



# Kinetic letters

Workshop for parents  
Higham Ferrers Nursery and Infant  
school.

# Writing challenge...

- Writing programme used in our school- Margaret Williamson
- Learning to write takes a variety of different skills- both cognitive and physical, including good hand-eye coordination.
- Not all children physically ready
- Lead to dislike and/or writing avoidance and poor self esteem and confidence level.

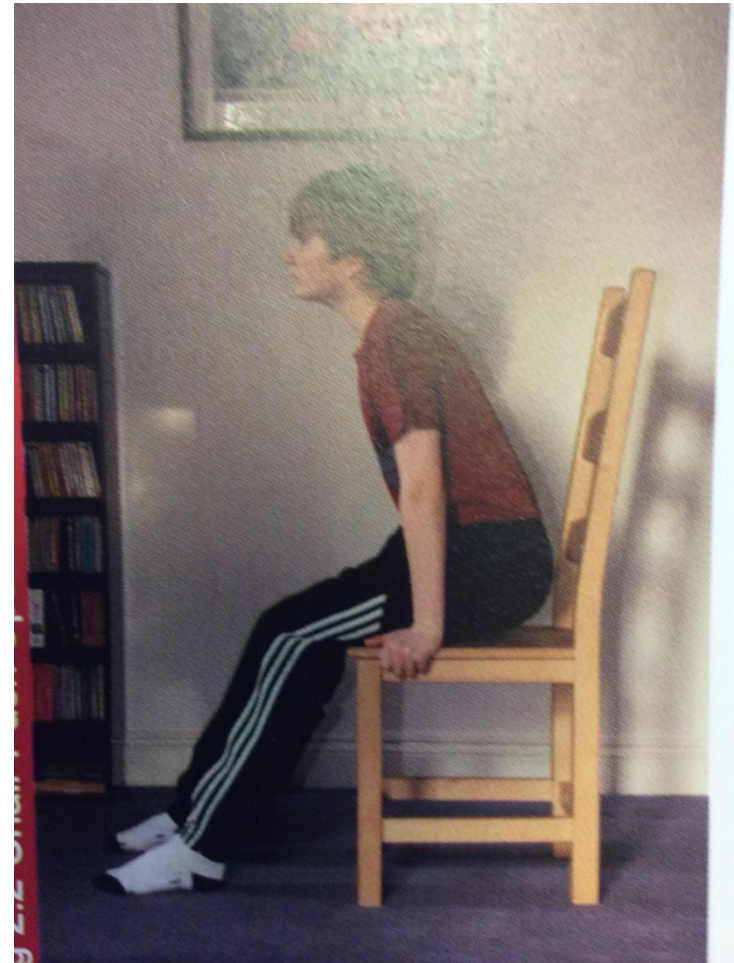
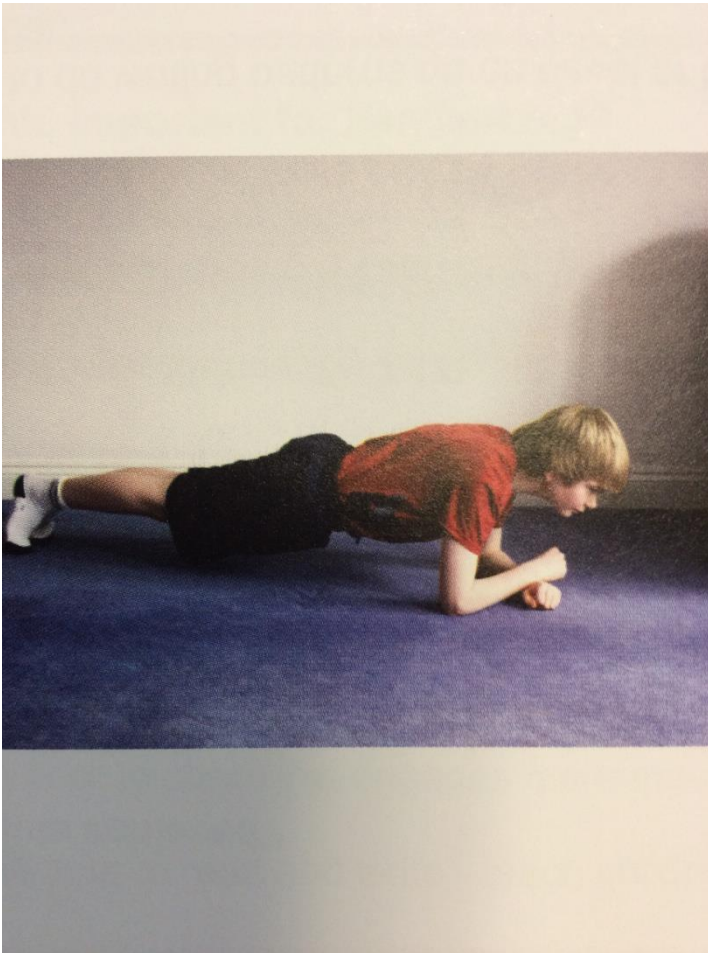
# Kinetic Letters solution...

- Addresses both cognitive and physical demands of learning to write
- Builds on strength and working positions
- Develops the brain through multi-sensory experiences
- Skills are developed separately in order to achieve automaticity, then combined for writing
- Brain can focus on the content of the writing rather than physical demands

# Making bodies stronger...

- Core strength is fundamental to writing success:
- Sit on the floor to play
- Lay on the floor to read and write
- Kneel up
- Trampoline
- P.E. activities to develop balance: climbing, jumping, hopping
- Crawling

# Pelvic and shoulder girdle strength:



## Forearm and wrist strength:

- Hammering games
- Activities which require wrist stability and control eg hand prints
- Activities which require forearm control eg playing a musical instrument.
- Crawling and clapping games.

# Hand and finger strength:

...d finger strength achieved?  
...hen the muscles in the hand as the weight is transferred from or  
...the dexterity and control of the fingers.  
...squeezing - examples below.




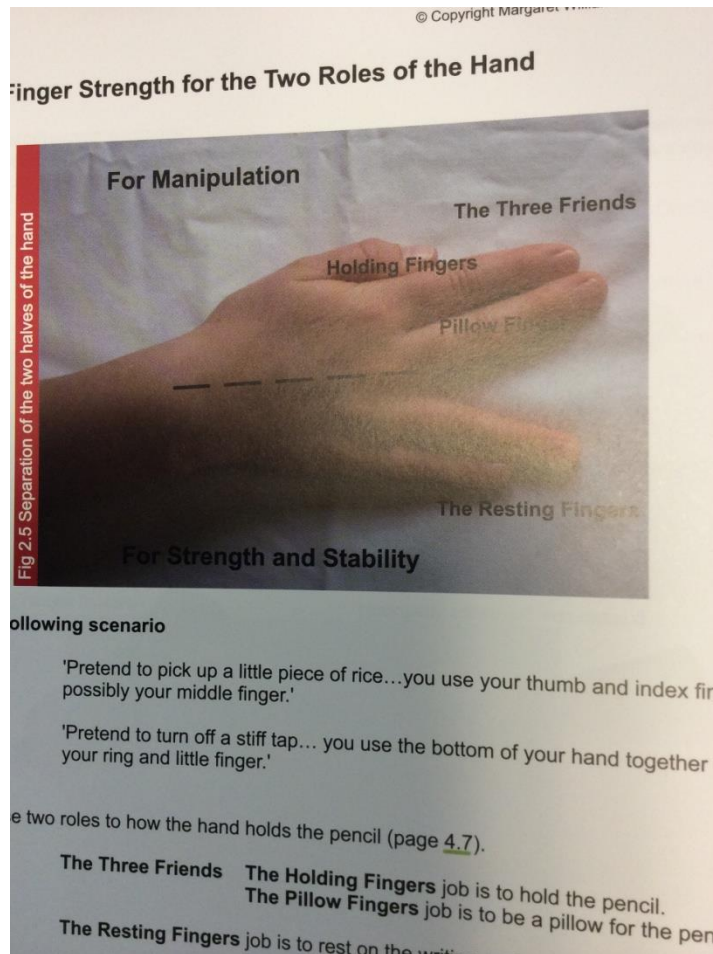
Fig 2.3 Objects for s...



Fig 2.4 Therapy putty

Therapy putty can be purchased in a range of strengths. Expand on these ideas to create a select controlled stretches that can be named by the children and then incorporated into the class' strengthening programme - as above.

# The two roles of the hand.

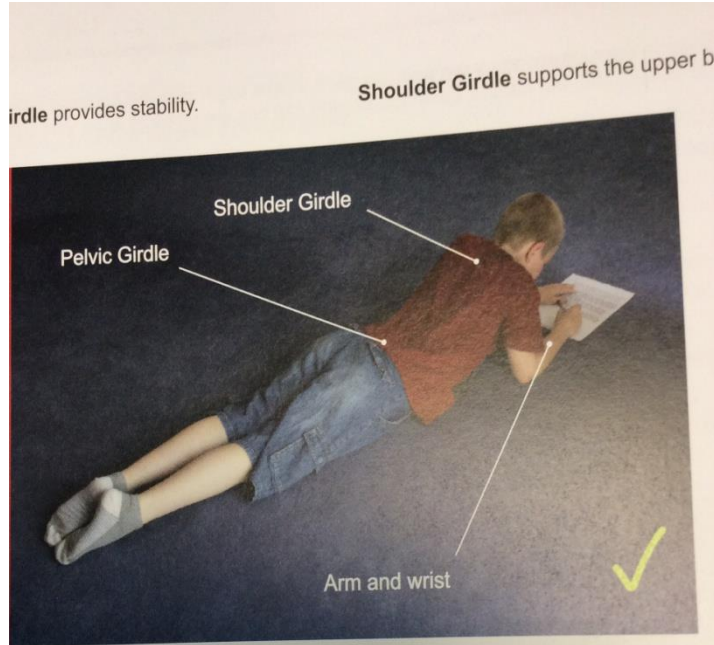


The 3 friends:  
Holding fingers  
Pillow finger

Other 2 fingers are resting  
fingers.



# Working positions



Arm and wrist are kept in the correct position by the weight of the body.

## Children's Checks

- Are my legs straight and flat on the floor?
- Are my arms supporting my head?

## Solving Problems

### Non-optimal Floor Working Position

**Fig 2.8** Legs up

**How to Help**  
Short term action - legs must be flat on the floor.  
Long term action - strengthen Pelvic Girdle.

**Fig 2.9** One knee up

**How to Help**  
Short term action - legs must be parallel.  
Long term action - strengthen Pelvic Girdle.

**Fig 2.10** Ankles crossed

**How to Help**  
Short term action - ankles must not be crossed.  
Long term action - strengthen Pelvic Girdle.

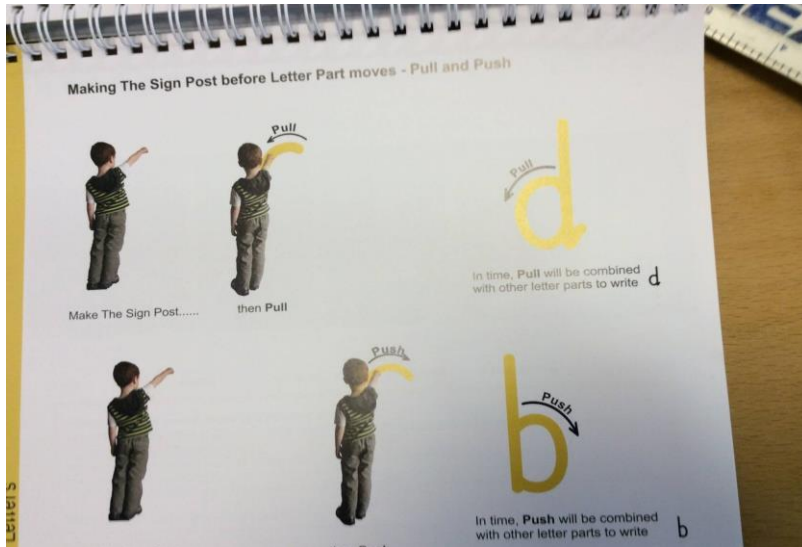
**Fig 2.11** Head resting on arm

**How to Help**  
Short term action - head must not rest on arm.  
Long term action - strengthen Shoulder Girdle.

# Basic moves

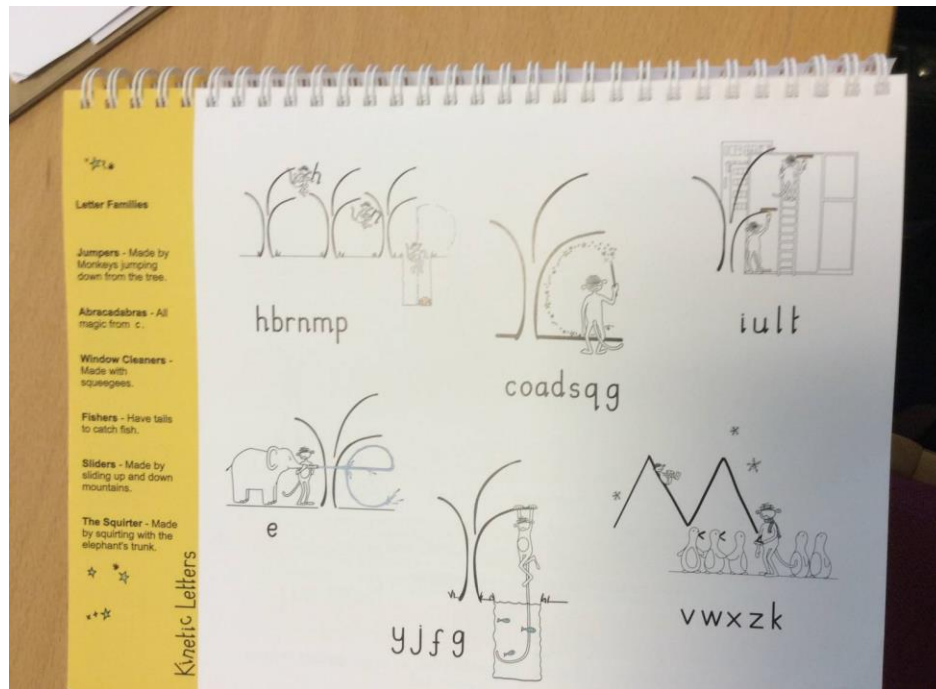


# Onto letters...



In the air  
In a sand  
tray  
On white-  
board  
On paper

# Introducing **Skip** the scared monkey and **Bounce** the brave monkey.



Far away in a damp green jungle live two monkeys who spend all day jumping down, bump from the branches of their tree. The Brave monkey jumps from the high branch and the Scared monkey jumps from the low branch.

# First letter: h

- Down, bump- back up half way, push over, down- bump- flick
- Air
- Sand tray
- White board
- Paper
  
- Continues through stories...

# The start of the letter families:

- Letters are taught in letter families
- Jumper family: h b r n m p (monkeys spend all day jumping down, bump...)
- Abracadabra family: Walking through the jungle one day, the Scared monkey finds a magician who waves his wand, shouts 'Abracadabra!' and makes lots of different letters appear under the branches of the tree. The magician offers to teach the Scared monkey his trick. He shows him that for each

# Stories, physical and more...

- Kinetic Letters links to so many aspects of school life
- English, Reading (displays), P.E, foundation subjects...
- Used as a whole school writing programme to enable children to write
- Good progress since we've been using it throughout the school

now to see it in action ...

