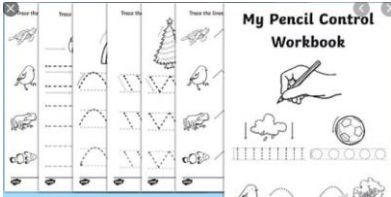




Sensory Pathway Mark-making and Writing Activities

Home Learning Spring 2

Activity	Key words/saying	Resources
<p>Pre-writing pencil control practice-book from twinkl</p> 	<p>'Follow the <u>line</u>' e.g. <u>Line</u> could be dots, path... Pen, pencil, marker 'Pinchy pencil' Hold Write Marks</p>	<p>Twinkl pencil booklet attachment</p>
<p><u>Pre-writing:</u></p>  <ul style="list-style-type: none"> • Print and place in the bottom of a tray, add flour to cover the image, and using fingers uncover the image. 	<p>Shake Finger Draw Marks 'Move your finger'</p>	<p>A tray: This could be -oven tray -lid of a storage box -a shallow box</p> <p>Copies of the images from Twinkl attachment</p> <p>Dry sensory media e.g. flour, rice, pasta, sand, corn flour, cereals, oats, couscous</p>
<p><u>Sensory Pouches:</u> Encourages fine motor skills</p> <ul style="list-style-type: none"> • Glue image in place in the inside of a clear file pouch or large zip food bag, add some <u>dish wash liquid and water</u>. Run fingers over the pouch and copy the image 	<p>Finger Move Push Marks 'Move your finger' 'Watch it move'</p>	<p><u>Liquid for pouches you can use:</u></p> <ul style="list-style-type: none"> - Dish soap - Water - Shampoo - Body wash - Hand soap - Paint - Water and food colouring - Jelly <p>*you can add some buttons, bead, frozen peas into the bag for extra sensory exploration</p> <p><u>Images:</u> you can print anything your child likes to help them engage. For example you might print an image of their favorite person, or cartoon</p>



character

Things you can use to make a pouch:

- Clear file pouch
- Large ziplock food bags
- Clear plastic bag

Tape- you can tape the opening end to protect liquid coming out, and/or to tape the bag to a flat surface e.g. table or floor so the bag is fully secured to the surface.

*If you have access to laminating pouches, these are the best. Just iron them all the way around the edges (just about an inch in) and leave approx 2-3 inch unironed as an opening on one side so you can add the liquid and extras.



Playdough Cutting:





Roll the dough into sausage shapes and practice sniping the "sausages" with the scissors or cut with a knife on a chopping board
 Once the pieces are cut push/squash back together or roll in to ball and press with finger to make makes
 Continue for as long as you wish







- Cut
- Roll
- Squash
- Push
- Pull




- Make playdough/or use store bought
- Children's scissors/ children knife (plastic)

<p><u>Moon Sand:</u> Making the moon sand with flour and baby oil Recipe: 2 cups flour ¼ cup baby oil or alternatively vegetable oil Any food colouring (optional) Any scents (optional)</p> <p>You can allow your child to pour the flour and oil into a tray and use their hands to mix it all together. They can squeeze it and then once the consistency is right, you can spread the sand at the bottom of the tray so it's flat and then you can use fingers to create big lines or circles. Encourage your child to try to do the initial letter of their name.</p>	<p>Mix Squeeze Big line Circle</p>	<p>-Flour -Baby oil -Essential oils for scent (optional) -Food colouring (optional) -Tray to place it in</p>
<p><u>Mirror Writing:</u> You can use a mirror, write on it with a board marker and it will wipe off. You can also lace different objects inside the letter. You can make playdough and fill in the letter by rolling the playdough and then placing it in between the letter.</p> 	<p>Sound out initial letter</p>	<p>-Mirror -Whiteboard markers -Items you can place in the letter shapes e.g. counters, blocks, buttons, rolled up playdough</p>
<p><u>Apps for iPads/Tablets/Smartphones:</u> Encourages mark making and early writing skills in a motivating and transportable way</p> <ul style="list-style-type: none"> • Download apps and encourage your child to explore them • Take turns with your child, model shapes and 	<p>Finger Up Down Side to side Circle Big/little line down Little/little line across Dots Draw Change the colour</p>	<p>iPad/Tablet/Smartphone</p> <p><u>Mark-making apps:</u></p>  <p>Colouring Games: Painting, Glow (Free, iPad and Android)</p>

<p>movements with your finger and encourage your child to do the same</p> <ul style="list-style-type: none"> • Have fun changing the colour, drawing simple pictures such as a house or smiley face and trace initial letters • Lock the app to the screen iPads - Guided access is a feature found in the settings menu under Accessibility. Activate the setting and then simply triple click the home button when you are in the program that you would like your child to stay in. To de-activate simply triple click again and enter in your device passcode. 	<p>Your turn/My turn 'Initial letter sounds'</p>	 <p>Draw with Stars (Free, iPad and Android)</p>  <p>Springle (Free, iPad)</p> <p>Early writing apps:</p>  <p>ABC kids - Tracing and Phonics (free, iPad and Android)</p>  <p>Wet try dry (has a cost for full app, iPad and Android)</p>
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<p>Scrunching Paper: Builds hand and finger strength and encourages fine motor skills</p> <ul style="list-style-type: none"> • Have fun with your child scrunching, twisting, tearing and folding paper • Use your whole hand for bigger movements and model a pincer grip for the tearing • Throw your paper balls as an extension to develop gross motor skills 	<p>Paper Scrunch Rip Tear Twist Fold Throw Squeeze Fingers</p>	<p>Paper -This could be newspaper, wrapping paper or normal paper etc.</p> 
<p>Ice Painting:</p>	<p>Ice Paint Colours Paper</p>	<p>-Freeze paint in ice cube trays overnight (Add a lollystick as a handle)</p>

	<p>Up Down Side to side Zig zag</p>	<p>-Paint in large paper or tuff try in small or large movements.</p>
<p><u>Chalking:</u> Using different sized chalks could add chalk to water to create a different effect. You can paint over chalk markings with wet paint brush.</p> 	<p>Big lines down, Shapes Colours Patterns Paint brush</p>	<p>-Different sized chalks -Walls -Floors -Chalkboard -Black card -Water</p>
<p><u>Rolling Pin Painting:</u> Drip small spots of paint onto paper in a line -can use different colours to make a rainbow effect, roll rolling pin over paint to make pattern (TIP: cover rolling pin in cling film to prevent discolouring rolling pin) A fun activity looking at different colours and mark-making using large gross movements, encourage children to squeeze paint onto paper developing fine motor and strengthening hands and muscles.</p> 	<p>Colours Squeeze Drip Roll Push Rainbow</p>	<p>-Rolling pin -Paint -Paper -Cling film -String</p>

<p><u>Syringe Painting:</u> Use syringes to build strength in fingers and develop fine motor skills. Squeeze coloured water into syringes and transport onto tissue paper/kitchen roll - watch closely as colour disperses across the paper. Alternatively use foam and squeeze coloured water onto foam. (You can use Calpol Syringes)</p> 	<p>Squeeze Fill Colours Drip Change Push Pull</p>	<p>-Syringes -Food colouring or paint -Water -Tissue paper or foam -Pots for coloured water</p>
<p><u>Snow Painting: (weather permitting)</u> Fill pots with paint and a small amount of water to make paint slightly runny. Use paint brushes to mark make in the snow, alternatively use a spray bottle to spray patterns onto the snow.</p>  	<p>Colours Up Down Circle Round and round Cold Squeeze Spray</p>	<p>-Snow (weather depending) or crushed ice -Paint -Paint brushes or spray bottles -Water</p>

Water Painting:

Use large and small paint brushes and rollers with water to paint brick walls or floor.



Big
Small
Up
Down
Round and round
Wet
Dry

-Container or plastic cup
-Water
-Paint brush
-Rollers

Window Painting:




Encourages children to work alongside each other/together and develops fine and gross motor skills.

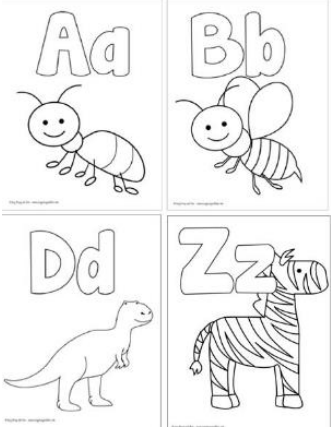
Adult to copy their movements and marks, alternatively encourage child to copy yours - big line down, circles, initial letter of name.



Colours
Same
Different
Up
Down
Big
Little
Round and round
Circle
Letters
Wiggle
Zig zag

-Window
-Paints
-Paintbrushes
-Photos of peers or family depending on setting

<p><u>Sensory Trays - to fit in with topic:</u> Encourages fine motor skills within a sensory and educational environment Use fingers, hands, tools to mark make and develop writing skills</p>  	<p>Big Little Curve Line Up Down Colours Round Sprinkle Squeeze</p>	<p>Use different sensory media to explore and begin to form letters/ marks Sand, snow, foam, paint, flour, coloured rice (recipe attached below) Pour chosen sensory media into large tray and use chosen tool to mark make</p> <p>Coloured Rice Recipe -1 cup of rice -½ tsp vinegar -food colouring <i>Mix ingredients together, spread out onto a tray and allow to dry for a few hours.</i></p>
<p><u>Mark Making with Cars:</u></p> 	<p>Hold Drive Go</p>	<p>-Cars - for track painting with large paper -Paint -Paper</p>
<p><u>Alphabet Letters:</u> Decorate letters of the alphabet or your child's name -colour in -paint -collage (scrunched tissue paper ripped/cut coloured paper or newspaper) -natural resources (leave,twigs ...)</p>	<p>Depending on the letter you may say its sound while you are colouring</p> <p>Letter names Letter sounds</p>	<p>-Alphabet templates- you can download images from google -Colouring pencils -Markers -Paint -Tissue paper -Natural resources e.g. leaves, twigs...</p>



Multi-sensory Alphabet:

Use a letter template and cut out different types of material/fabric e.g. old pillow case, sand paper, sand and glue, string and make the letter shape so your child can run their fingers over the letter shape



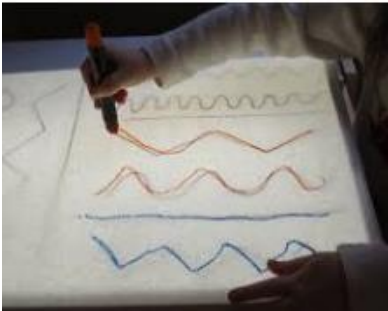
Feel
Trace
Letter names
Letter sounds

- Any old fabric from old clothing/pillow case/socks
- Sand
- Glue
- Cardboard
- Scissors



Tracing Marks:

Using a clear file pouch or some cling film over the top. Draw some simple marks and place in or under the pouch/cling film and with a marker trace over the marks underneath



Race Car Writing:

Tape markers to the back of toy cars so the tip is just touching the paper and let you child make marks while playing.



Pinchy Play:

Use pegs to help strengthen hand muscles for writing.
Gather some small object (like in the picture) and some pegs and see if you and your child can pick up the object using only the pegs.

Hold
Write
Move
Follow

Push
Drive
Move
Car
'Look at your marks'

Peg
Squeeze
Pick up
Drop

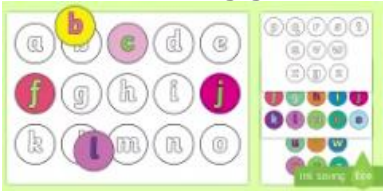
-Paper
-Pens/pencils/markers
-Clear file pouch
-Cling film

-Toy cars
-Paper
-Tape
-Markers

-Pegs
-Small light objects found around the house e.g. tin foil, ear bud, buttons, feather, pompom, shoes lace



Letters matching game



Match
Letter names
Letter sounds
Find the same

Cut out the letters and match them to the board

Cutting skills



Thumb in
Squeeze
Cut
Hold the paper

Print the cutting pages
Scissors
Paper (you can draw lines on paper if you can't print)

Flash cards



Letter names
Letter sounds
Image names e.g.
fish, umbrella

Cut out letter cards and paste the image that matches the letter on the back or have them as a matching game