



Dear Parents and Carers,

We are excited to share with you the letter formation we use in class to support your child's early writing development. These sheets are sent home to give you an idea of the approach we follow. **Please do not feel obliged to complete them with your child** — every child develops at their own pace, and we are mindful of that in our classroom.

Before children are ready to focus on handwriting, it is equally (if not more) important that they develop strong **gross motor** and **fine motor** skills. These skills lay the foundation for confident and comfortable writing later on.

What are Gross and Fine Motor Skills?

- **Gross Motor Skills** involve the large muscles in the body. These help with whole-body movements such as running, jumping, climbing, and balancing.
- **Fine Motor Skills** involve the small muscles in the hands and fingers. These are needed for tasks like holding a pencil, using scissors, doing up buttons, and more.

Fun Activities to Support Gross Motor Skills:

- Playing at the park (climbing, swinging, balancing)
- Riding a scooter or bike
- Dancing or action songs (like "Head, Shoulders, Knees and Toes")
- Throwing, catching, and kicking balls
- Obstacle courses (inside or outside)
- Animal walks (bear crawl, crab walk, frog jumps)

Fun Activities to Support Fine Motor Skills:

- Playing with playdough (rolling, squashing, pinching)
- Threading beads or pasta onto string
- Using tweezers or tongs to pick up small objects
- Drawing, colouring, and painting
- Pegboards or Lego building
- Cutting with child-safe scissors
- Puzzles and construction toys

Encouraging these kinds of activities at home will help build the strength, coordination, and control your child needs before focusing on formal handwriting. Thank you for your continued support in helping your child develop at their own pace.

Warm regards,

Miss Dymond