

## Kindergarten Year - The Gift of Time

A child's first year of school is one of excitement and growth. It is a year to develop foundational skills and offer enriching activities to prepare them for the years ahead. Involving the whole class in sensory-rich fine motor skill activities will help level the playing field for all of the children. Multi-sensory fine motor activities will help boost those that are lagging in fine motor skills and those that have developed the skill can act as great role models. There is a wide range of the normal developmental curve at this age and it is important to realize that handwriting is a skill that is emerging at age six. Poor handwriting in Kindergarten is not alarming.

### How Can You help?

- **Demonstrate - Demonstrate - Demonstrate!!!**

Modeling correct motor plan for skills is critical. For example, position for holding pencil, crayon and scissors is key. Don't assume they know how.

- **Observe - Observe - Observe!!!**

Keep an eye on the children while they are completing fine motor task and correct any incorrect motor plans immediately.

- Utilize manipulatives as much as possible with your lessons, this will inadvertently work fine motor skills and be more engaging for the children.
- Schedule movement breaks between activities, it will help keep them focused and engaged!
- Remember small tools for small hands - short crayons and pencils facilitate proper grasp!
- At the start of the year, check the children's chair/desk height to make sure they are at the optimal level, feet flat, hips and knees at 90 degrees.
- Teach the children to be their own judge - Is this their BEST WORK? What could they do BETTER?
- Old fashioned imaginative play is a child's work; it builds attention, problem solving and social skills; try to include some play centers into the routine every day!



Questions?

Consult with your building OT or PT for more tips and suggestions