

## Hanging activities

practice monkey bars, chins ups, pull ups or swing from the trees helps to increase strength in the shoulder muscles.



## Pre-Writing Activities

Every child that starts Godinton will be on their own unique journey in terms of their pre-writing skills and experiences. Your child may be able to hold a pencil correctly, some may not and that is just because they are not ready and that is fine! In order for the fine motor movements needed for handwriting to develop, a child needs to have a solid base of support, which means strong gross motor skills and movements.

- A strong core to help them sit upright
- A strong neck in order to keep the head upright
- Strong shoulders in order to facilitate arm and wrist movements
- Strong fingers in order to grasp objects

## Messy Play Mark Making

Kids love to get messy and using shaving foam, corn flour gloop, or even dry materials such as rice and sand work really well to encourage children to mark make as well as strengthening hands and little fingers!



## Playdoh



While children are busy rolling, poking and squishing dough, they are building strength in the little muscles in their fingers and hands. These same muscles are used for later skills such as cutting and holding a pencil with a pincer grasp. You could make your own playdoh with your child—The recipe is below as well as a fun Hedgehog Playdoh game!

## Snippy Prickles Hedgehog

Practise your scissor skills by making 'snips' in the paper to make his prickles. Holding scissors correctly can be very tricky and we will practise lots at school. Here is a helpful website to help support your child's cutting skills whilst at home.



## Leaf Threading

Take a trip to the woods and collect lots of different leaves. Make sure you take some string with you. Make a natural needle with a twig and thread some leaves onto the string. Maybe you could make a beautiful necklace for someone special?



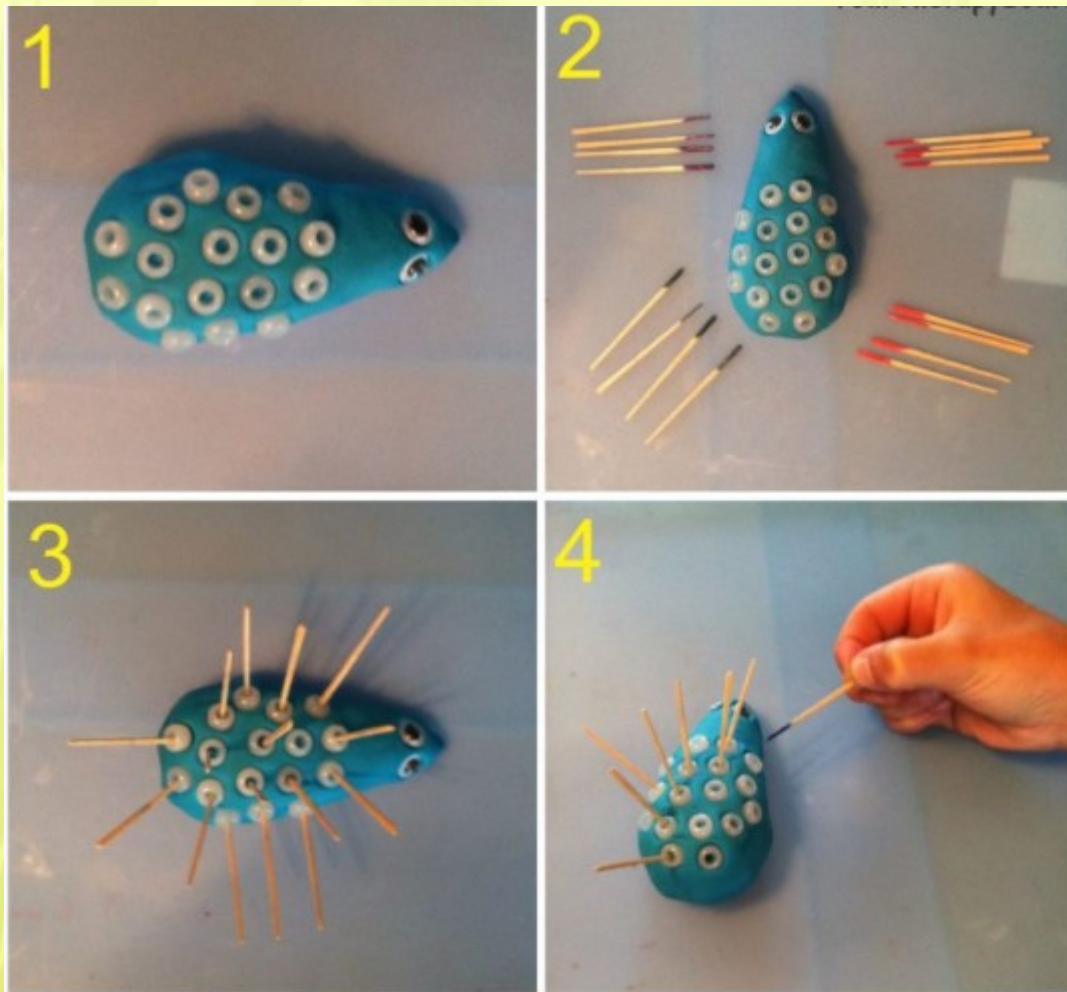
# Playdoh Recipe



- 2 cups plain flour
- 3/4 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons of vegetable oil (coconut oil works too)
- Food colouring, optional

Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. If you're only making one colour, add in the colour now as well. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place inside a gallon sized bag or onto wax paper. Allow to cool slightly and then knead until smooth. If you're adding colours after, divide the dough into balls (for how many colours you want) and then add the dough into the quart sized bags. Start with about 5 drops of colour and add more to brighten it. Knead the dough, while inside the bag so it doesn't stain your hands. Once it's all mixed together you're ready to PLAY. Store the play dough inside the bags once done to keep soft.

# Hedgehog Playdoh Game



**Preparation: Step one:** Shape the playdoh into a hedgehog body (kind of like a light bulb). Push the googly eyes into the narrow end. Place the beads firmly into the playdoh. There should be the same amount of pony beads as there are tooth picks.

**Step two:** Colour the tips of 4 toothpicks the same colour using the markers. Make a set for each player.

**Step three:** Someone who is not playing should place the toothpicks coloured side down into each pony bead.

**Play the Game:** Every player chooses a colour to find. Remove a toothpick. If it is your colour keep the toothpick. If it is not your colour, put in back into the hedgehog. The first player to find all four of their toothpick colour is the winner!