

Capsule 6

From arts and crafts to writing

In day-to-day life

- ▶ Before mastering the use of a pencil, your children must exercise the small muscles in their hands.
- ▶ Crafts and colouring activities are perfect to develop fine motor skills.
- ▶ By playing with play dough or building blocks, cutting things out, and shredding cardboard, your children will develop motor skills that will be helpful in school.
- ▶ Encourage them to use their dominant hand to hold cutlery or brush their teeth. Once they are attending school, it will be easier for them to manipulate a pencil.

Did you know that...?

- ▶ To develop fine motor skills, a child uses certain small muscles in the fingers and hands to make precise movements in order to reach, grasp, and manipulate small objects.

Source: www.naitreetgrandir.net

- ▶ From an early age, it is important to develop fine motor skills through activities such as cutting, tracing, gluing, folding, making shapes, and tearing. Source: cat.inist.fr
- ▶ In school, up to 60% of time is reserved for activities requiring fine motor skills, and 85 % of academic activities require the use of paper and pencil.

Suggested activities

- ▶ With the "Mystery Fruits and Vegetables" (Activities 6A and 6B), your child will develop fine motor skills by cutting out the fruits and vegetables.

Discoveries to make:

The alphabet: recite it or sing it out loud.

A B C D

E F G H

I J K L

M N O P

Q R S T

U V W X

Y Z



Capsule 6 for parents

From arts and crafts to writing

To learn how to write, your child must first learn how to gain control of the small muscles in his arms, hands and fingers. There are many fun things that he or she can do at home in preparation for this task.

Quick Tips

- ✓ By manipulating materials such as puzzle pieces or play dough, your child will learn how to use curves that will eventually help in writing the letters “o” and “a”, and to make long or short lines to write the letters “l”, “i” and “t”.
- ✓ Have children do activities that will exercise their small muscles, such as putting on, tying and taking off their shoes, pouring water from one glass into another without spills, making puzzles, building with blocks, etc.
- ✓ Encourage your child to draw on a large surface using big pastel crayons. Gradually reduce the size of the surface to a sheet of paper, and suggest the use of a pencil.
- ✓ Choose artistic activities that offer opportunities to discover your child’s creative potential, such as making collages, colouring, cutting, threading, etc.
- ✓ While having fun exploring plastic arts, your child can be encouraged to tell you the story behind the artwork. This is a wonderful opportunity for your child to use his or her vocabulary to provide explanations.
- ✓ Invite your child to write his or her name or friends’ names using play dough.

Available resources

In the community:

- Newspapers, play dough, and other safe materials found at home
- Drawing activities, crafts, and other activities organized at the Early Years Centre
- Local or school library
- Ministry of Children and Youth Services
- Teachers
- French-language bookstores
- Regional Francophone association
- ServiceOntario Health INFOLine
- Regional Public Health Department

On the Internet:

- www.librairieducentre.com
- www.archambault.ca
- www.renaud-bray.com
- www.scholastic.ca
- www.tfo.org
- www.investirdanslenfance.ca
- teteamodeler.com/
- jeu.123boutchou.com
- www.tiboo.com/tibooparc/histoires00.htm
- www.toupty.com/
- auxpetitemains.free.fr
- www.envolerie.com
- coindespetsits.com

