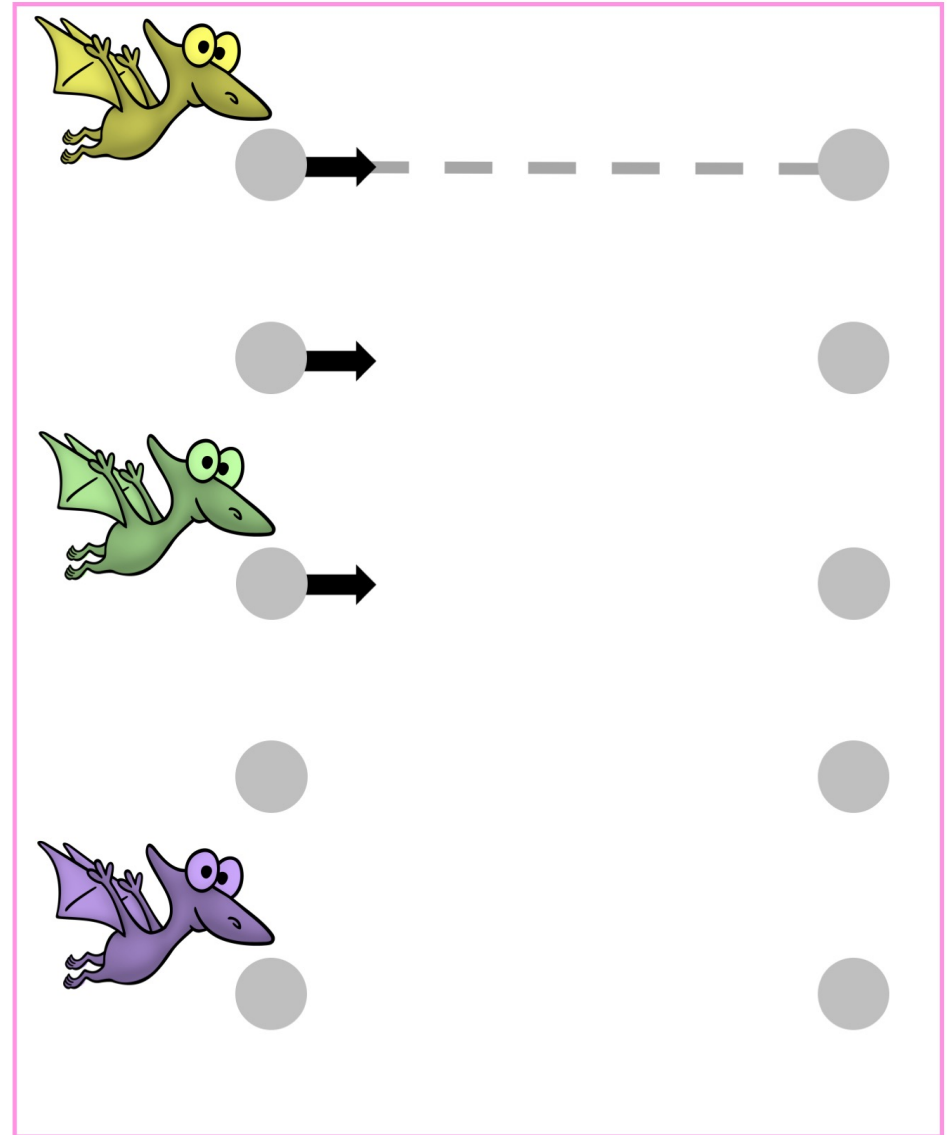
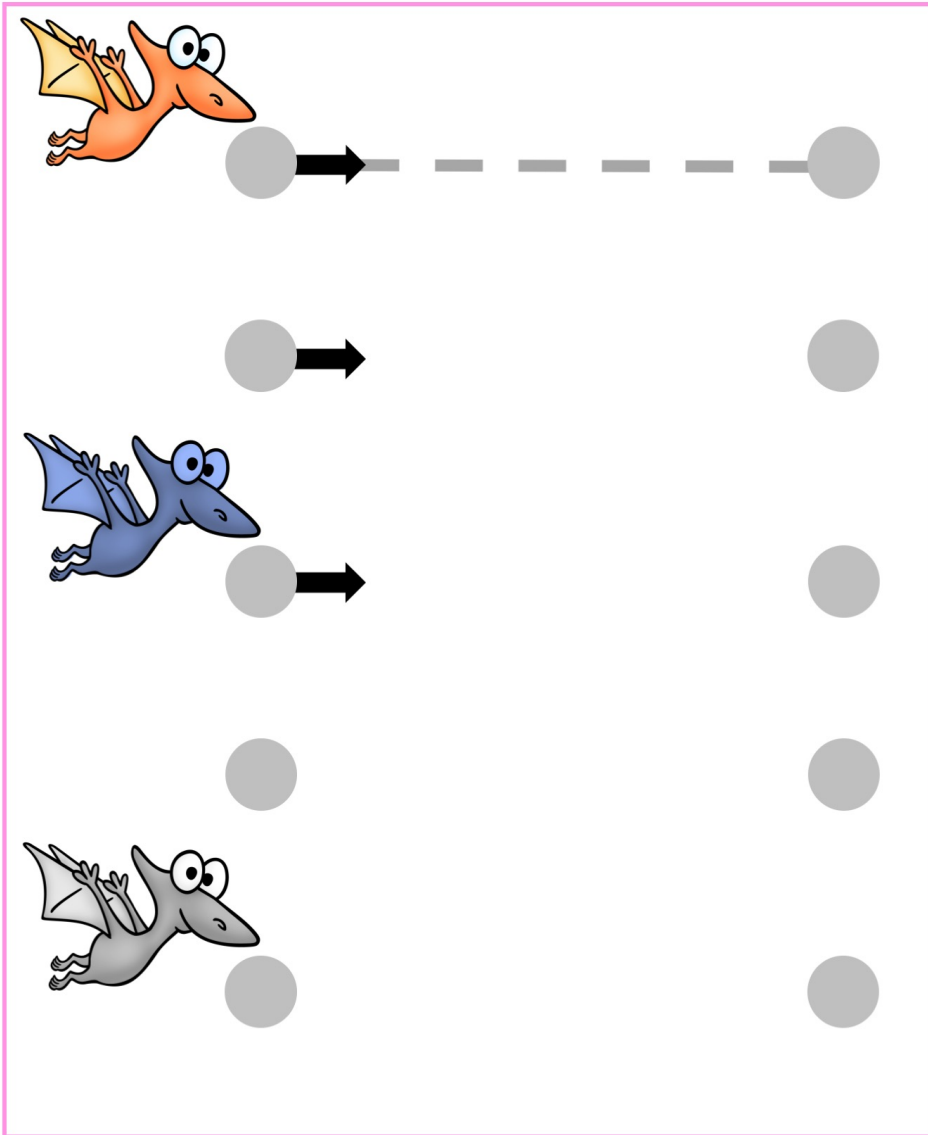
Start at the dot on the left and draw to the right!

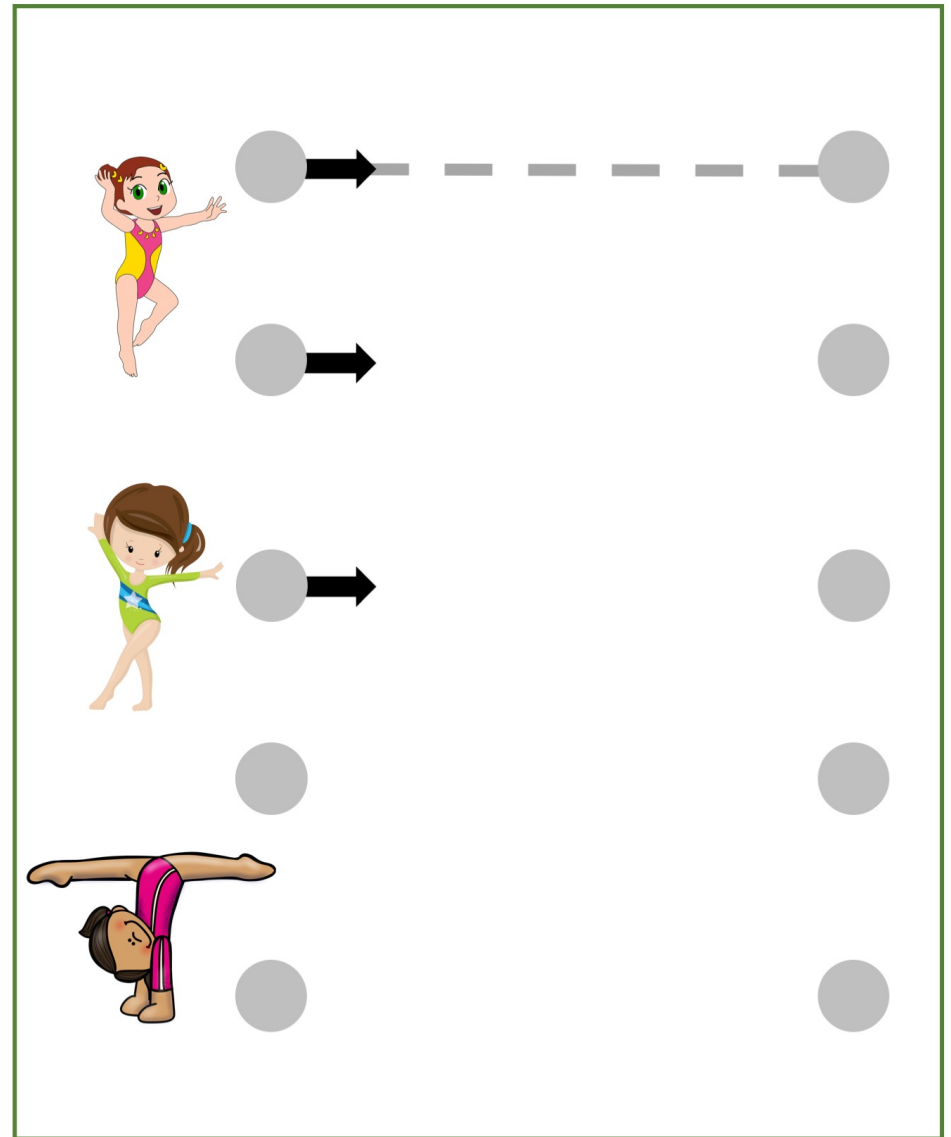
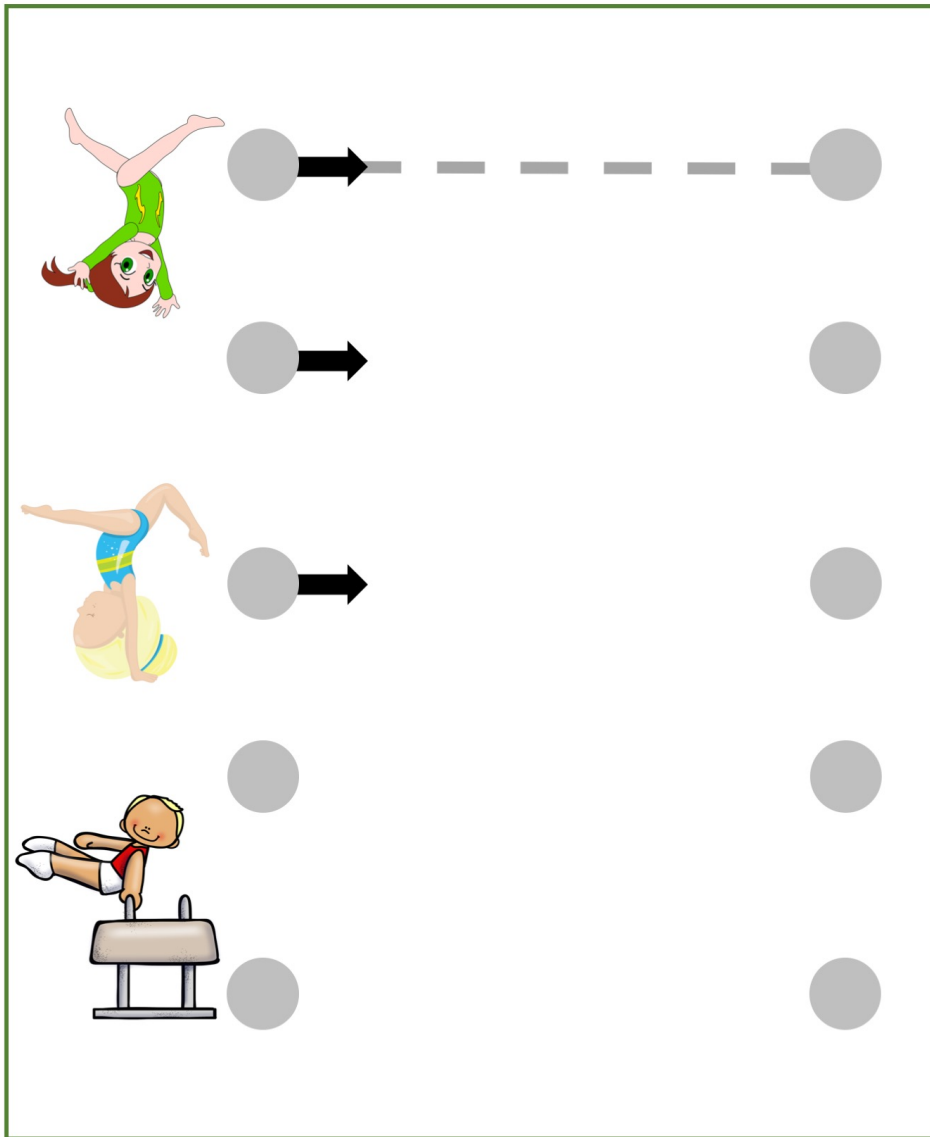
Horizontal Strokes: Flying Dinos

Start at the dot on the left and draw to the right!



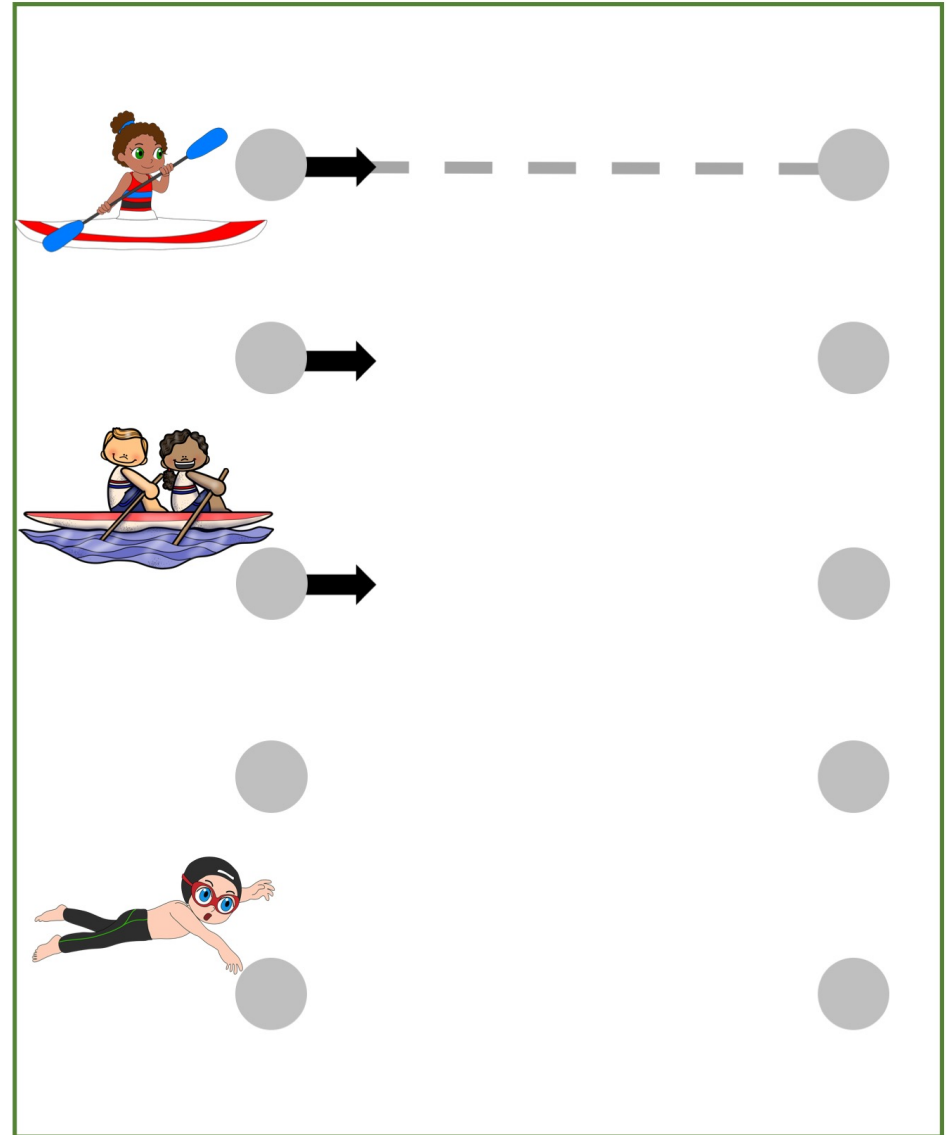
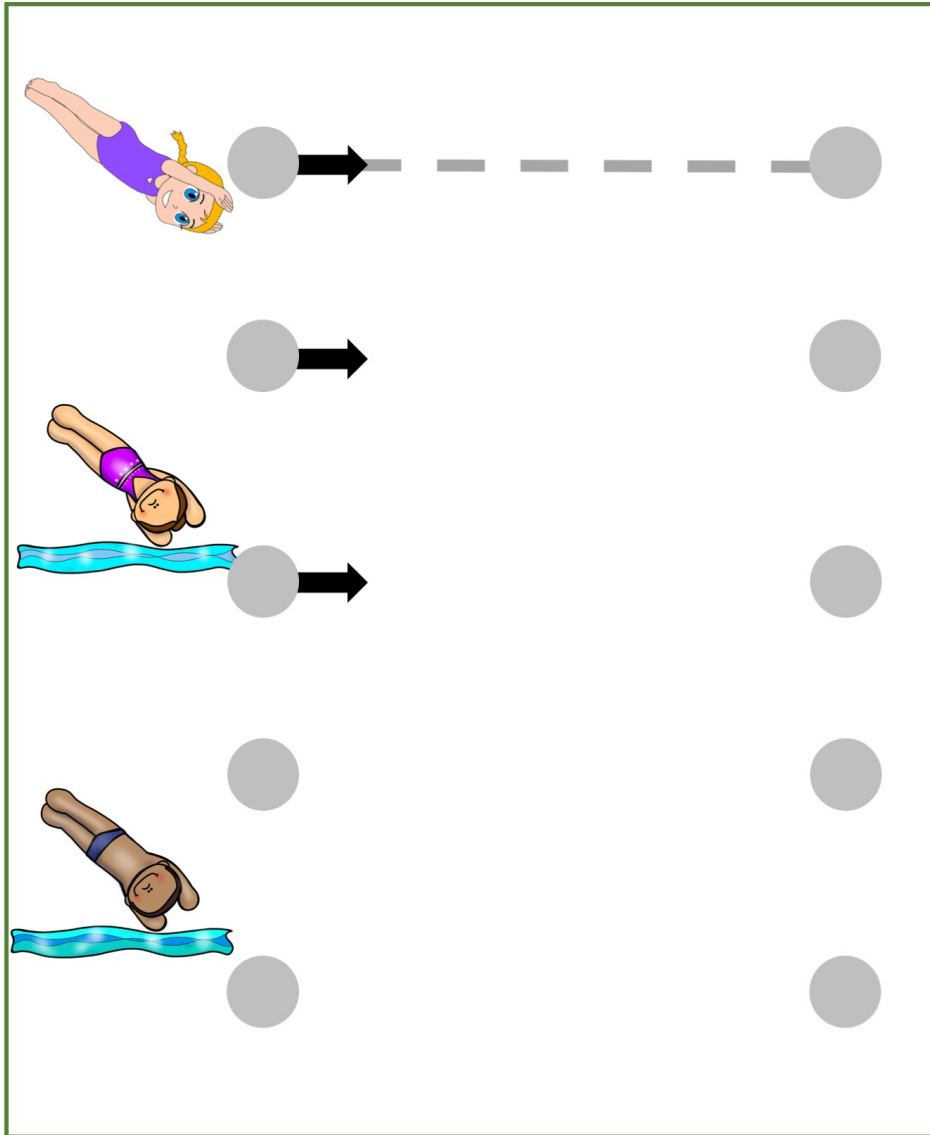
Horizontal Strokes: Gymnastics

Start at the dot on the left and draw to the right!



Horizontal Strokes: Water Sports

Start at the dot on the left and draw to the right!



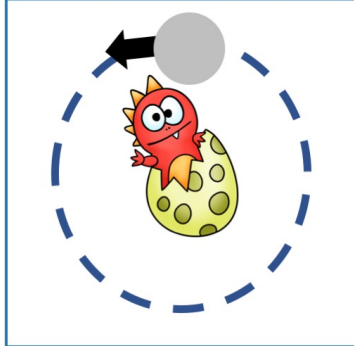
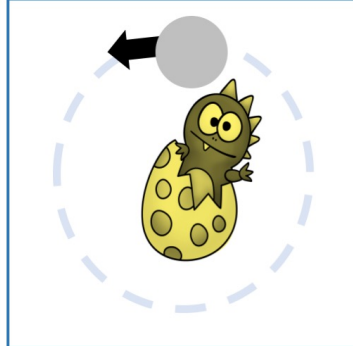
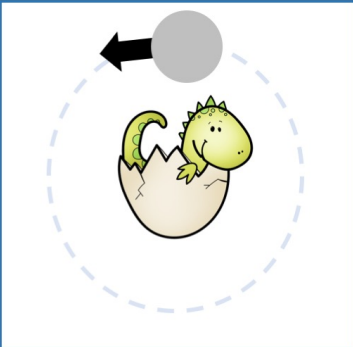
Circle Strokes: Blue Dinos

Start at the dot and draw to the left to make a circle!

Circle Strokes: Baby Dinosaurs

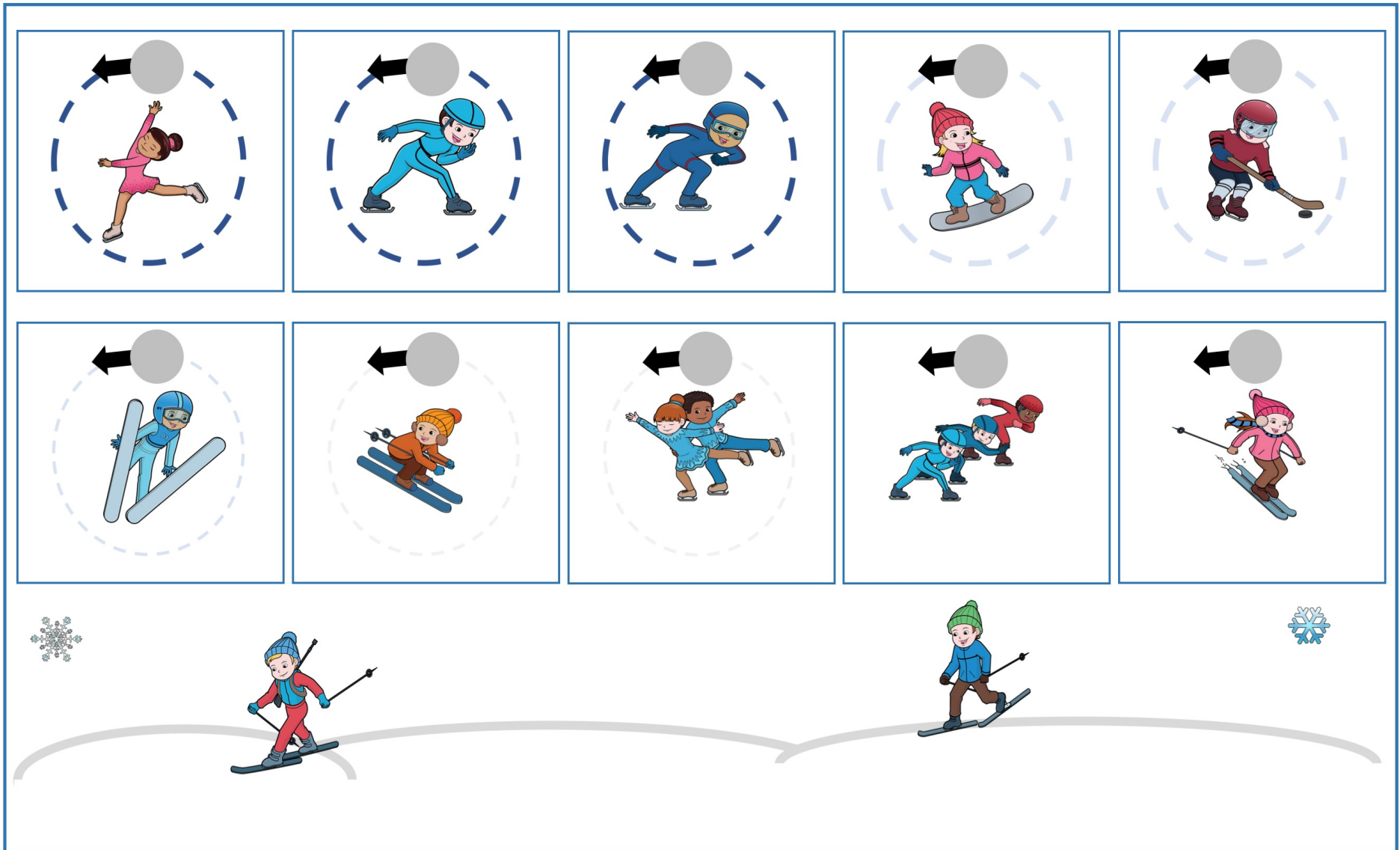
Start at the dot and draw to the left to make a circle!



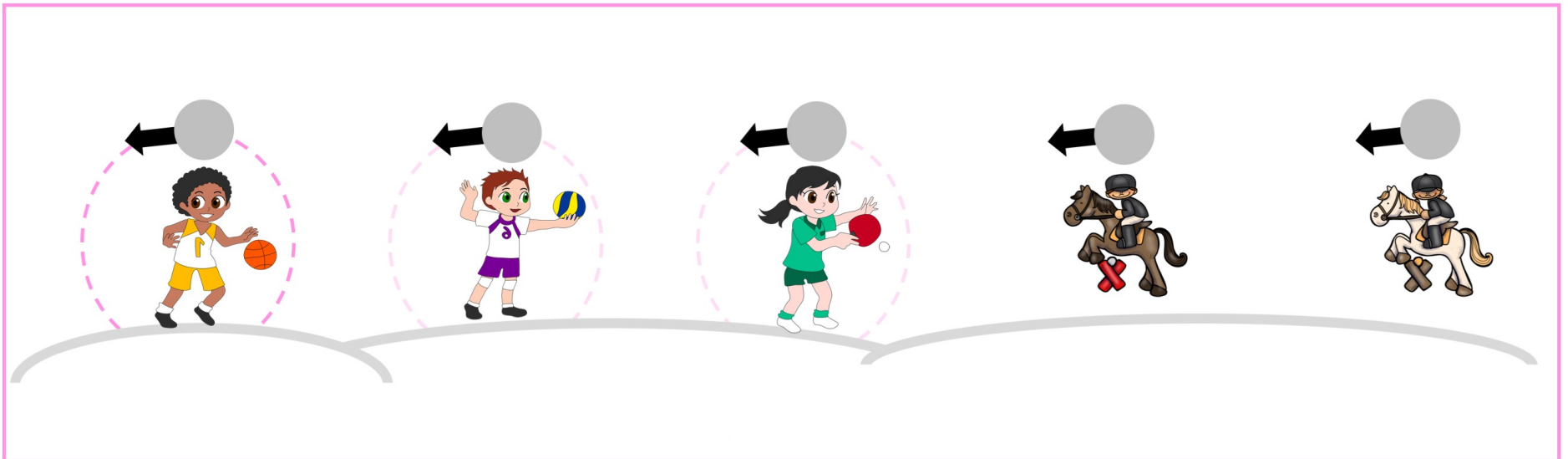
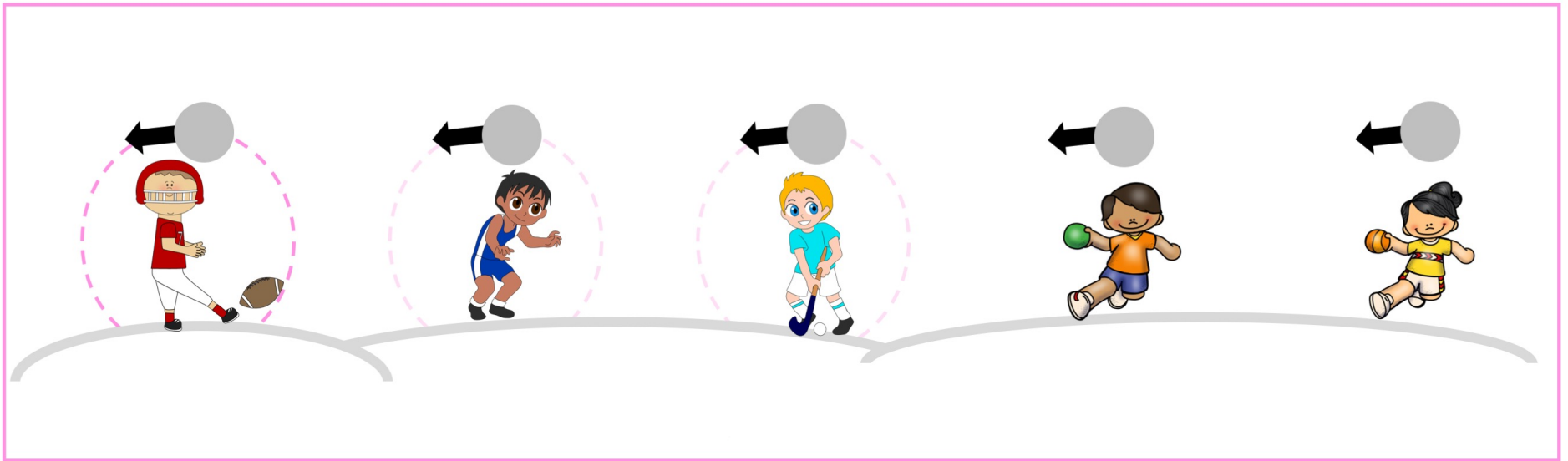
Circle Strokes: Winter Sports

Start at the dot and draw to the left to make a circle!



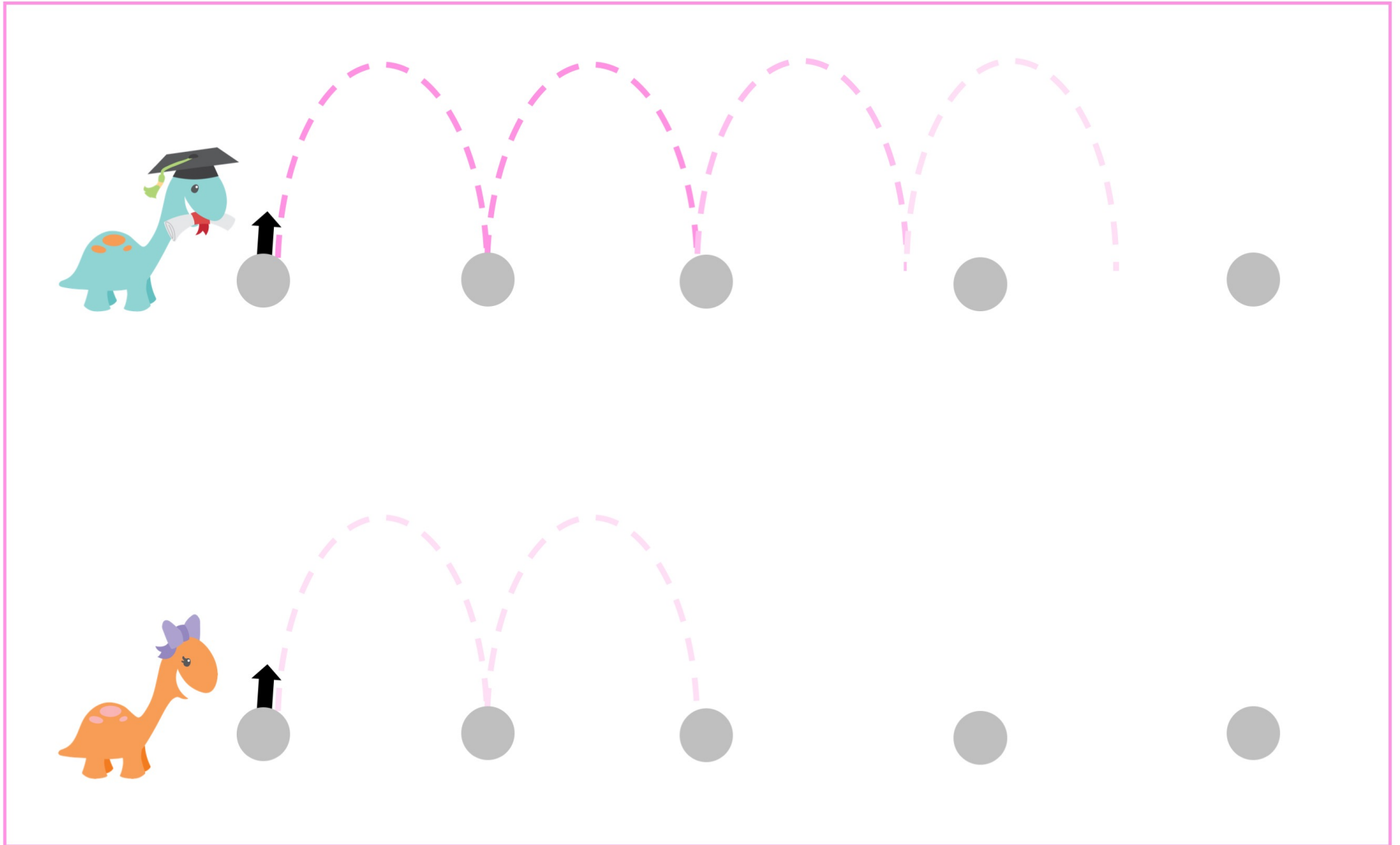
Circle Strokes: Team Sports

Start at the dot and draw to the left to make a circle!



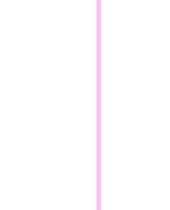
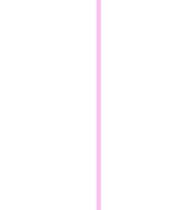
Up/Down Bumps: Happy Dinos

Start at the dot and make up/down bumps!



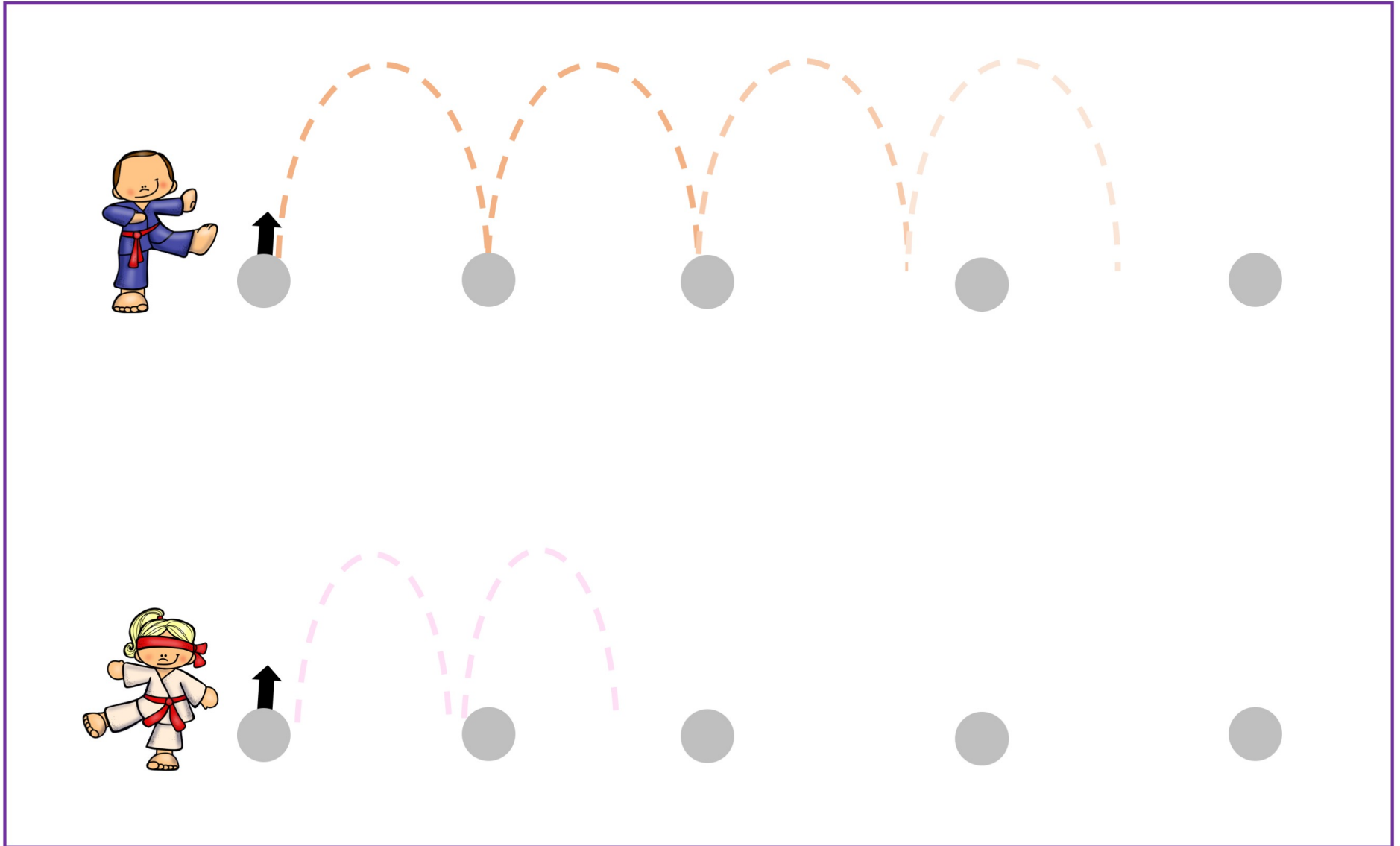
Up/Down Bumps: Flying Dinos

Start at the dot and make up/down bumps!



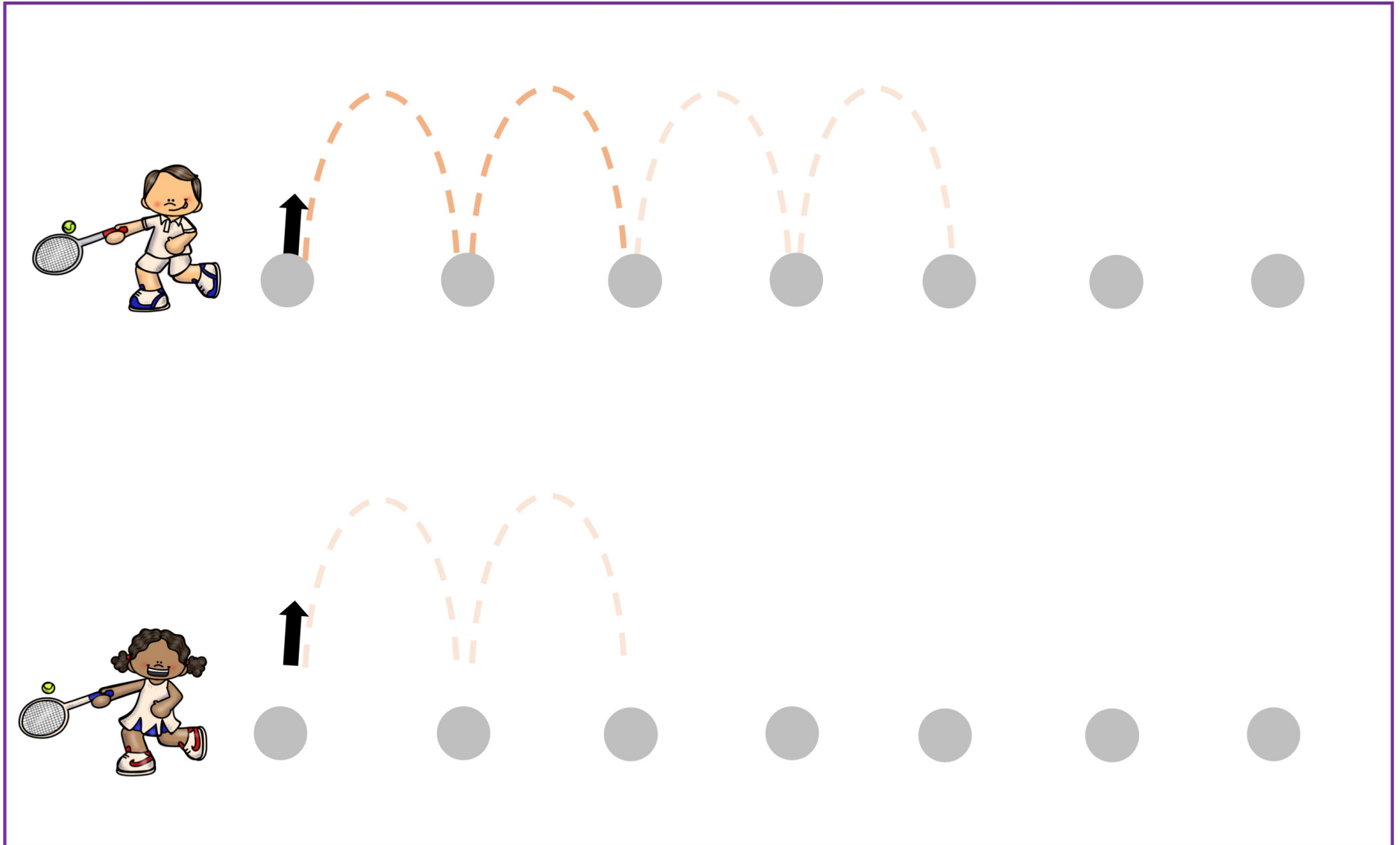
Up/Down Bumps: Single Sports

Start at the dot and make up/down bumps!



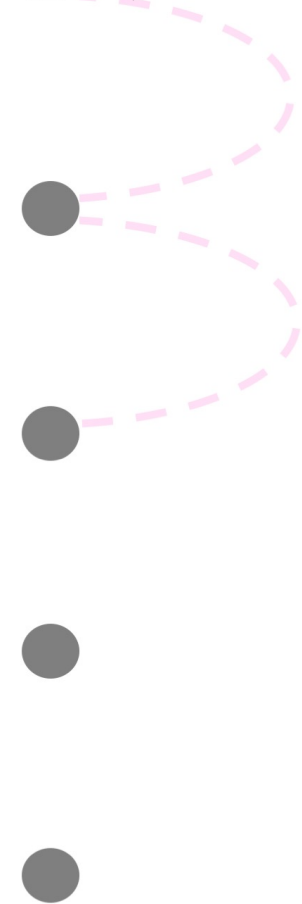
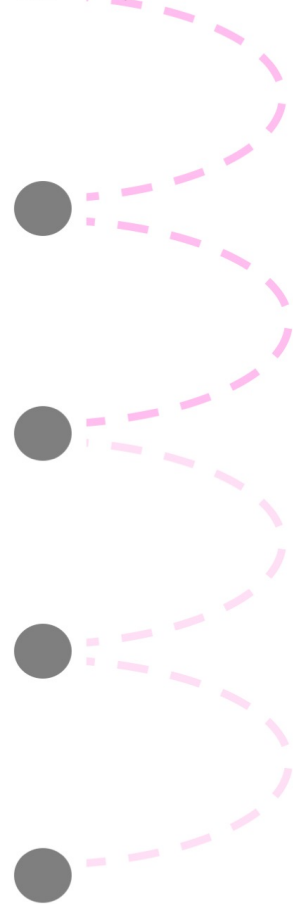
Up/Down Bumps: Swing Sports

Start at the dot and make up/down bumps!



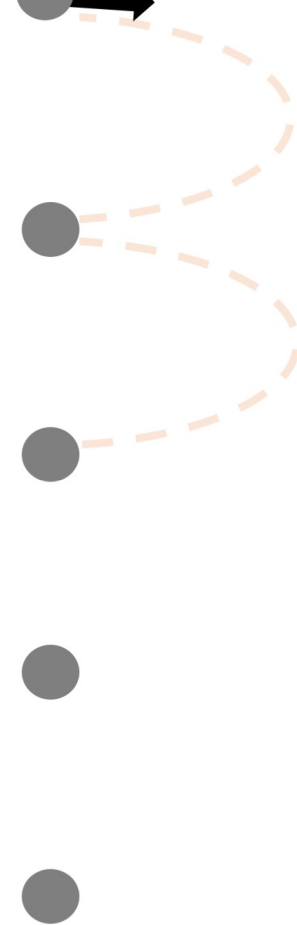
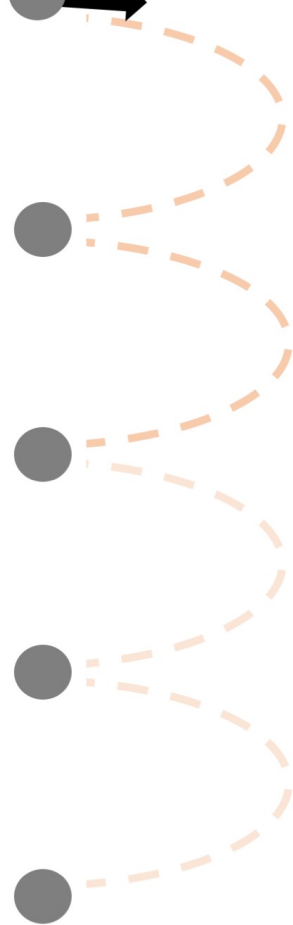
Sideways Bumps: Flying Dinos

Start at the dot and make sideways bumps!



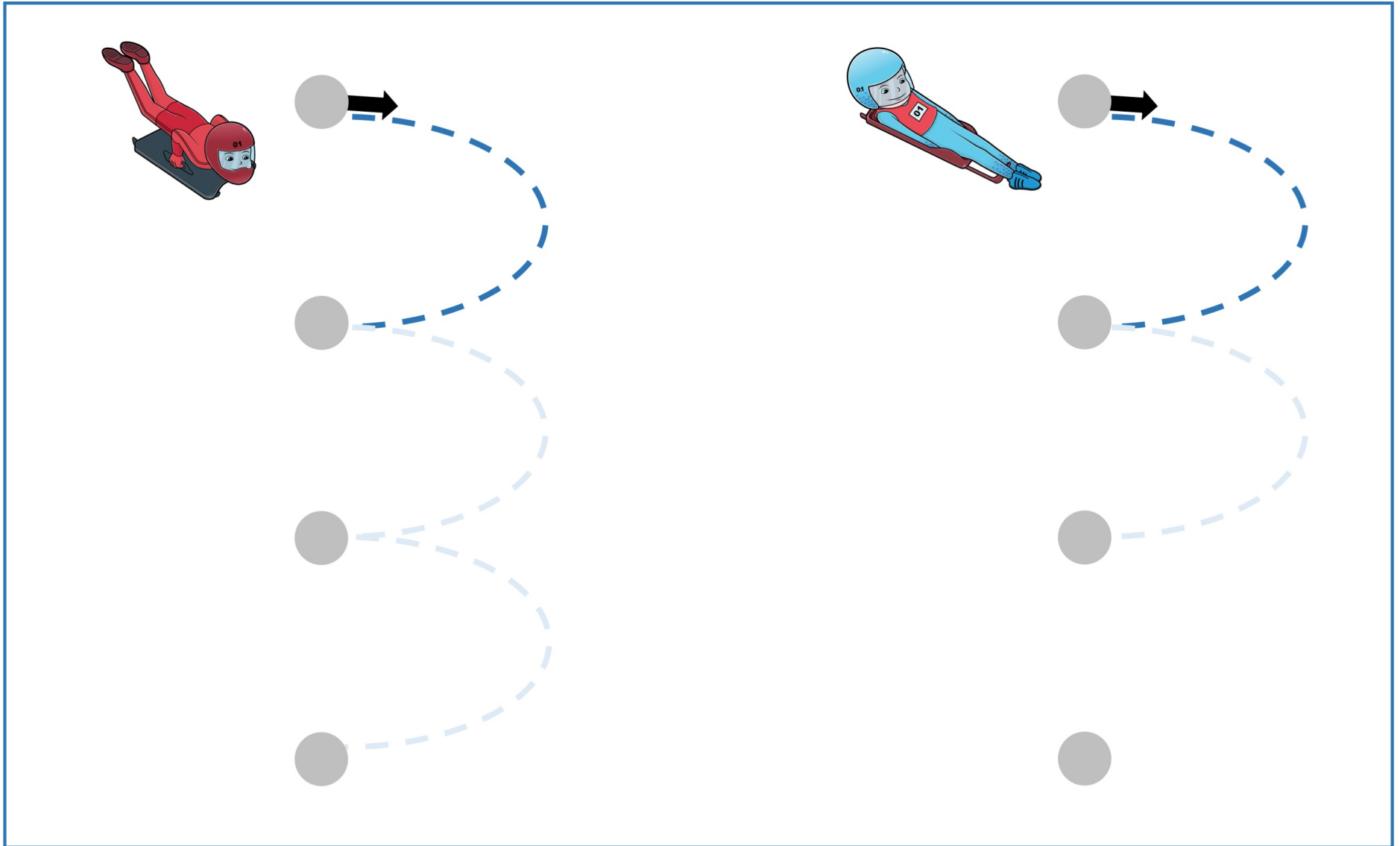
Sideways Bumps: Short Dinos

Start at the dot and make sideways bumps!



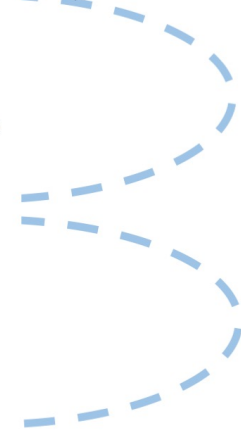
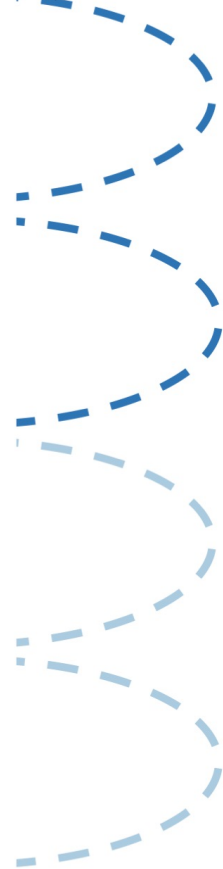
Sideways Bumps: Winter Sports

Start at the dot and make sideways bumps!



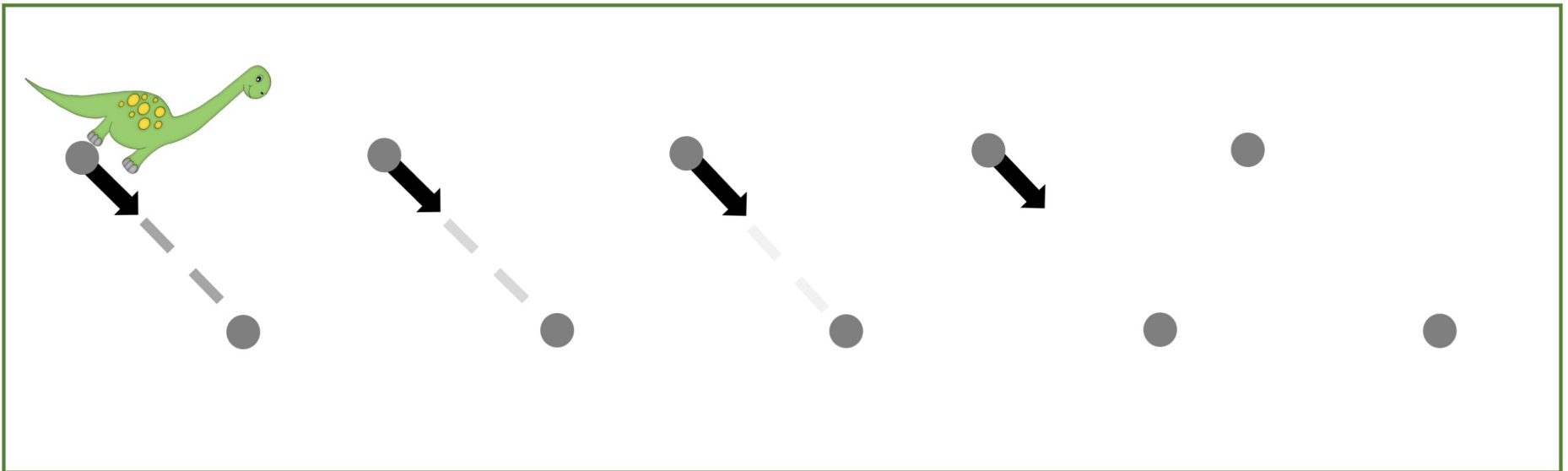
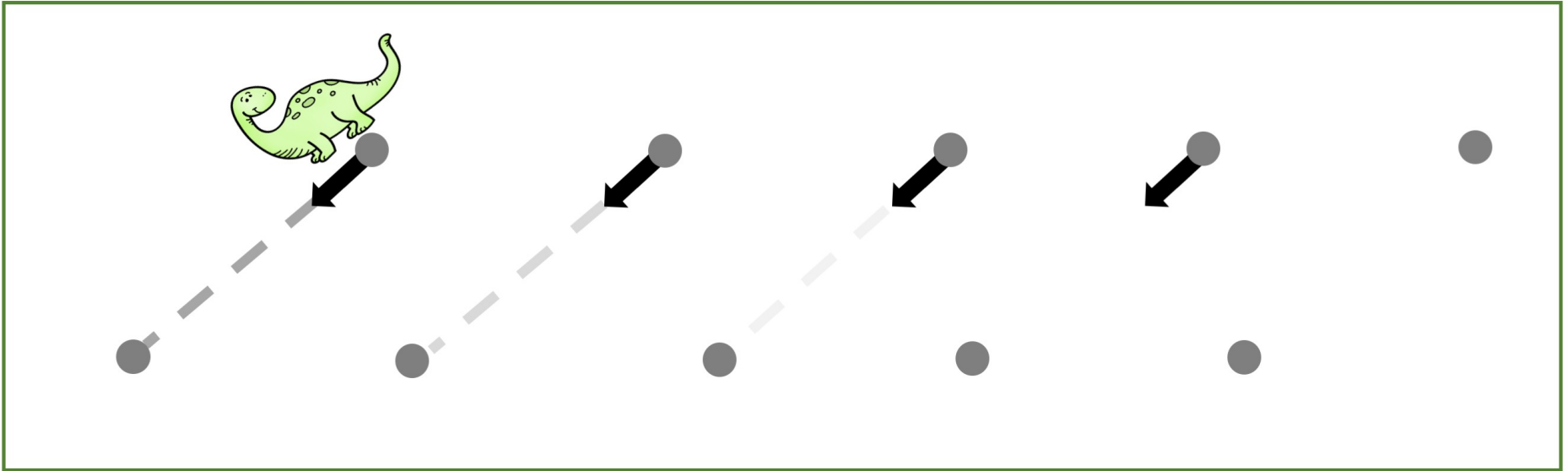
Sideways Bumps: Winter Sports

Start at the dot and make sideways bumps!



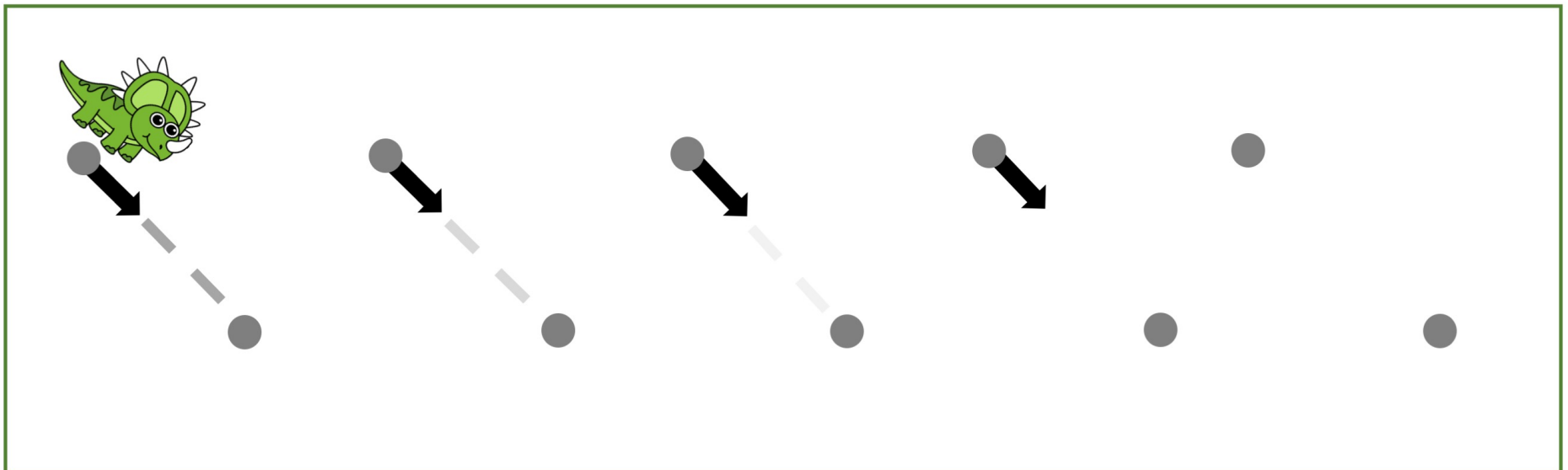
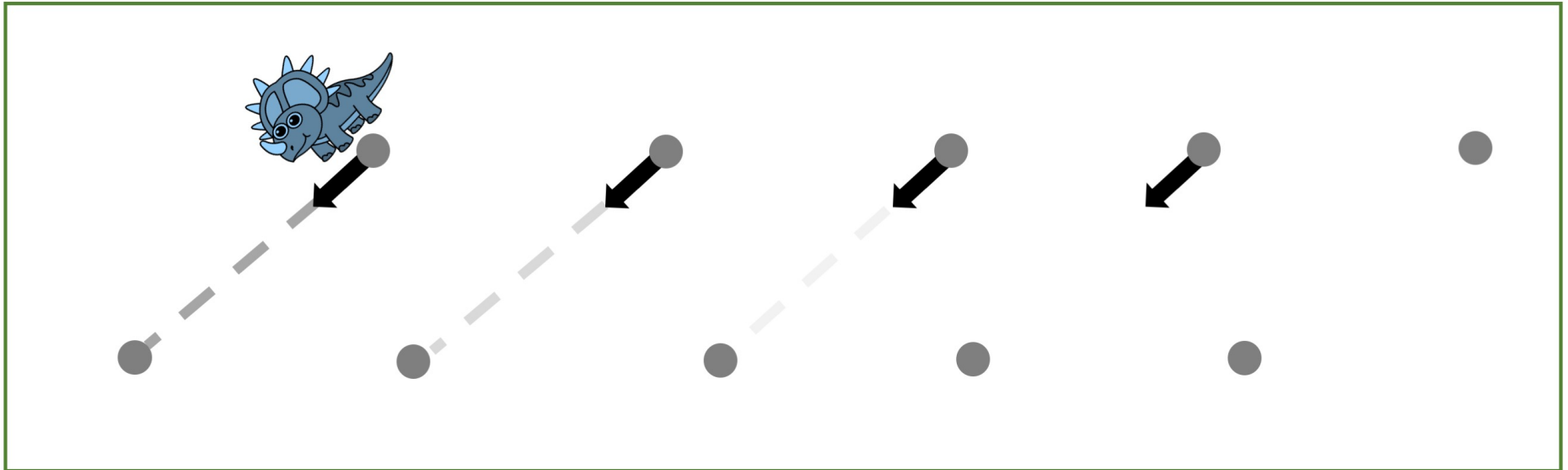
Diagonals: Green Dínos

Start at the top dot and draw diagonal lines!



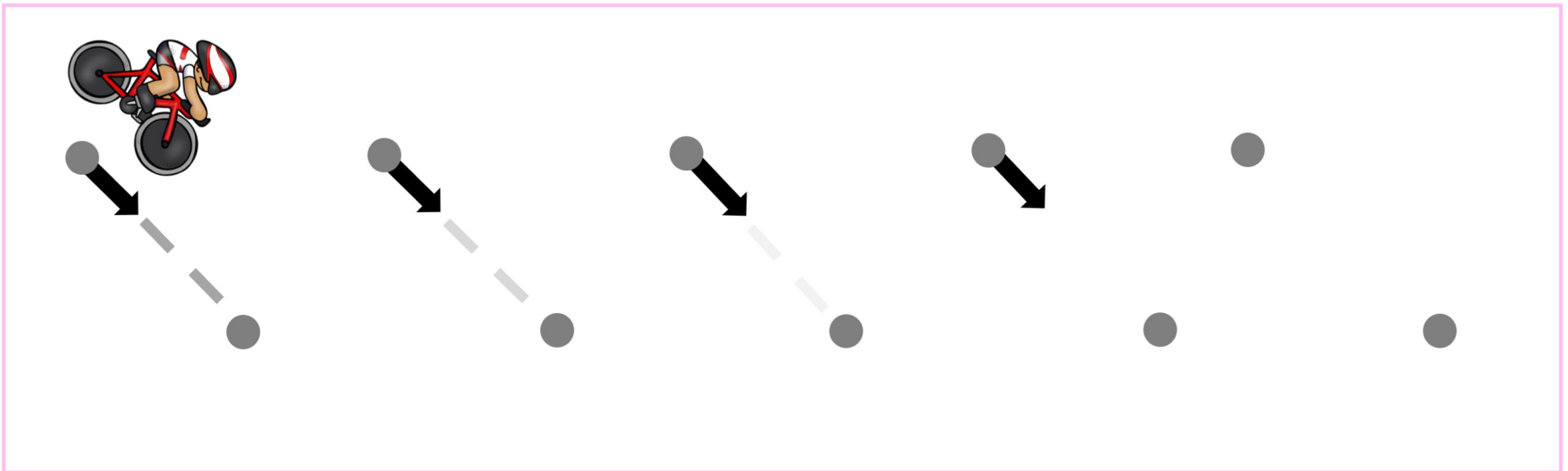
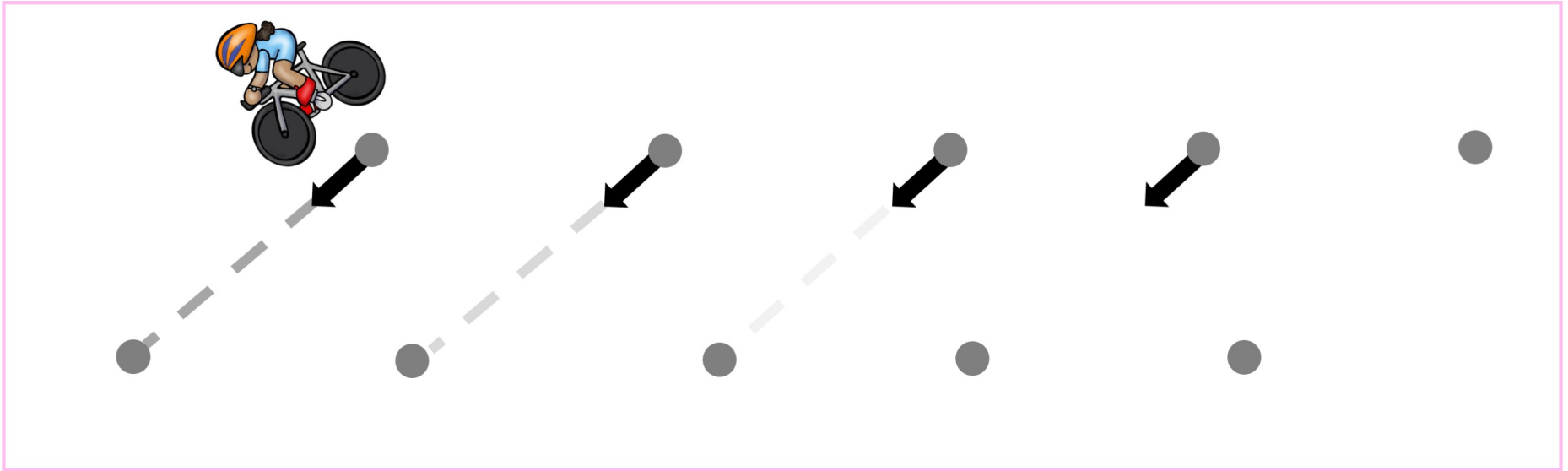
Diagonals: Prehistorics!

Start at the top dot and draw diagonal lines!



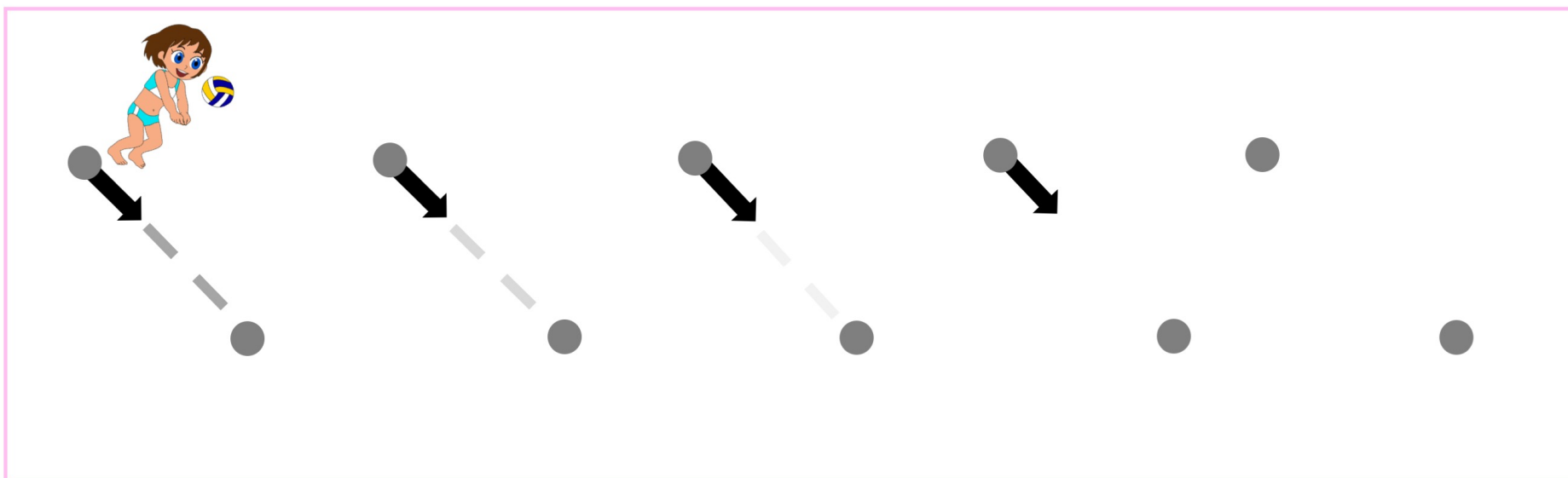
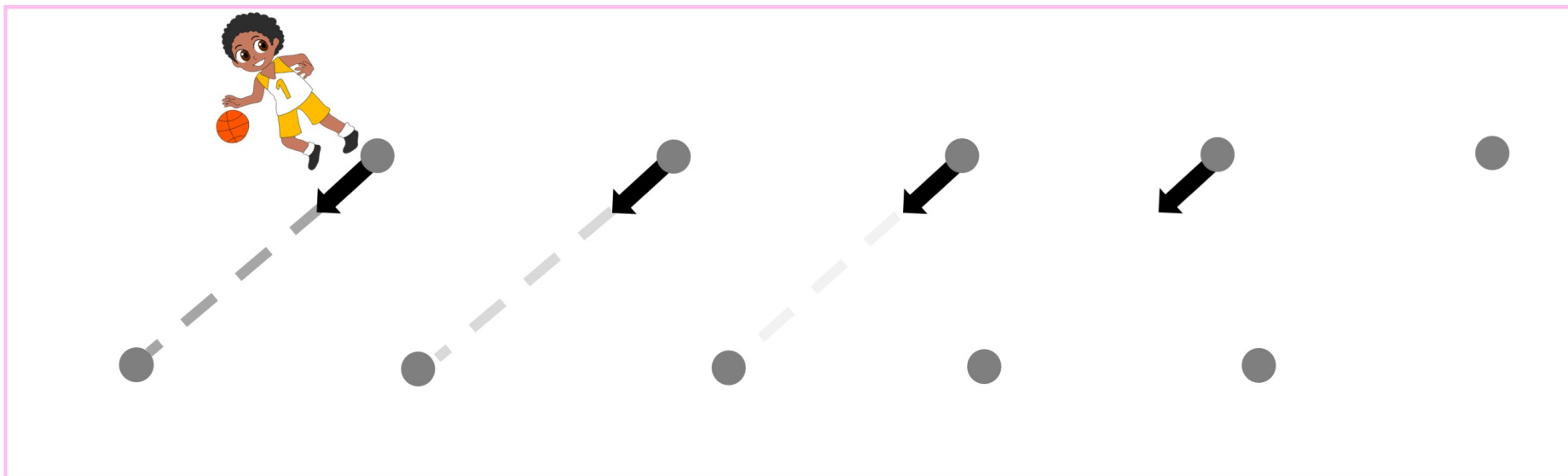
Diagonals: Speed!

Start at the top dot and draw diagonal lines!



Diagonals: Team Sports

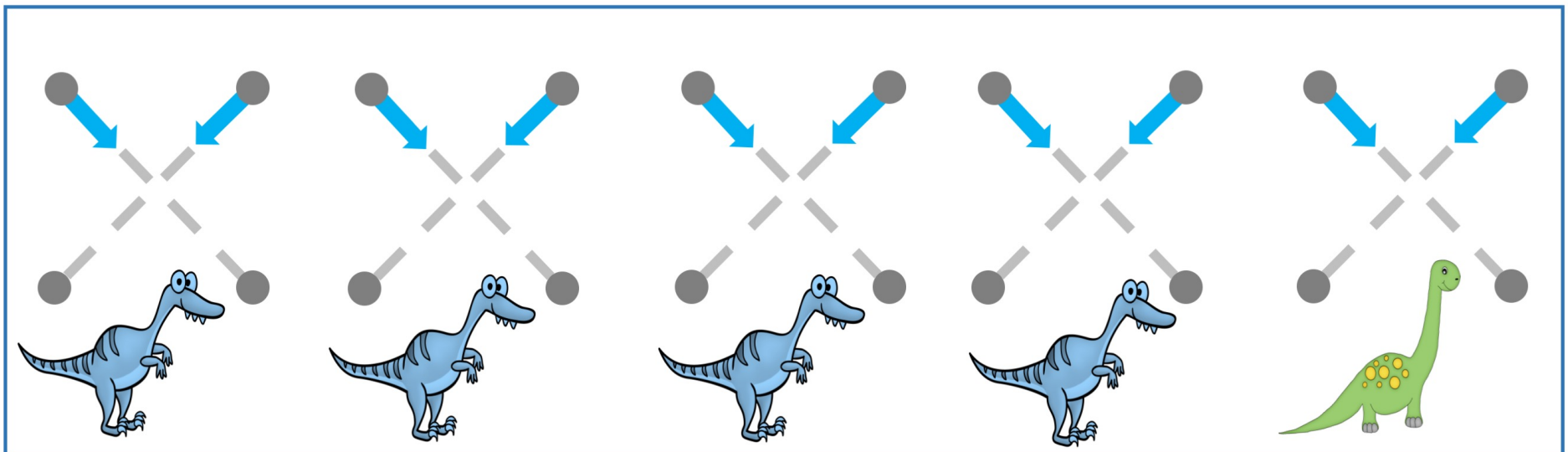
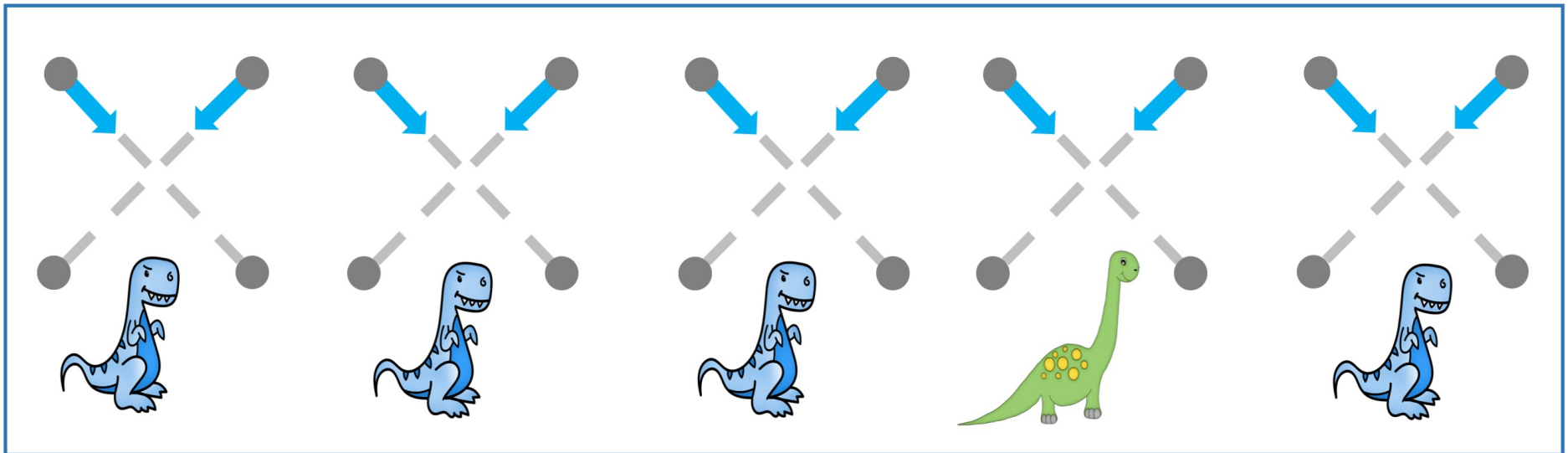
Start at the top dot and draw diagonal lines!



X-Shapes: Blue Dinos

Cross off the dinosaurs that are blue!

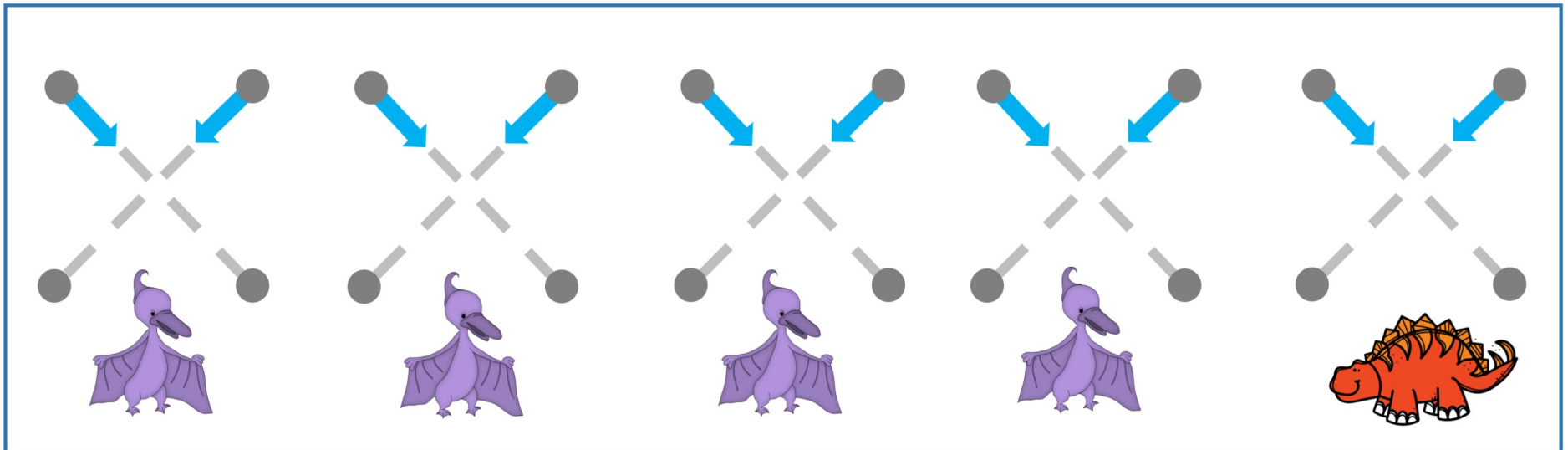
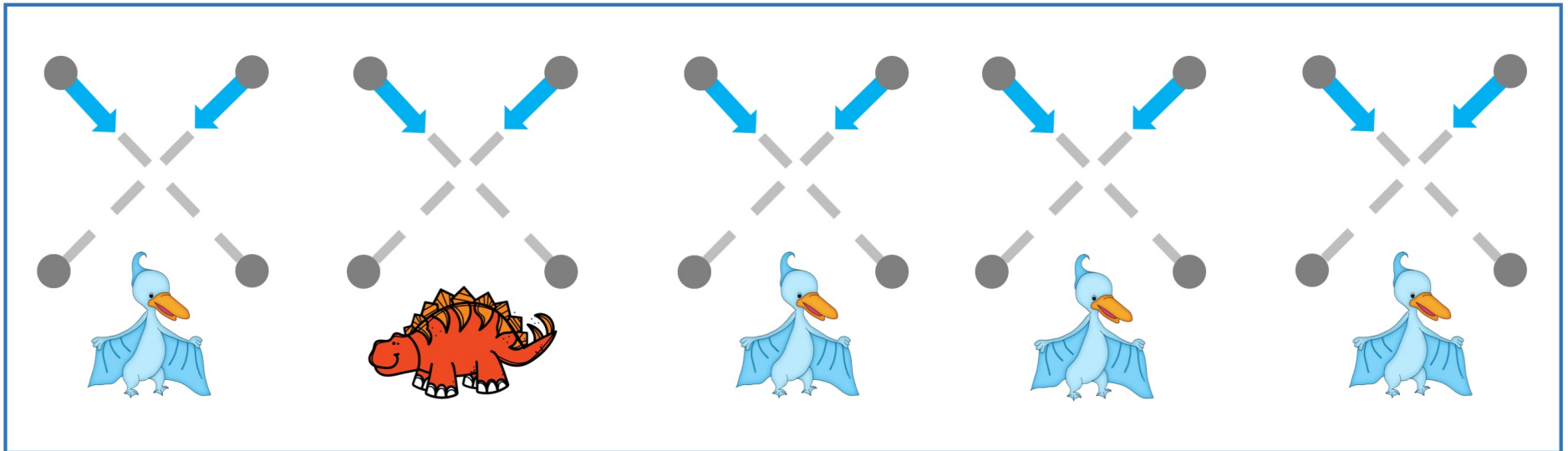
Start at the dots and draw diagonal lines to make an X-shape.



X-Shapes: Flying Dinos

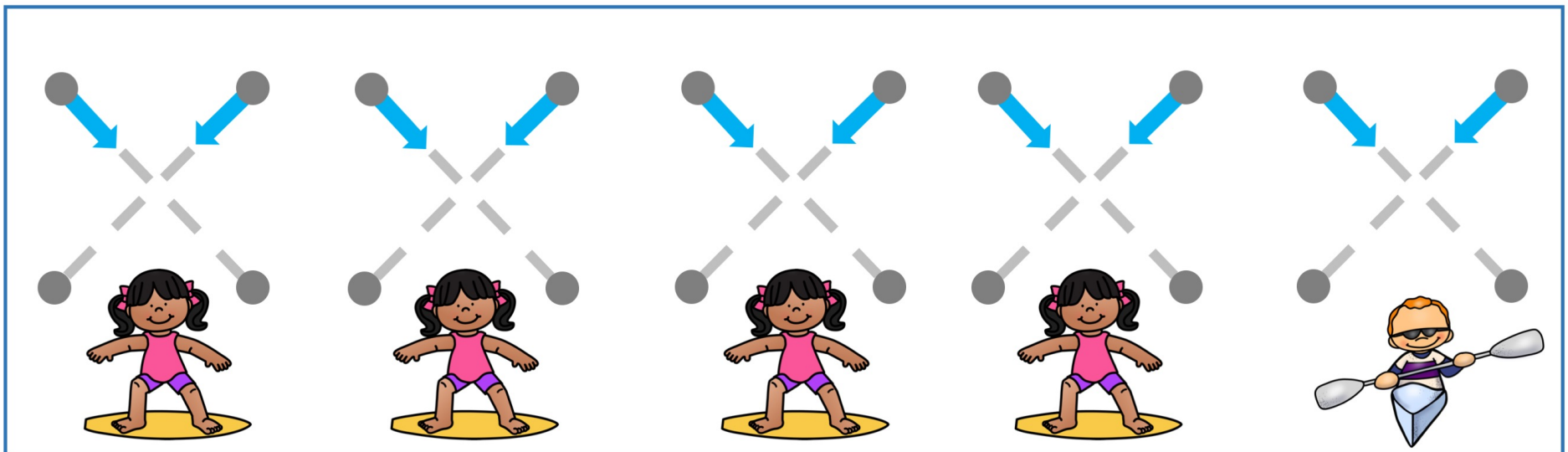
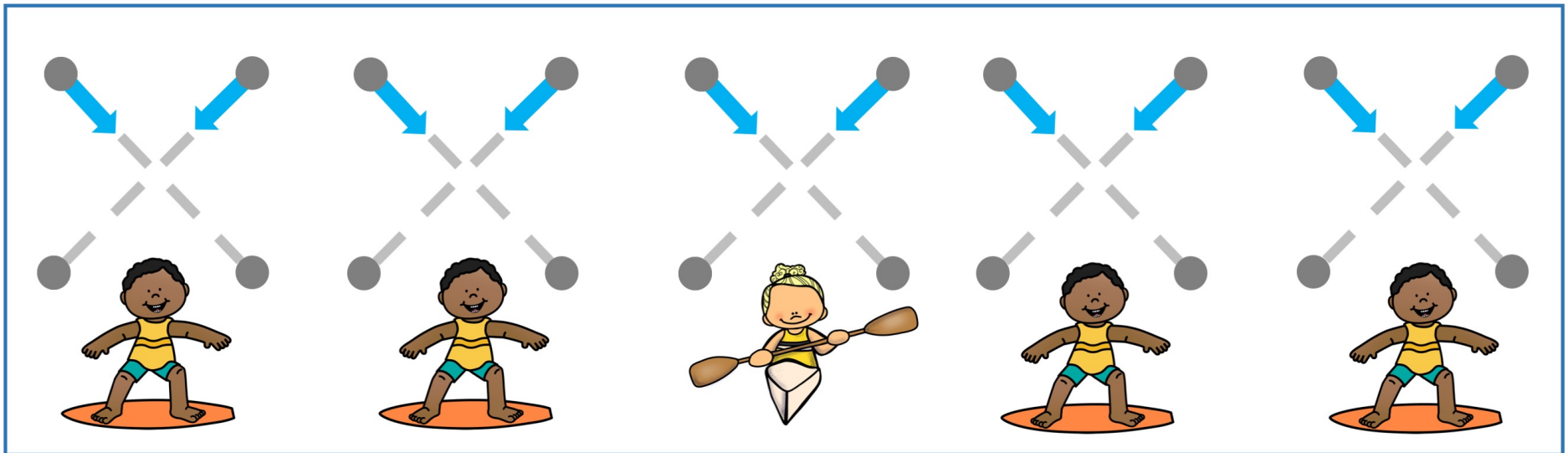
Cross off the dinosaurs that can fly!

Start at the dots and draw diagonal lines to make an X-shape.



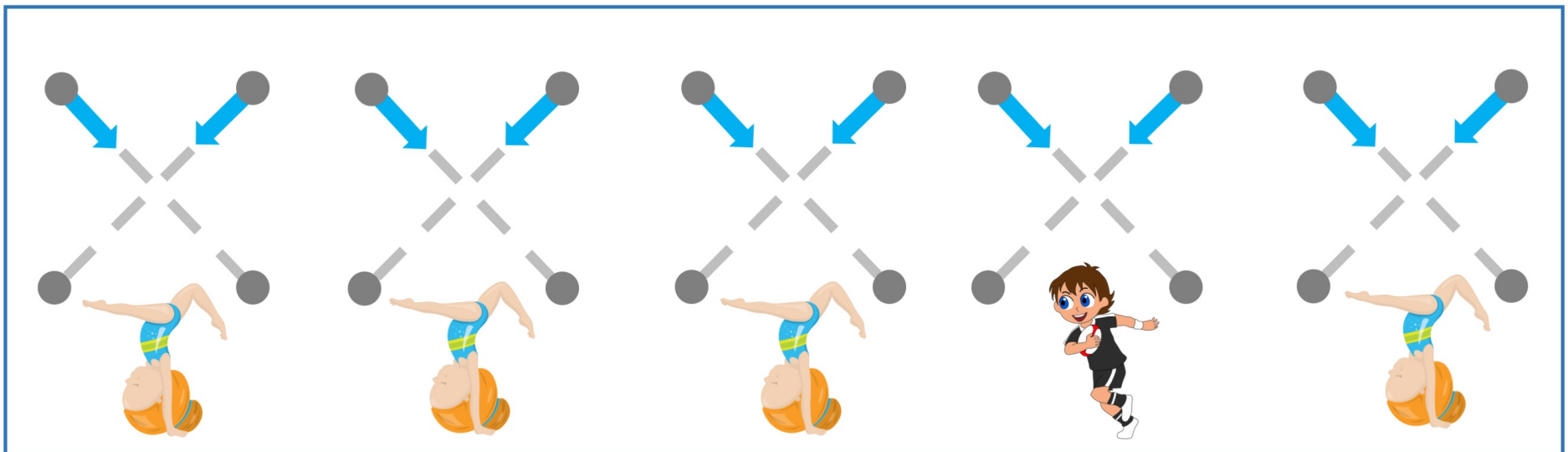
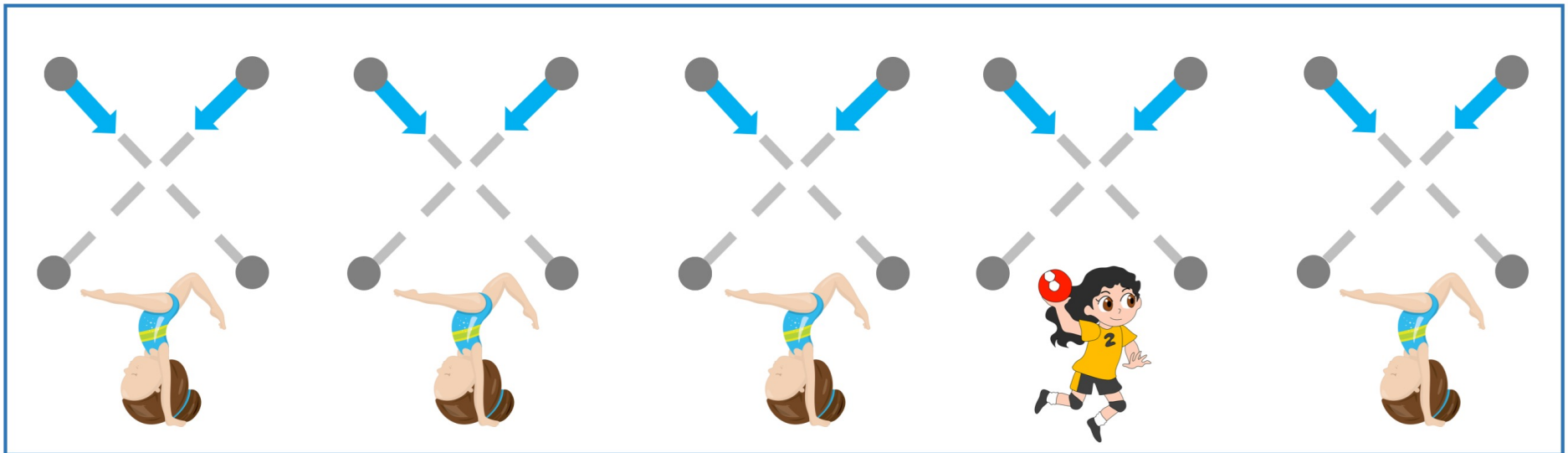
X-Shapes: Water Sports

Cross off the kids who are surfing – not the other kids!
Start at the dots and draw diagonal lines to make an X-shape.



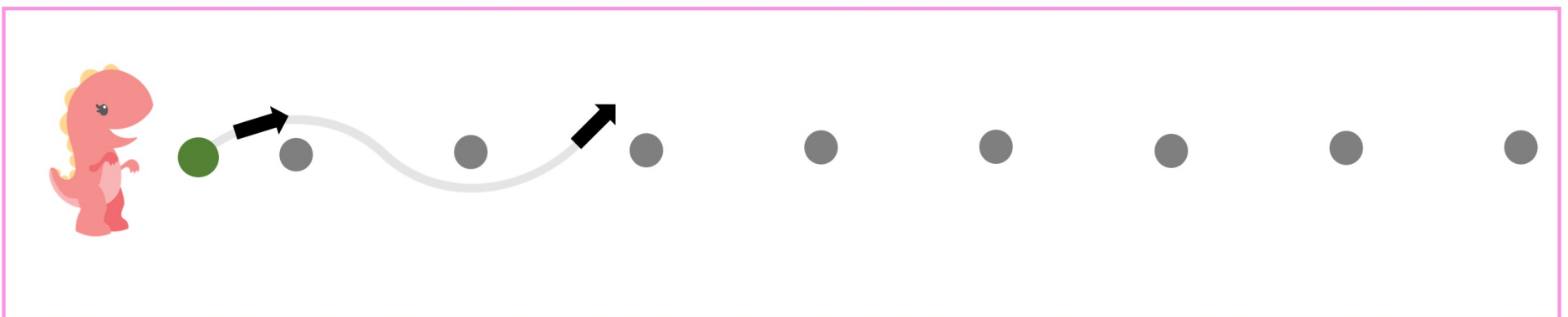
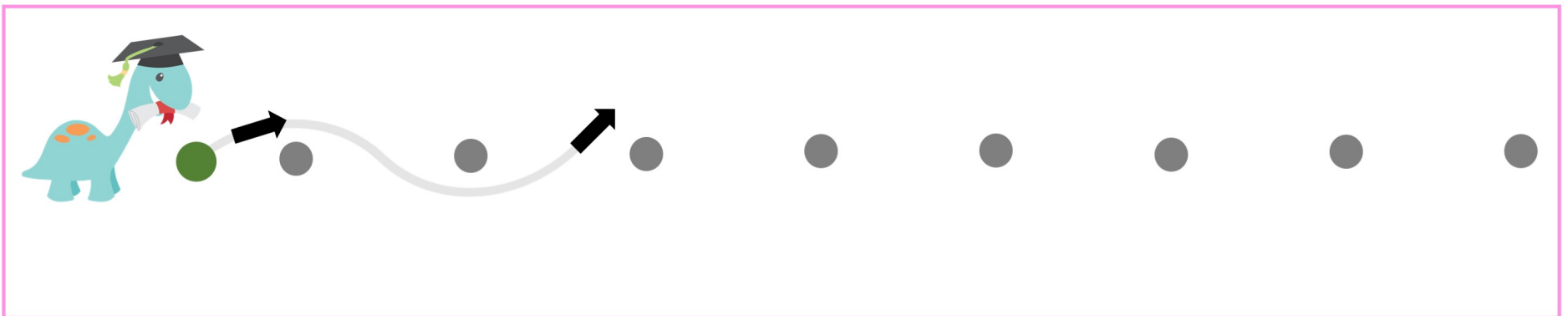
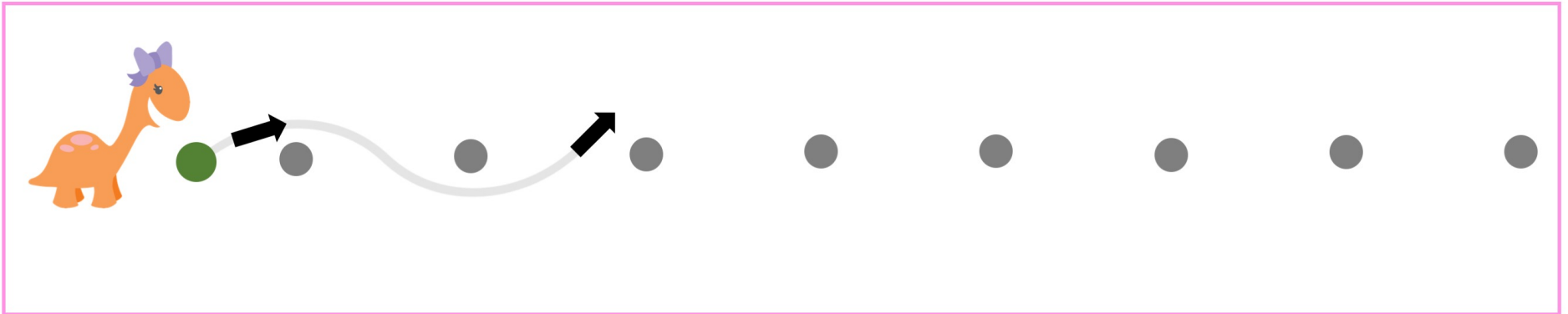
X-Shapes: Gymnastics

Cross off the kids who are doing gymnastics – not the other kids!
Start at the dots and draw diagonal lines to make an X-shape.



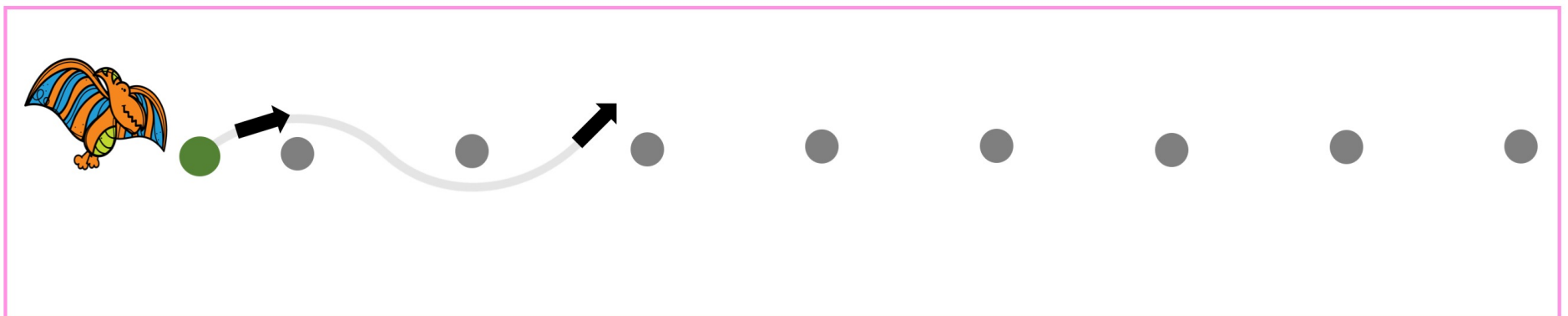
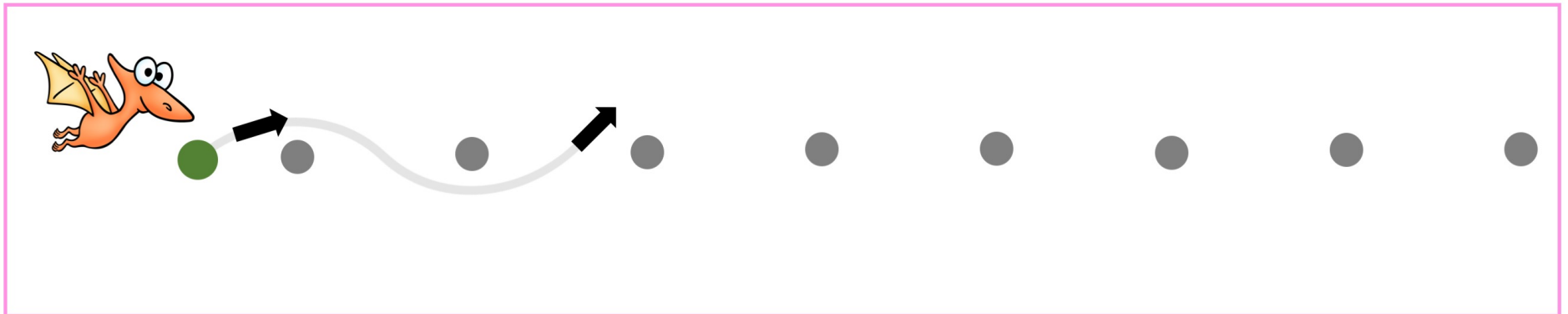
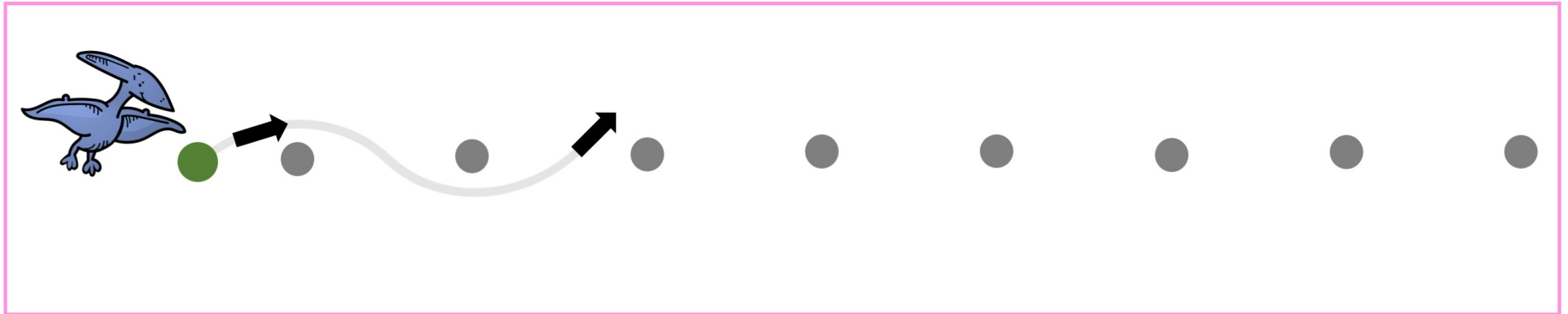
Weaving: Happy Dinos

Start at the first dot and weave in and out of the other dots!



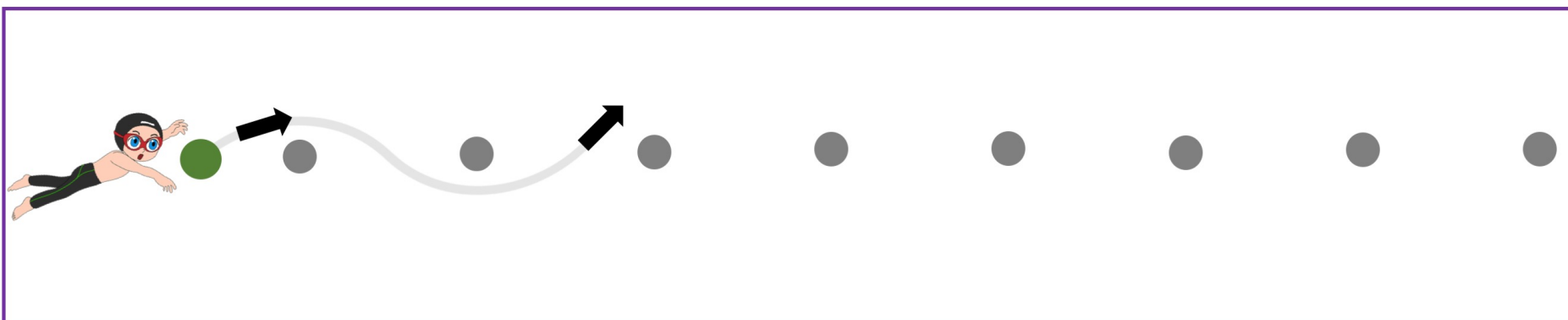
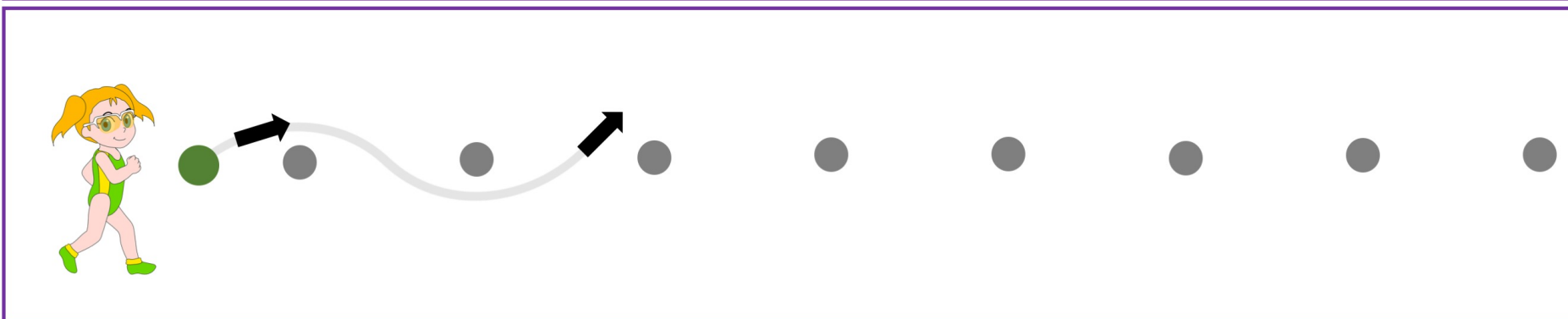
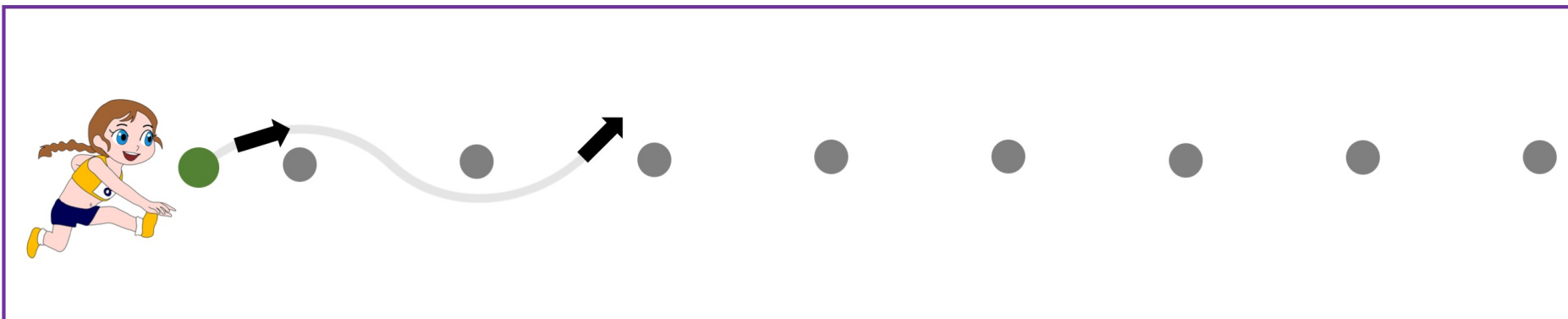
Weaving: Flying Dinos

Start at the first dot and weave in and out of the other dots!



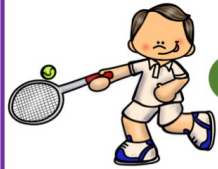
Weaving: Single Sports

Start at the first dot and weave in and out of the other dots!



Weaving: Swing Sports

Start at the first dot and weave in and out of the other dots!



More Resources from Kids Master Skills:

Consider my **84 Sensory Diet Activity Cards** for setting up a program to help children with self-regulation. Designed by Lisa Marnell, occupational therapist, every sensory activity card is paired with fun and kid-friendly images to help children understand, envision, and master the activity.

What are the 7 categories of sensory diet cards?

- 1- Proprioceptive (Heavy Work) Cards
- 2- Vestibular (Movement) Cards
- 3- Tactile (Touch) Cards
- 4- Oral (Taste & Tactile) Cards
- 5- Visual (Looking) Cards
- 6- Auditory (Listening) Cards
- 7- Olfactory (Smelling) Cards

Also, Sensory Diet Choice Boards are provided for teachers, therapists, and parents. The Choice Boards include:

- 1- Start of the Day
- 2- Mid-Morning Movement
- 3- During Meeting Time
- 4- After-Recess Calm Down
- 5- Before Lunch
- 6- At the Cafeteria
- 7- After Lunch
- 8- Mid-Afternoon Movement
- 9- Mid-Afternoon Wake-Up
- 10- End of the Day Calm-Down.

Also, four blank Sensory Diet Choice Boards are included.

AVAILABLE at www.KidsMasterSkills.com



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"Today's Foundation is Tomorrow's Success!"

Our website is building a wealth of information and activities to help kids master skills.

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Teachers Pay Teachers

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Occupational Therapy. Prior to that, I completed an MBA at McGill University in Montreal (my hometown!) Now, I am nearly finished my OTD at Boston University. I am beyond happy that I became an OTR and that I have had the opportunity to work with so many wonderful kids and teachers.

My philosophy in regards to helping kids master skills is simple, but important: Children should be engaged and motivated by therapeutic and/or teaching activities. In other words, Learning should be fun!

Thank you for purchasing this resource. I sincerely hope that it has proven useful in supporting and promoting your students' skills. Please let me know!

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