



Set for Success!

Fantastic Fingers[®]

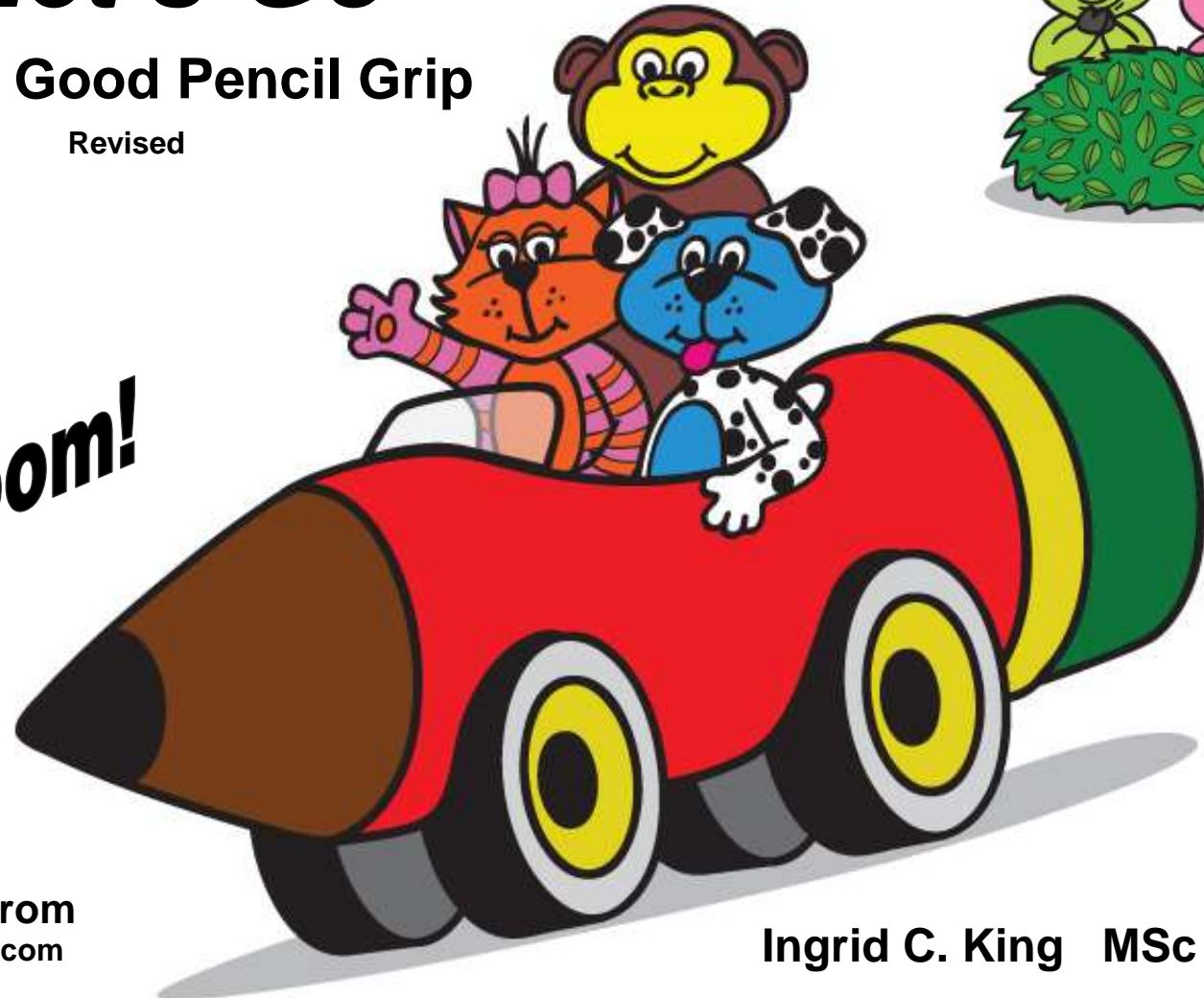
Let's Go

Learn Good Pencil Grip

Revised



Vroom!



Download for free from
www.myfantasticfingers.com

Ingrid C. King MSc OT

Let's Go is dedicated to the parents and teachers I have worked with.
Your commitment to helping each child to be the best they can be inspired me.
Let's Go is part of the *Fantastic Fingers® Fine Motor Programme*.

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Revised 2015

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ISBN 978-0-9942052-2-3

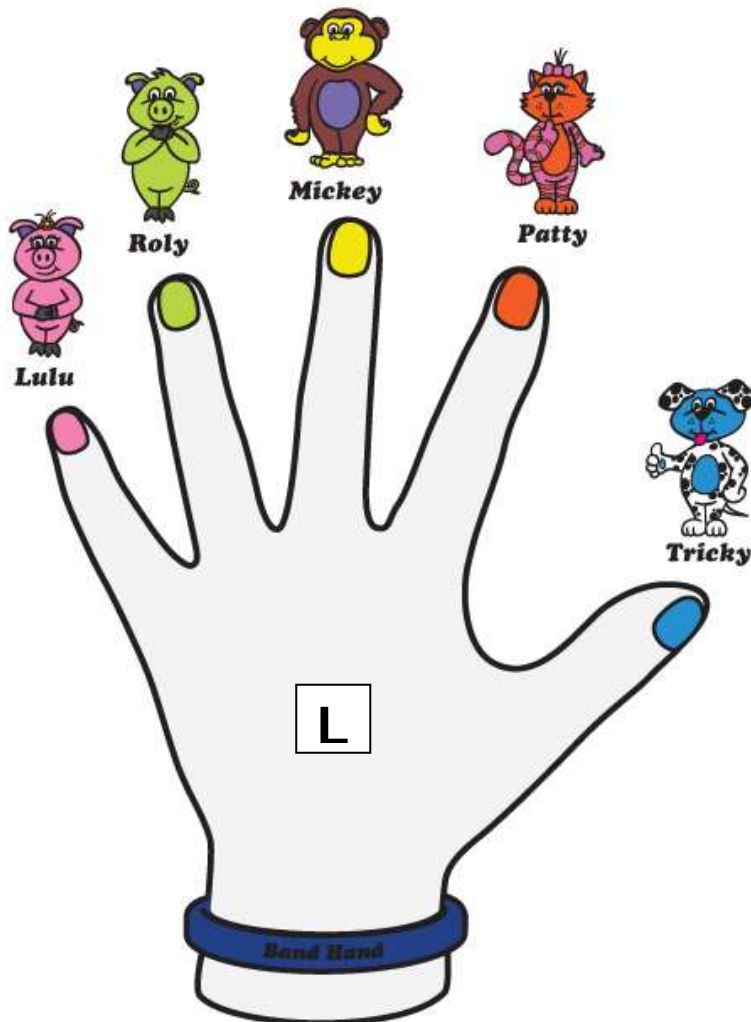


For more information including contact details and how to order resources visit: www.myfantasticfingers.com

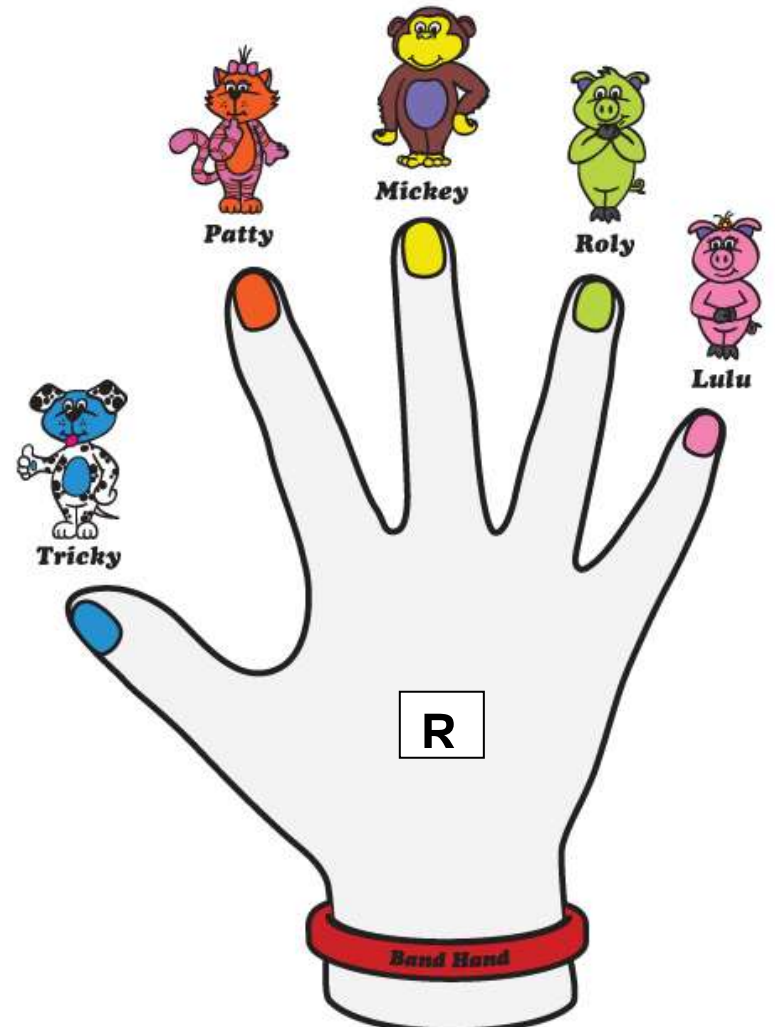
Set for Success!

Five fingers live on a special hand called Band Hand. Band Hand is really good at doing things like holding paint brushes, crayons and pencils. Now let's pretend that the five fingers on Band Hand

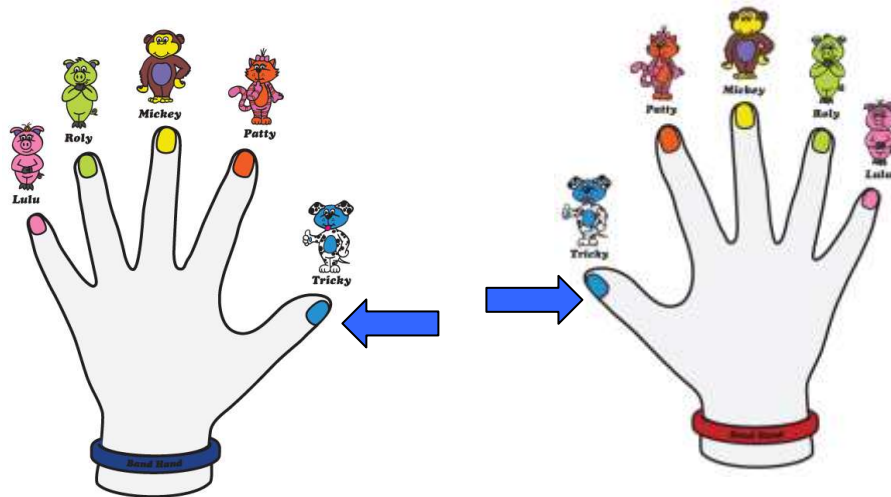
are animals.



Is your Band Hand your left or right hand? Wave 'hello' with your Band Hand. Put your Band Hand over the matching picture. Lift each finger up and down

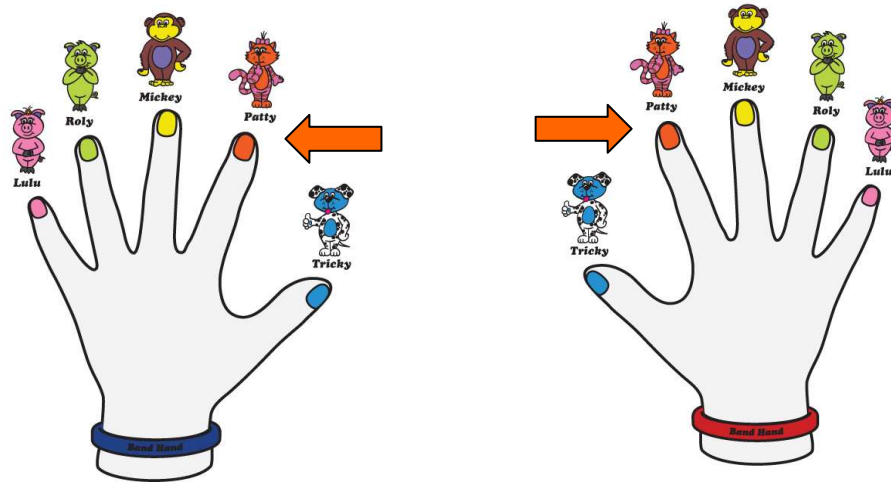


Our thumb is Tricky the Dog.
Tricky is white with black spots.
He can do special tricks with his body.



*Say 'woof, woof' for Tricky Thumb.
Move your Tricky Thumb over to touch
your little finger tip on your Band Hand.
Did you know that monkeys don't have
this special muscle in their thumbs?
They can't do what you just did!*

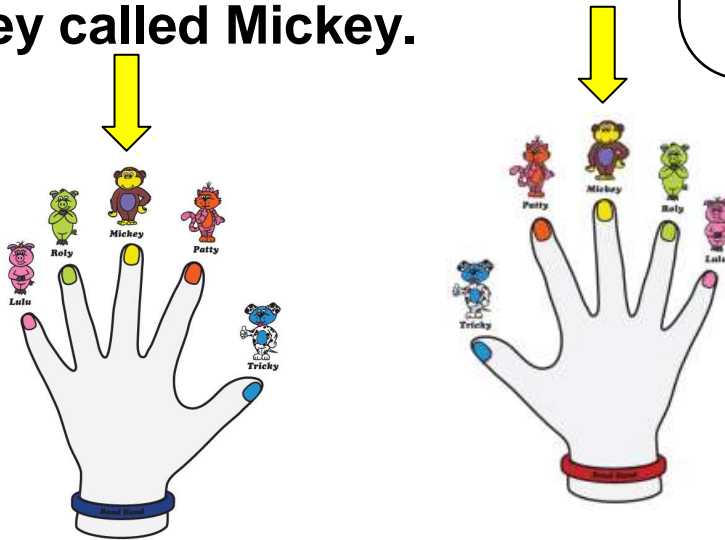
Our pointer finger is a stripy cat with an orange tummy. Patty is curious and she likes to look for things.



*Say 'meow, meow' for Patty Pointer.
What do you think Patty Pointer would like?
Point your Patty Pointer finger at something
you like.*

Tricky and Patty have a tall, chocolate coloured friend. He sits in the middle of the five fingers. The middle finger is a monkey called Mickey.

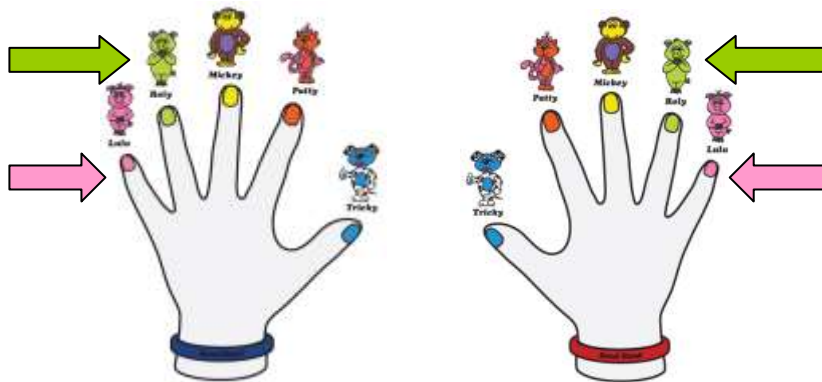
Make a monkey sound for Mickey Middle. Wiggle your middle finger on Band Hand up and down.



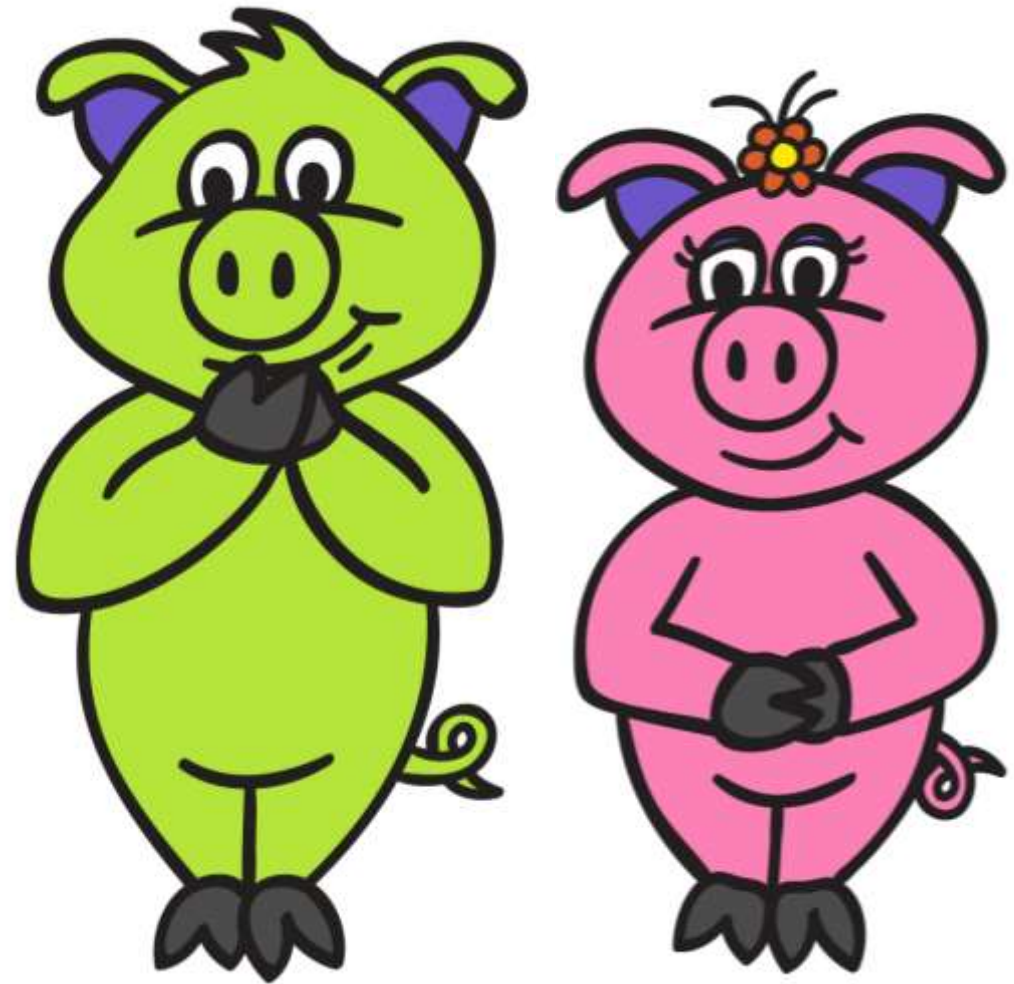
Tricky Thumb, Patty Pointer and Mickey Middle are the 3 Friends.

Hold up your 3 Friends on your Band Hand.

The last two fingers are pigs,
Roly Ring and Lulu Little. Roly
and Lulu are the Naughty
Rascals. They like rolling in the
mud and getting dirty. They
also like to hide and sleep.



*Make your Roly Ring and Lulu Little
curl up and go to sleep.*



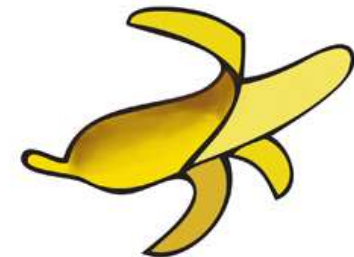
One day the five fingers were invited to a party far away. They would need to drive there in the Pencil Car. Tricky Thumb and Patty Pointer looked for the Pencil Car playing their favourite game 'I Spy'.

Make an 'I Spy' sign with your Tricky Thumb and Patty Pointer. Look through the round hole at the Pencil Car.



When the pencil car was found, Helping Hand pushed Pencil Car towards Tricky and Patty. Tricky and Patty jumped on Pencil Car and turned the key. Vroom went the engine loudly!

'Wait for me!' shouted Mickey. He dropped his banana and slipped into the car, behind his friends.



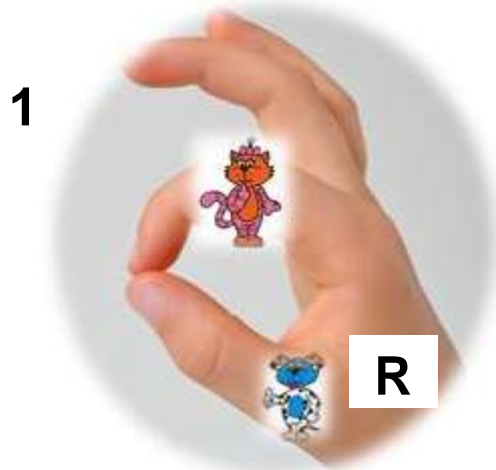
Where are Roly and Lulu Rascals? Can you find them?

I think they have decided to hide.



**Vroom! ‘Off we go!’ shouted the 3 Friends, jumping up and down.
‘We love going to a party!’**

Right Hand: Do you know how to drive your pencil the right way?



Tricky Thumb and Patty Pointer play 'I Spy'

Jump on the Pencil Car, ready to fly!



Mickey Middle slips behind for a ride while Ring and Little Rascals go and hide.



Do you know? If you use your 3 Friends to drive your pencil like this your hand won't get so tired. With practice you'll be able to write more neatly and quickly too!

Left Hander: Do you know how to drive your pencil the right way?

1



2



Tricky Thumb and Patty Pointer play 'I Spy'

Jump on the Pencil Car, ready to fly!

3



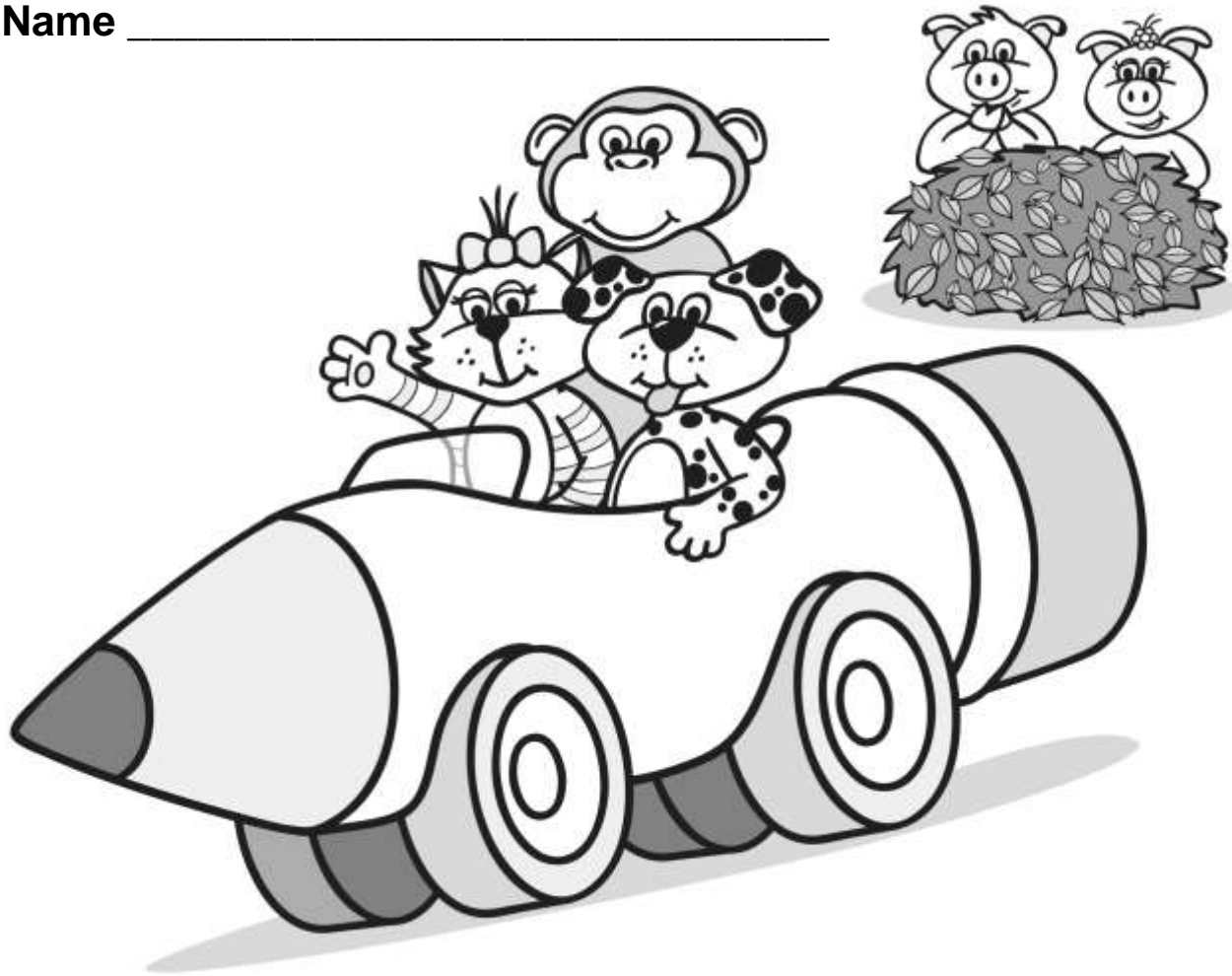
*Mickey Middle
slips behind for a
ride while Ring
and Little Rascals
go and hide.*



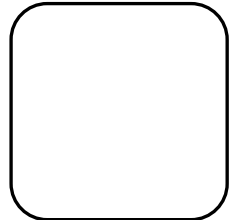
Do you know? If you use your 3 Friends to drive your pencil like this your hand won't get so tired. With practice you'll be able to write more neatly and quickly too!

Get your Pencil Car Licence! Colour in this picture keeping your 3 Friends in the right places even when you change colours. Fill in, cut out, fold and paste your licence together.

Name _____



Name _____



Pencil Car Licence
belongs to

Answers to Frequently Asked Questions

What ages is *Let's Go* suitable for?

Let's Go can initially be read to children between the ages of three to four years. At this early stage, children can learn their finger names, the associated characters and become aware that there is a correct way to hold drawing materials (thicker and triangular shaped are best).

Let's Go is ideal for most children age 4 plus to instruct them on how to hold their pencils and drawing materials in the tripod pencil grip. It takes repetition and lots of practise to learn a new skill like holding a pencil correctly.

Why is the tripod pencil grip taught?

For the majority of children this is the best grip allowing for the development of refined finger movements (small bending and stretching) of the thumb and pointer finger. The middle finger supports the pencil from the underside. Refined finger movements develop between ages 4 to 6 years and result in optimal control of the pencil.

What about lefties?

Children who are left handed should be taught two main modifications. Firstly, they should hold their pencil about 2.5 cm up from the pencil tip. This is so that they can see what they are doing. Secondly, when they are at the stage of writing across the page, they should tilt their page slightly so that they are 'writing downhill' as this will be more comfortable and prevent hooking of their wrist.

Why do some children wrap their thumb across their pointer finger or put other fingers on the pencil shaft?

If the child is older than 4 years they may do this due to a lack of instruction. But as these types of grips give more stability, many children use them due to underlying instability in their hand and sometimes wrist.

If muscle weakness is the case then specific strengthening exercises should be carried out. Refer to *Songs and Games for Fantastic Fingers*[®] for many suitable activities. It may be necessary to seek professional help from an occupational therapist who specialises in working with children. Pencil grips, used correctly, can also be helpful.

I have shown my child how to hold their pencil correctly but they keep resisting and reverting back to their old way. What should I do?

If they are developmentally younger than their peers then they may just need more time, gentle reminders and incentives but no pressurising. Bear in mind that there could be underlying reasons for why they do this and further assessment may be advisable.

When is it too late to change a child's pencil grip?

Generally speaking it is much harder to change a child's grip especially if they have been using it at school for a year or more. If the child is open to working with you and has help for any underlying reasons, it is possible to make corrections that will help them in the long run.

Vroom!

Have you got your Pencil Car Licence? Do you drive your pencil the best way? Meet the 3 Friends and let them show you how!



Children will love the characters in this fun story as they learn how to hold their pencil optimally. *Let's Go* includes practical activities to reinforce learning and answers to frequently asked questions about pencil grip.

Visit www.myfantasticfingers.com for support and resources

***Songs and Games for Fantastic Fingers®
- The Comprehensive Fine Motor Program for Success at School***

The revised and expanded edition has 100 activities and 100 printable worksheets for improving the development of children's fine motor skills. The action songs, games, exercises and extension learning activities are loved by children and their parents and teachers! Fantastic Fingers® is ideal for helping 4 to 6 year olds develop the fine motor skills they need to succeed at school and is also suitable for children up to 8 years who need additional fine motor support.



Fantastic Fingers® sets children up for success at school!

Ingrid C. King has her masters in occupational therapy. She has worked in a number of different countries helping children and conducting workshops for parents, teachers and occupational therapists. Ingrid is passionate about empowering others to make a lasting difference in children's lives. She is married to a trained primary teacher and has two children.

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