



Kinetic Letters- Handwriting Workshop for

Parents

Mary's Primary School



Why Do We Need A Scheme?

- Since Covid staff have seen a decline in handwriting, posture and fine motor control.
 - Children have less stamina for writing
- There was not a consistent approach to teaching or correcting this, we need consistency now more than ever.

Why Kinetic Letters?

- Other schemes we researched heavily focussed on forming the letters and offered very little to support the development of children's physical development.
- Kinetic Letters consists of four strands, each focussing on a different aspect of writing and physical development.
- All staff receive high quality training which can be accessed as many times as needed whenever we need.

What Is The Aim?

- The aim is not solely for the children to have neat handwriting. Handwriting has an impact on the children's writing whether it is content, length or creativity to name a few.
- When we write we have to attend to a multitude of cognitive (content) and motor (handwriting) aspects. Humans have a limit to what we can concentrate on at once, if the demand becomes too great, then the challenge of handwriting will take over and the higher order skills of content are abandoned. Poor handwriting then conceals potential, children will potentially play it safe or write shorter pieces.
- Kinetic Letters wants to enable all children to have an automaticity with their handwriting. Automaticity happens once the child repeats a skill sufficient times for the brain to be able to move performance to the sub-conscious, so that you no longer have to think about it. This

How Does It Work?

- Kinetic Letters is made of four strands.

- Red Thread- Making Bodies Stronger

Building Strength, Dexterity and Manipulation.

- Yellow Thread- Learning the Letters

Letter Formation and Spacing Through Movement. Remembering Through Stories.

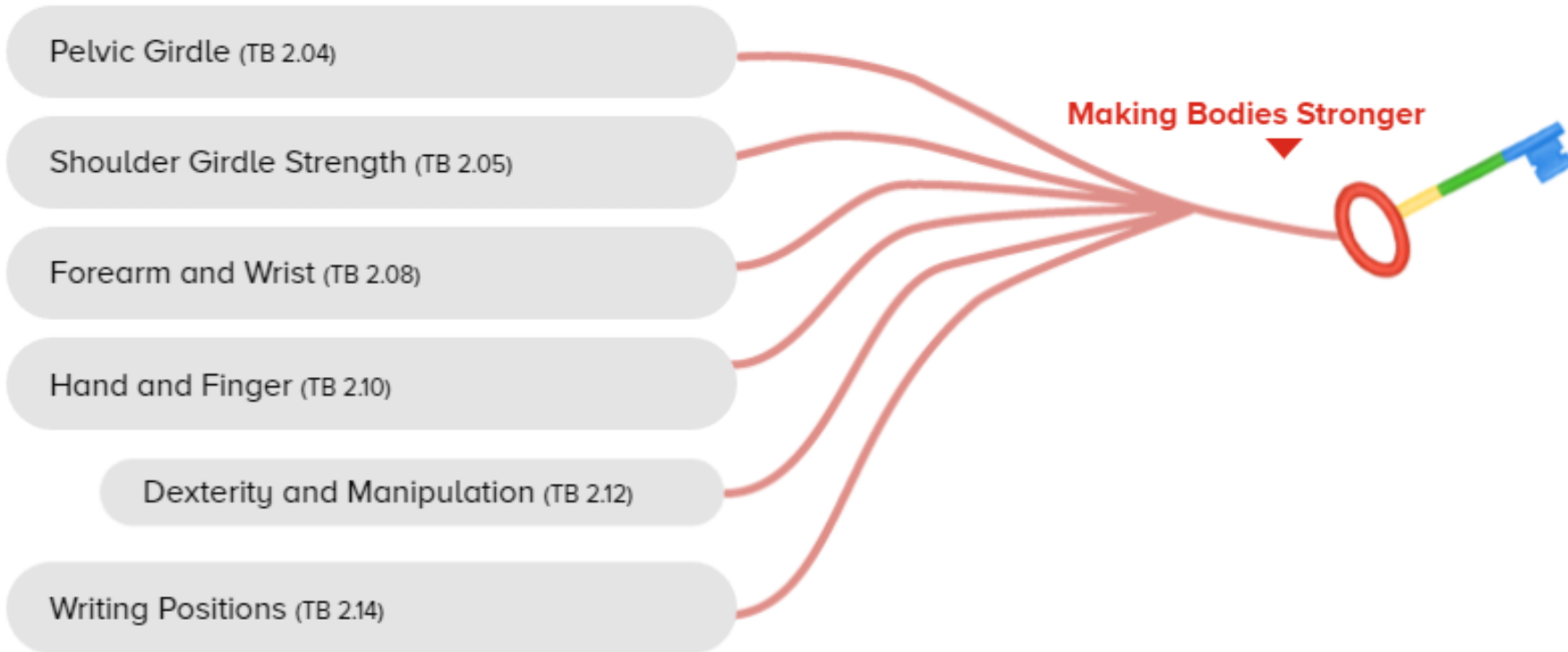
- Green Thread- Holding the Pencil

Learning to Maintain an Optimal Hold, in Line with Hand Physiology for Refined Finger Movements.

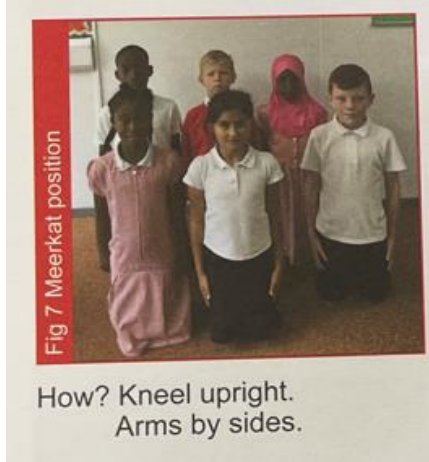
- Blue Thread- Flow and Fluency and the Joining Programme

Enabling Flow and Developing Fluency and Speed.

Red Thread- Making Bodies Stronger Building Strength, Dexterity and Manipulation.



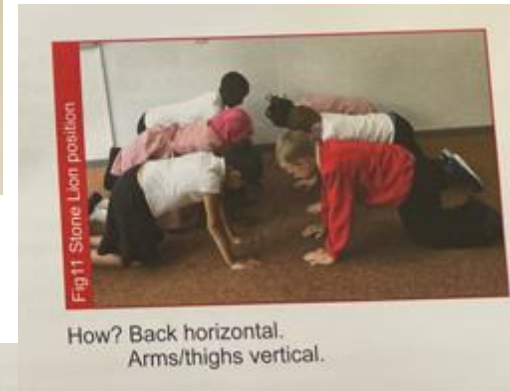
Animal Positions



Meerkat Position



Penguin Position



Stone Lion Position



Bear Position



Lizard Position

Animal Positions- Buy One Get One Free




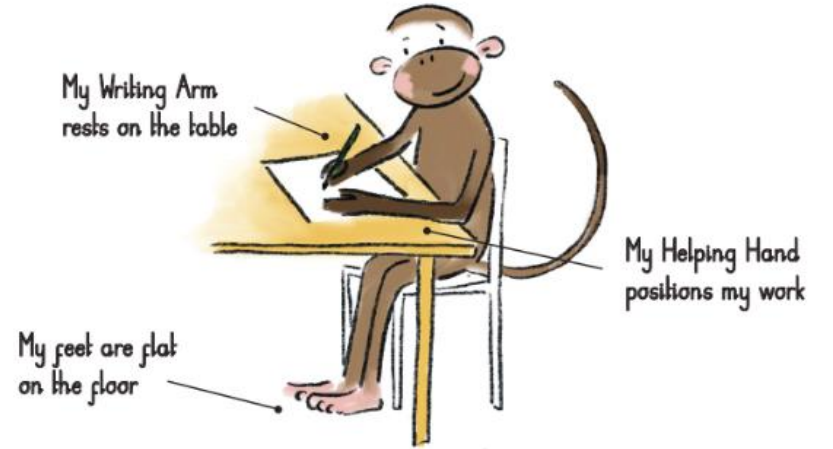
Writing Positions



Why do they sit

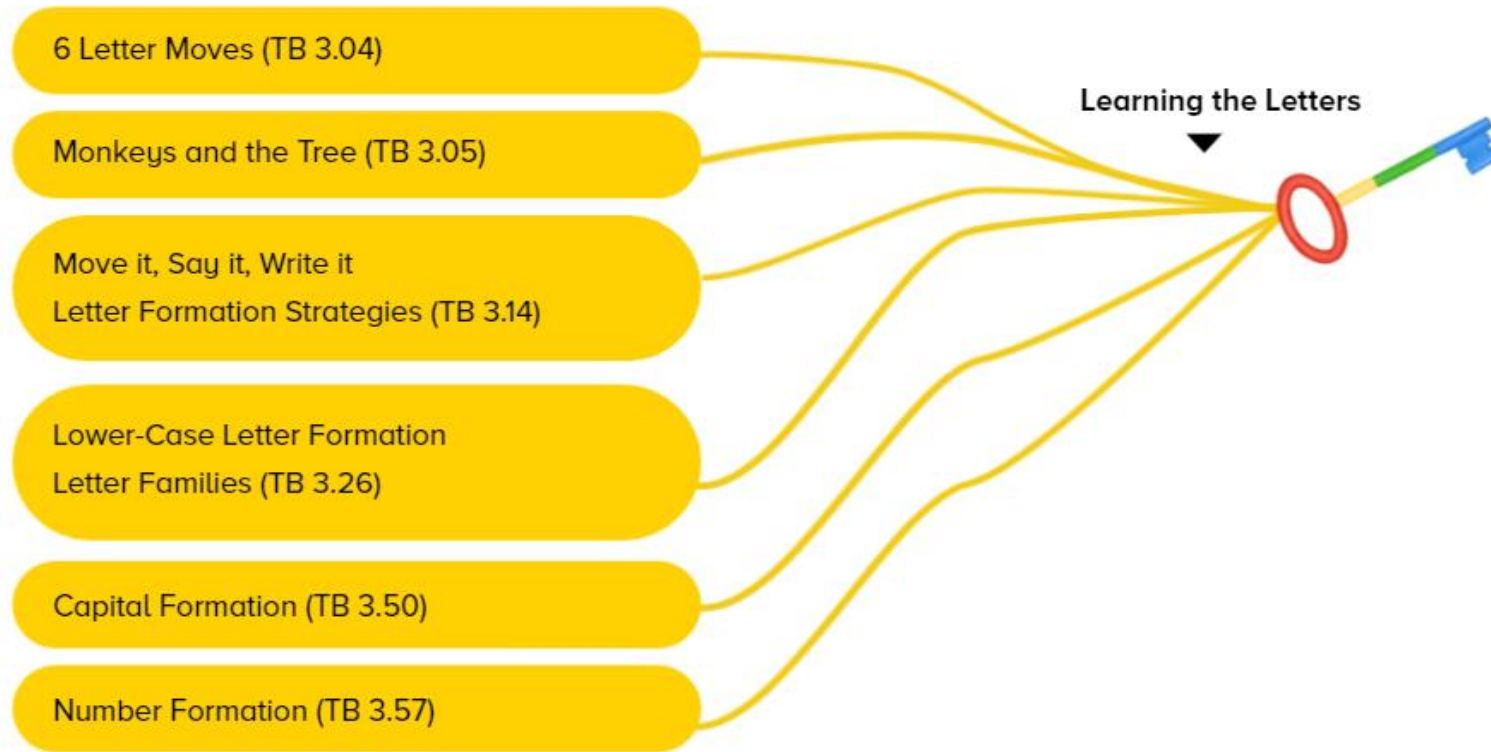
Making Bodies Stronger

 I can use my strong Table-writing position



Yellow Thread- Learning the Letters

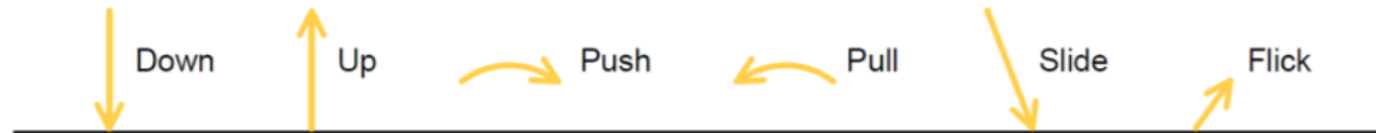
Letter Formation and Spacing Through Movement. Remembering Through Stories.



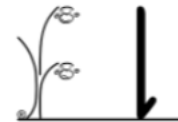
The Six Letter Moves

WHY is it important?

Only **6 Moves** are needed to form any letter or number



These **6 Moves are combined into sequences** to form each letter.



Down. Flick

Letters learnt through movements, are correctly formed and orientated.

The Two Monkeys

WHY is it important?

The **Tree Symbol of the Monkeys on their Tree** is a visual prompt for the formation, height and grounding of letters.



Brave Monkey makes letters that start from his high branch e.g. **h**

Scared Monkey makes letters that start from his lower branch e.g. **n**

The Tree grows on the ground which guides whether letters are placed on it, or descend below it.

The Letter Families

WHY are they important?

The **Letter Families** share **Family Features**, which makes for rapid and accurate learning.

The **Letter Family stories** make Letter Formation easy to learn and remember.

Jumper Family

Abracadabra Family

Window Cleaner Family

Special Squirter

Fisher Family

Slider Family

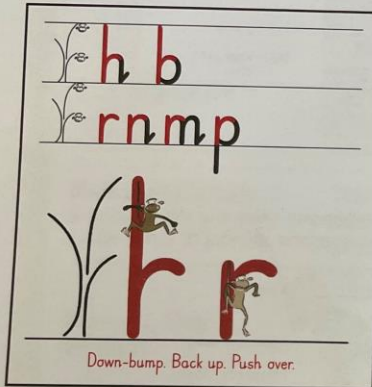
The Letter Families

Letter Families: Stories and Family Features

Learning Strategy

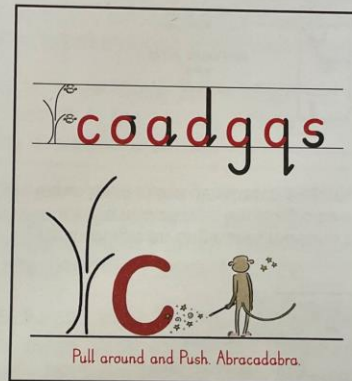
Jumper Family:

Made by jumping from trees in the Island Adventure.



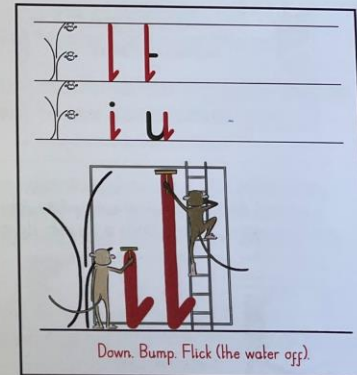
Abracadabra Family:

Magicked from c in the Party adventure.



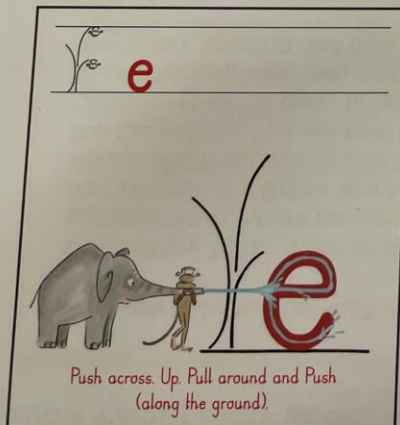
Window Cleaner Family:

Made with squeegees in the City Adventure.



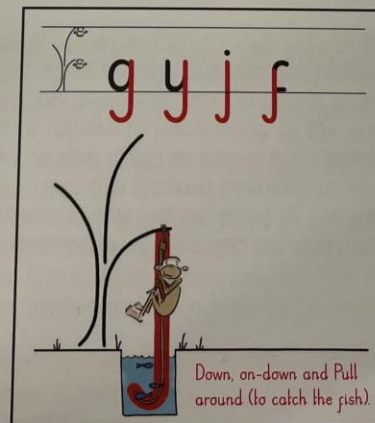
Special Squirter:

Made with the elephant's trunk in the Water Adventure.



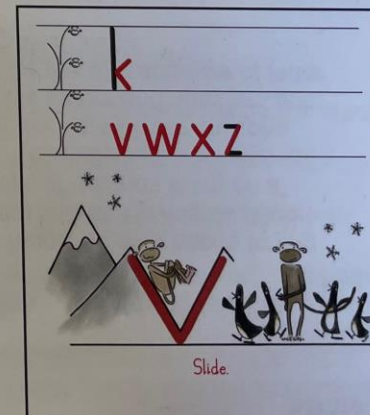
Fisher Family:

Use their tails for fishing in the Water Adventure.



Slider Family:

Made by sliding down mountains in the Antarctic Adventure.

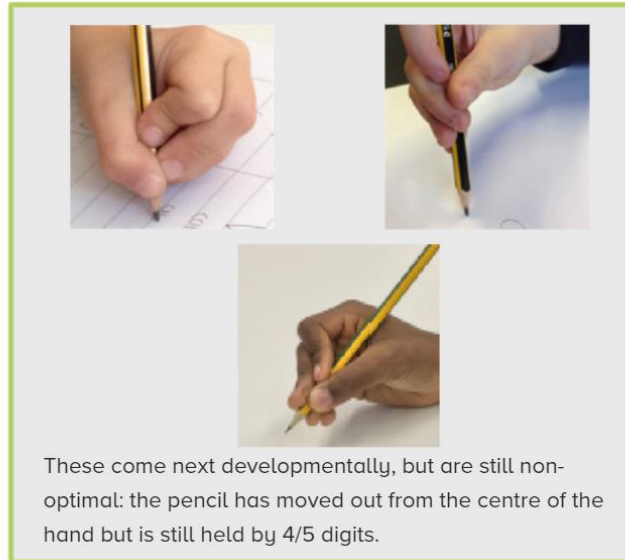
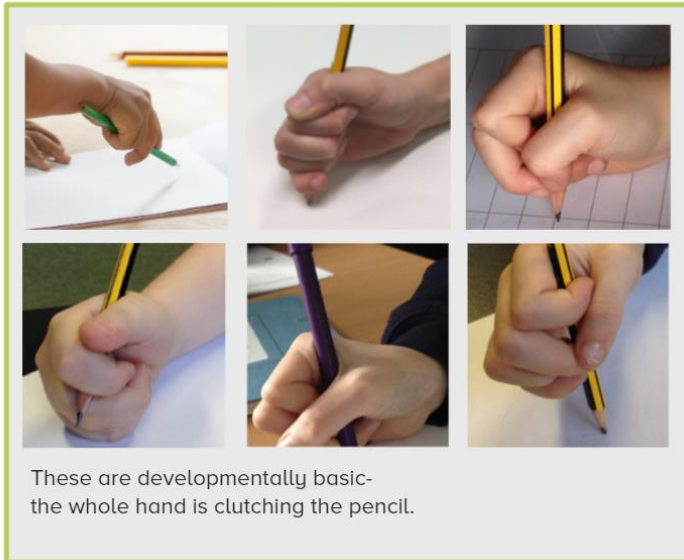


Green Thread- Holding the Pencil

Learning to Maintain an Optimal Hold, in Line with Hand Physiology for Refined Finger Movements.



Non- Optimal Pencil Holds



Why is this important?

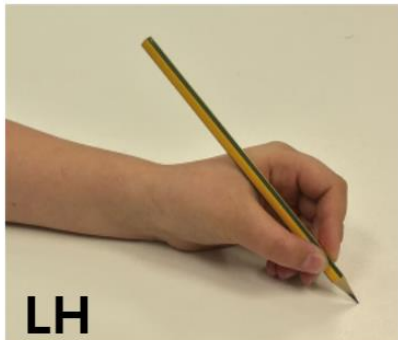
Non-optimal Pencil Holds can make it harder to move a pencil in tiny movements required to write legibly, fast and fluently because they do not make the optimal use of the physiology of the hand.

Consequently, non-optimal holds can have a negative effect on handwriting as it is harder for pupils to convey their ideas onto paper and for others to read it, resulting in pain, frustration and under

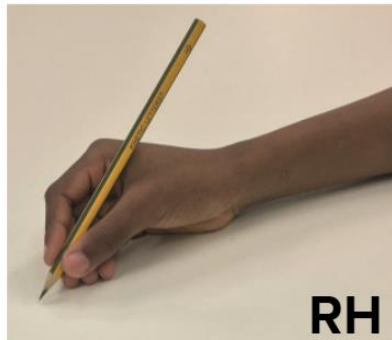
The Three Friends Hold

The 3 Friends Pencil Hold is a technique for holding the writing tool and so can be learnt or improved at any age.

Just like any new technique for handling a tool, it may feel strange at first but since it fits the natural mechanics of the hand, pupils quickly adjust and create a new habit.



**The 3
Friends
Pencil
Hold**



This is the solution that works with left-handers and right-handers of all ages, as it suits the mechanics of how our hands work and so makes writing comfortable, legible and fast.

Background Information:
The fine movements of the thumb and the fingers are made possible when they are relaxed, by making the base of the hand and wrist responsible for general stability. Whereas, if the whole hand becomes involved in stabilising the position, the thumb and

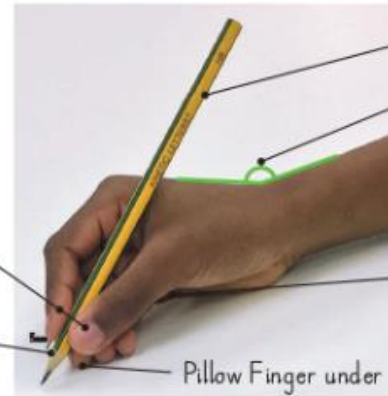
The Three Friends Hold

The 3 Friends Pencil Hold



I am right-handed

Holding Fingers opposite
Can you see some green leaf?



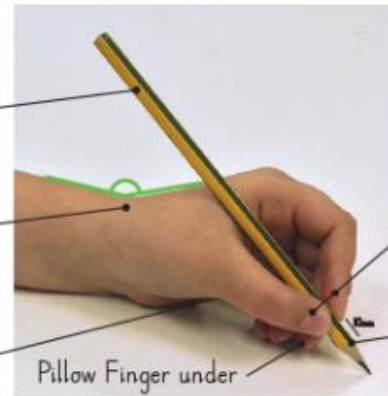
Pencil back
Wrist bent
Hand rests down

Pillow Finger under



I am left-handed

Pencil back
Wrist bent
Hand rests down



Holding Fingers opposite
Can you see some green leaf?

Pillow Finger under

The Three Friends Hold

Pencil Pick Up Song

You get your

Holding Fingers ready

And pick your pencil up

You tip it back

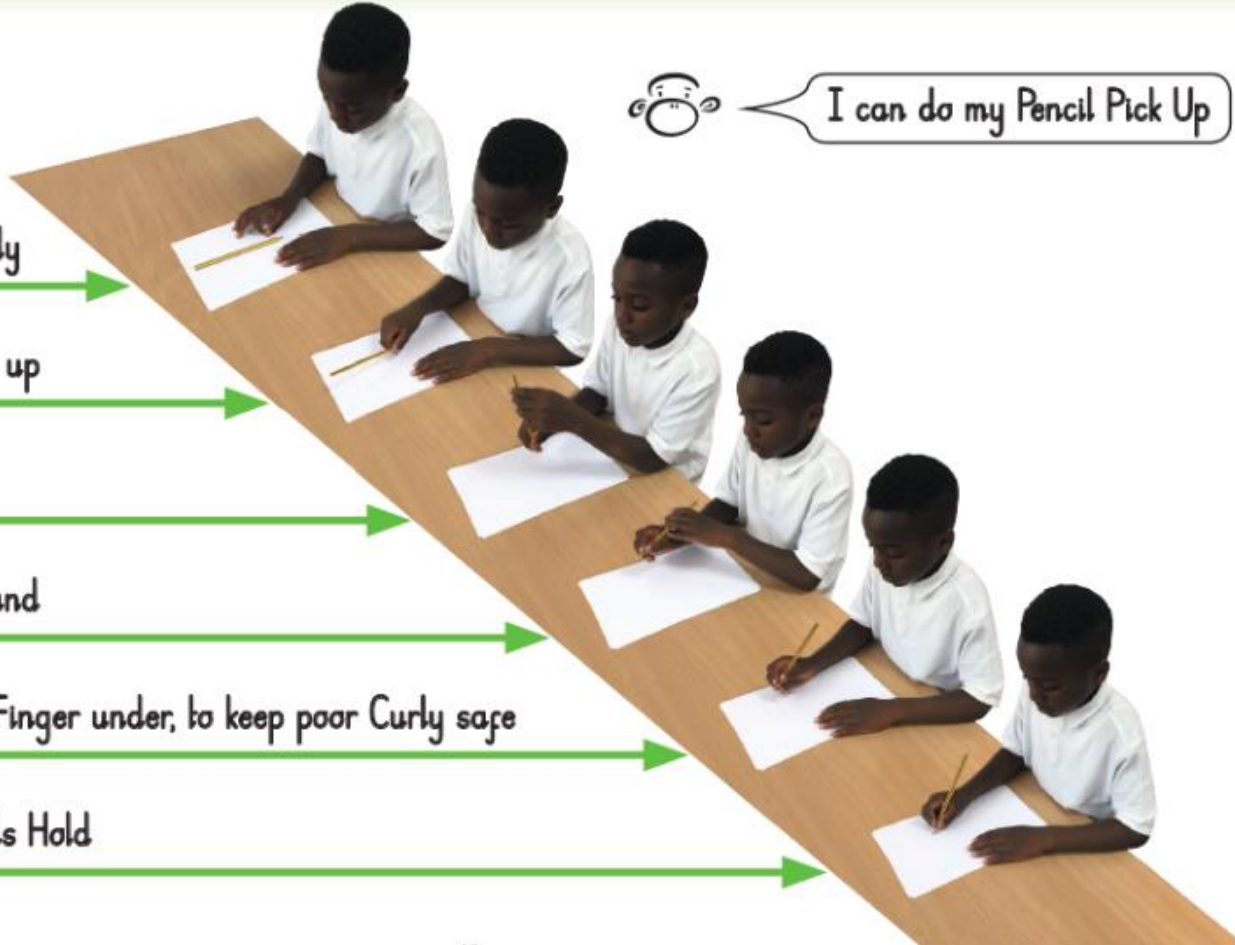
To lie across your hand

You put your Pillow Finger under, to keep poor Curly safe

That's your 3 Friends Hold



I can do my Pencil Pick Up



The Three Friends Hold

Pencil Checks

Holding Fingers opposite



I can touch my fingers to check

Can you see some green leaf?



Pillow Finger under



Pen back



Wrist bent

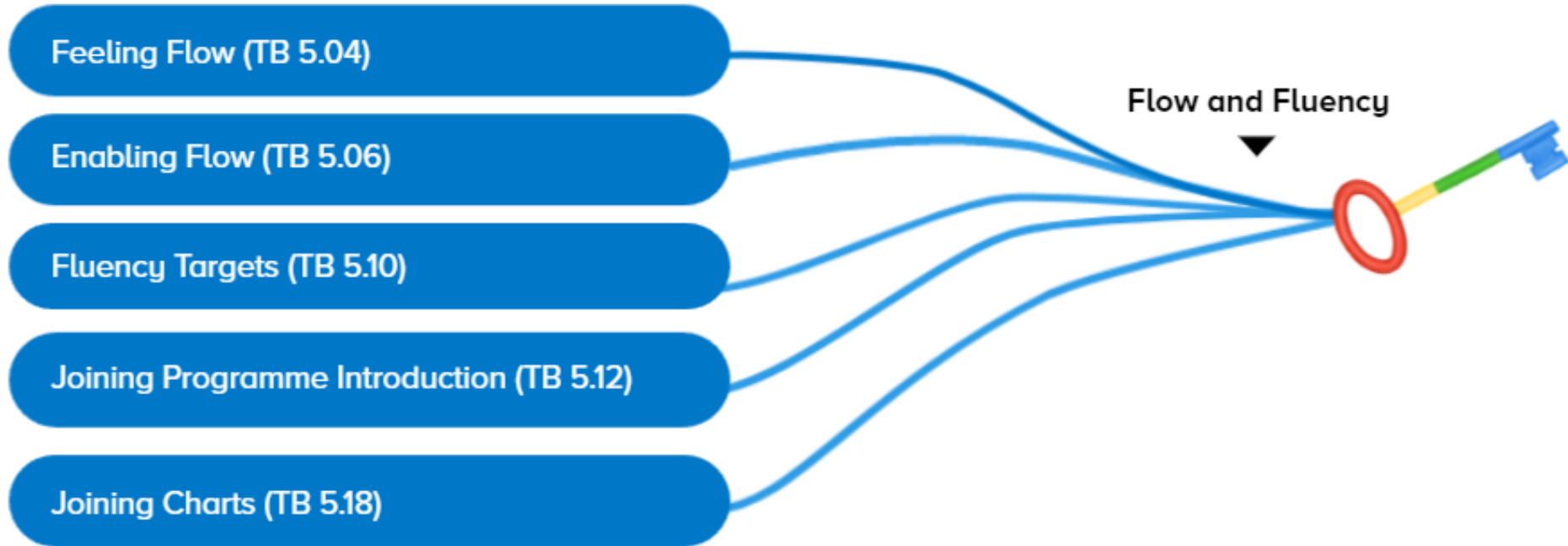


Hand rests down



Programme

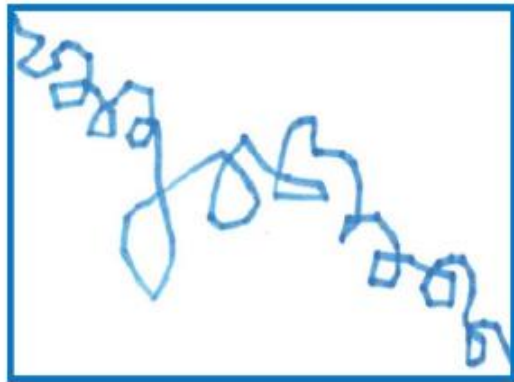
Enabling Flow and Developing Fluency and Speed.



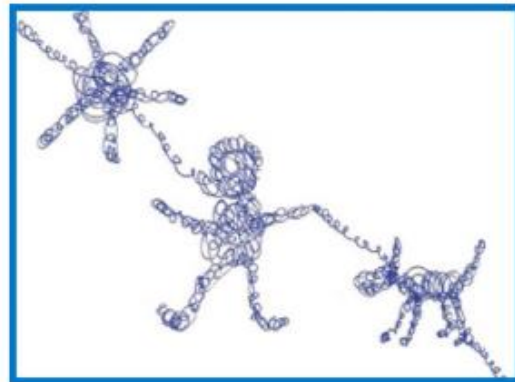
Blue Thread- Flow and Fluency and the Joining Programme
Enabling Flow and Developing Fluency and Speed.

Feeling Flow

Flow Patterns with RFM



Doodle Trails

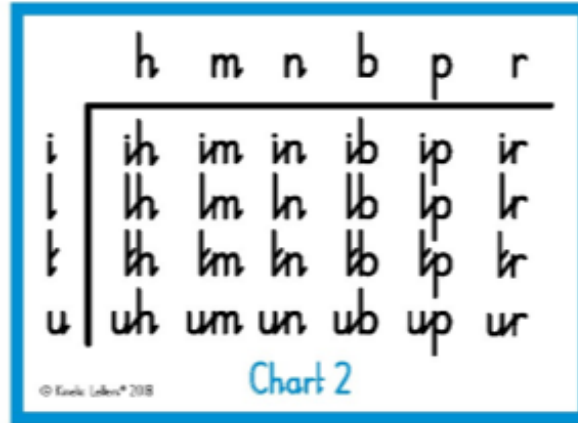
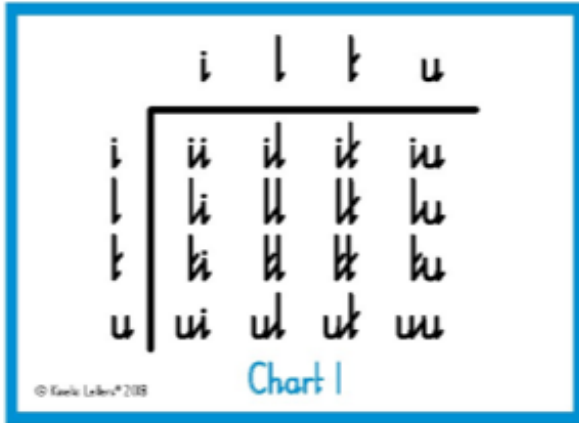


Doodle drawings

1	Down-bump. Back up. Push over.		
2	Down-along. Up.		
3	Push over loops.		
4	Pull under loops.		
5	Pull under and Push over loops.		
6	Pull around and Push.		
7	Slide down. Slide up.		

Blue Thread- Flow and Fluency and the Joining Programme
 Enabling Flow and Developing Fluency and Speed.

Letter Pairs



Children are then taught to join using letter pairs.

They use the previously taught letter formation and the two monkeys to support their transition into joined writing.

The children are also taught their high frequency word spellings in joined writing for practice.

300 High Frequency Target Words: in the Order in Which Children Learn to Join Them Strategy

Charts 1+2	Charts 3+4	Charts 7+8	Chart 9	Charts 10+11	Charts 12-14	Charts 15-25				
in it up Mum but put girl skil run sun it's I'll	an at all baby ran sat on air park rabbit Gran	and big to no inko small did didn't had right hard giant said man night	Dad had do magic bad again dark Grandad	get bear lung kell car eat can't every jumped eggs much were very children	each can cat car eat can't any say really may gave river	saw if my day play will now down look too you don't what old about your oh could how	of egg on not got will kawn why bank good look too you don't what old about your oh could how	window school dog round around kidd marning why bank good look too you don't what old about your oh could how	going cold along there grow would dragon stopped our	coming wind cold along there grow would dragon stopped our

Charts 3+4
Him

6.38

300 High Frequency Target Words: in the Order in Which Children Learn to Join Them Strategy

Charts 26-29						Using Crossbars		Double t Twiddly-bits	
as is his he she we will me was are children her went just help have like some come	were eyes ever lived while miss birds one when house made come make here very people looked called asked	water home more everyone must nest something live garden pulled end please most he's lets great last before let new	lake should red place under us suddenly cried because clothes mother once lets river best game wash wanted	has other animals lots even inside over yes box never mouse laughed another head key see tea box	the tree fish then them there per they lune from their find that's these pun jinx through just	two thought fish think found there's fall friend than thing fly queen floppy feet sleep been keep need just	little digerood better		

6.39

Blue Thread- Flow and Fluency and the Joining Programme
Enabling Flow and Developing Fluency and Speed.

Enabling Flow

WHY is it important?

Pupils need to develop the **physical** and **cognitive skills** that **enable Flow**, so that they can write **fast enough** to **keep up with their ideas**.



- Writing positions
- Letter formation
- Three friend hold

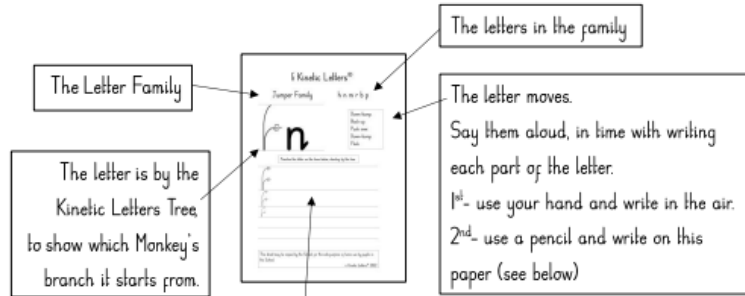
By combining all the skills that the children have previously learnt, they can have fluent writing. Which will enable their brains to focus purely on the content.

How Can You Help At Home?

- Support your child to hold their pens/pencils in the optimal hold.
- Encourage your child to practice the animal poses
- Encourage your child to develop their gross motor and fine motor skills. Play dough, Lego, trips to the park climbing etc, carrying heavy objects/ school bags!
- When your child begins to learn the letter formation, encourage them to follow the

How Can You Help At Home?

How to use the Kinetic Letters® letter sheets at home



Use these lines to practise writing 3 By the Tree (3BT).

Line 1: practise a single letter 3BT.

Then draw a Quick Tree, to write the next 3BT

Lines 2 & 3: keep practising the single letter by the smaller Trees on these narrower lines.

Extra challenges: Snuggle the groups of 3 letters together
Try and 'feel the flow' as you get a little faster

Lines 4-5: either repeat the single letter
or
Combine this letter with another one you know from this Letter Family, to make a Letter Pair;

Extra challenges: Snuggle the Letter pairs
Leave an 'invisible pair' (ie 2 letters) between them.

r Kinetic Letters®

Jumper Family

h n m r b p

Down-bump.
Back up.
Push over.
Down-bump.
Flick.

Practise the letter on the lines below, starting by the tree.

This sheet may be copied by the School for the sole purpose of home use by pupils in the School.