

Kinetic Letter Activity Pack

Each day, work across the row and complete a red, green and yellow activity. Further guidance is included on the following pages.

Day	Red Activity (strength)	Green Activity and Blue Activity (pencil hold)	Yellow Activity (letter formation)
1	Floor push up challenge	Pencil pick up song and checks	Jumper family (page 4)
2	Animal position challenge	Pencil checks	Abracadabra family (page 5)
3	Coin challenge	Monkey maintenance checks	Window Cleaner family (page 6)
4	Plank challenge * Year 2 upwards, younger children can repeat floor challenge.	Pencil workout rap	Special Squirter and Fisher family (page 7)
5	Crawling or backward crab walking challenge	Flow patterns (using the correct pencil grip)	Slider Family (page 8)
6	Clapping challenge with someone else or against the wall	Flow patterns (using the correct pencil grip)	Pushing numbers (page 9)
7	Malleable materials challenge	Flow patterns (using the correct pencil grip)	Pulling numbers (page 10)

When isolating for 10 or 14 days, simply repeat the activities again.

Red Activity (strength)	Guidance
Floor push up challenge	<p>Children sit crossed legged on the floor. They then put their hands at their sides either side of their hips, push up and weight-bear through their arms. They hold the position for as long as they can and then relax. Repeat several times and record their best time.</p> <p>This is important for developing shoulder girdle strength.</p>
Animal position challenge	<p>Children to go about their normal routine but incorporate animal positions to build strength. E.g. complete their work in lizard position, go on DoodleMaths in gorilla position etc. (see appendix 1)</p> <p>This is important for developing shoulder girdle, core body, forearm and wrist strength.</p>
Malleable materials challenge	<p>Children use homemade playdough, manufactured playdough or plasticine to do the 3 friends workout. (see appendix 2)</p> <p>If you do not have the above materials, children could scrunch up a piece of paper, pick up beads, do a finger workout with loom bands or pick up small objects e.g. beads with a peg and stack them. Only use the three-friend hold for this though – thumb, index finger and middle finger. Start out with larger objects and get smaller for an extra challenge.</p> <p>This is important for building hand and finger strength</p>
Plank challenge * Year 2 upwards, younger children can repeat floor challenge.	<p>Children place forearms on the ground and push up. Hold body straight, without bottom pointing up, and count. Rest and repeat. Record best time and work to increase this over time.</p> <p>This is important for developing shoulder girdle strength.</p>
Crawling or backward crab walking challenge	<p>Children move around the house either crawling or using backward crab walking.</p> <p>This is important for building forearm and wrist strength.</p>
Clapping challenge with someone else or against the wall	<p>Children sing/say rhymes such as ‘A Sailor went to Sea, Sea, Sea...’ whilst clapping. If they don’t want to sing, then someone can clap a rhythm for them and they have to echo clap it back or they can make up their own versions.</p> <p>This is important for building forearm and wrist strength.</p>
Malleable materials with a coin challenge	<p>Children use homemade playdough, manufactured playdough or plasticine do the 3 friends workout but put a coin under the resting fingers (ring finger and little finger) for an extra challenge. The coin must not drop!</p> <p>If you do not have the above materials, children could scrunch up a piece of paper, pick up beads, do a finger workout with loom bands or pick up small objects e.g. beads with a peg and stack them. Only use the three-friend hold for this though – thumb, index finger and middle finger. Start out with larger objects and get smaller for an extra challenge.</p>

Green Activity (pencil hold)	Guidance
Pencil pick up song and checks	See appendix 3
Pencil checks	See appendix 4
Pencil workout rap	See appendix 5
Monkey Maintenance checks	<p>Children pick up their pencil using the pick up song and complete the checks. They then choose a pattern, roll a dice to tell them how many versions of the pattern they have to draw (if they don't have one, they can draw 3 of each pattern). They then draw the pattern, and use the pencil checks when done to see if they have maintained their three-friend hold. If they have, they get to give monkey a smile (a sad face if they haven't), put their pencil down and start from the beginning again.</p> <p>Do this for 4 symbols.</p> <p>See appendix 6</p>
Flow patterns (using the correct pencil grip)	Children need a copy of the 'Refined Finger Movement Practice Sheet' in the small squares they practise refined finger movement (push, pull) by drawing vertical lines, touching the top and bottom of the box. This then needs to progress to circles that fill the square (clockwise) and then circles to fill the square (anti-clockwise).
Flow patterns (using the correct pencil grip)	Then, choose a flow pattern and using the three-friend hold and refined finger movements using the rectangles to draw the flow pattern.
Flow pictures (using the correct pencil grip)	<p>OR</p> <p>For a flow picture, children start at the top left corner of a blank piece of paper and using flowing movements travel to the bottom right hand corner of the page. Children can create a doodle trail and then progress to a doodle drawing.</p> <p>See appendix 7</p>

Jumper Family Letter Trails

Strand

h | | | | |

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

n | | | | |

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

m | | | | | | | |

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

r | | |

Down-bump. Back up. Push over.

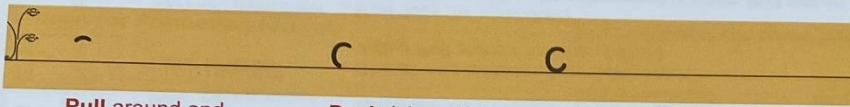
b | | | |

Down-bump. Back up. Push over. Pull in (along the ground and hug the tree).

p | | | |

Down, on-Down. Back up. Push (the cobwebs off). Pull in (and hug the tree).

Abacadabra Family Letter Trails

c 

Pull around and **Push** (along the ground).

o  *abracadabra*

Pull around and **Push** (along the ground).

On round and **Push** a tiny line.

a  *abracadabra*


Pull around and **Push** (along the ground).

Up (like a helicopter). **Down-bump.** **Flick.**

d  *abracadabra*


Pull around and **Push** (along the ground).

Up, on-up. **Down-bump.** **Flick.**

g  *abracadabra*


Pull around and **Push** (along the ground).

Up. **Down,** on-down and **Pull** around (to catch the fish).

s  *abracadabra*

Pull around and **Push.**

Pull back (along the ground).

q  *abracadabra*

Pull around and **Push** (along the ground).

Up. **Down,** on-down and **Flick** (out the leaves).

Window Cleaner Family Letter Trails



Down-bump.

Flick (the water off).



Down-bump.

Flick (the water off). -pen off-

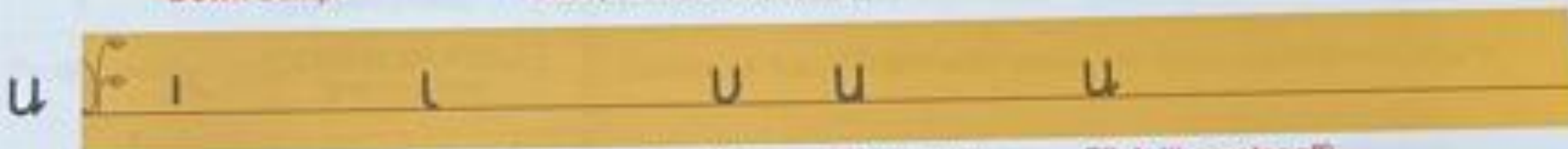
Push a line across.



Down-bump.

Flick (the water off). -pen off-

Put on a dot.



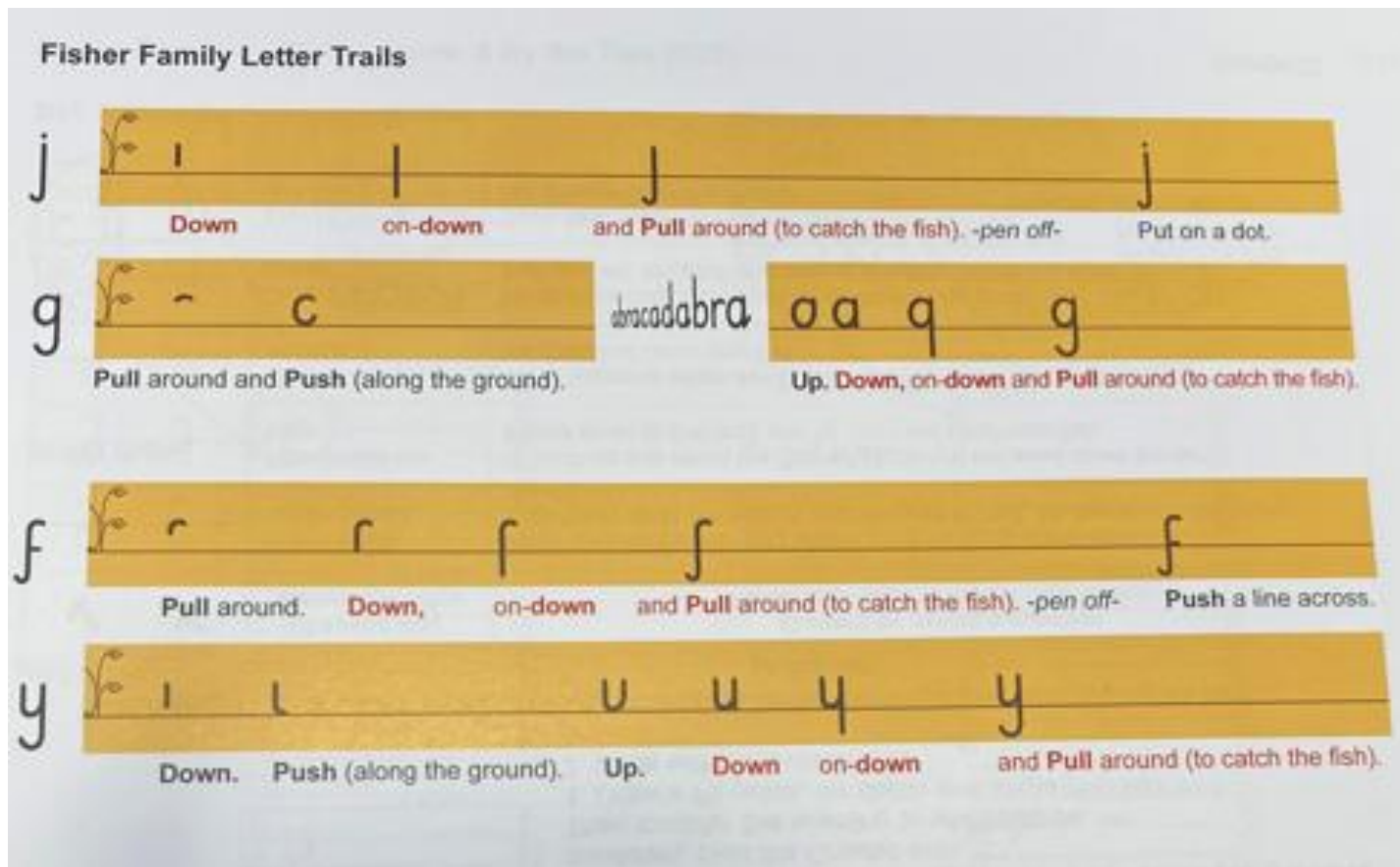
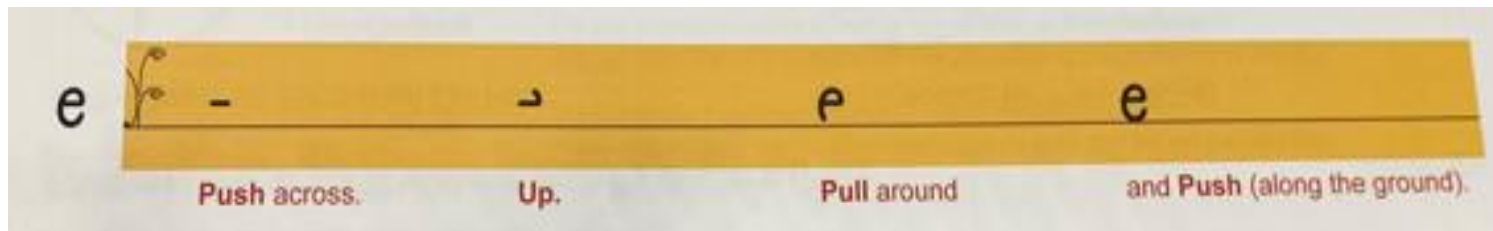
Down

Push (along the ground).

Up.

Down-bump.

Flick (the water off).



Slider Family Letter Trails

V

Slide down. Slide up.

W

Slide down. Slide up. Slide down. Slide up.

X

Slide down. -pen off- Slide down.

Z

Push across. Slide down. Push across.

k

Down-bump. -pen off- Slide in. Slide out.

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2



Push around.

Pull and

Slide down.

Push a line (along the ground).

3



Push around.

Pull in (to Skip's branch).

Push around and

Pull in (along the ground).

5



Down (to Skip's branch). **Push** around **Pull** in (along the ground). -pen off-

Push a top line across.

7

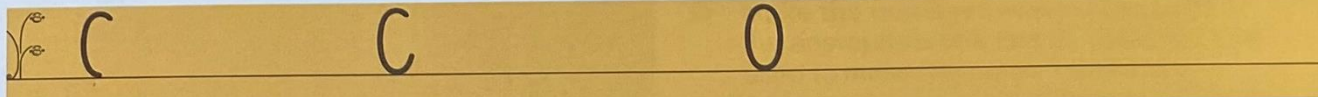


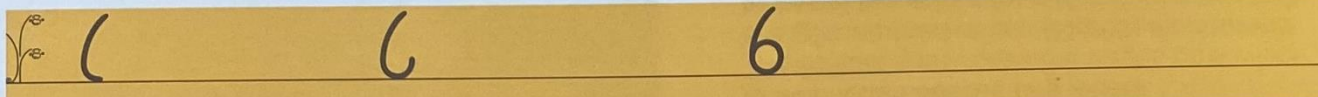
Push top line across.


Slide down.


Pulling Numbers: Trails


Strand

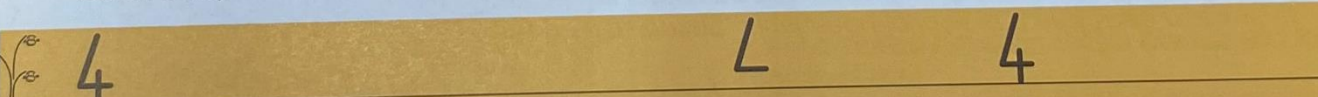
0 
Pull around and **Push** (along the ground). On round and join.

6 
Pull around and **Push** (along the ground). **Up** and **Pull** around (to Skip's branch).

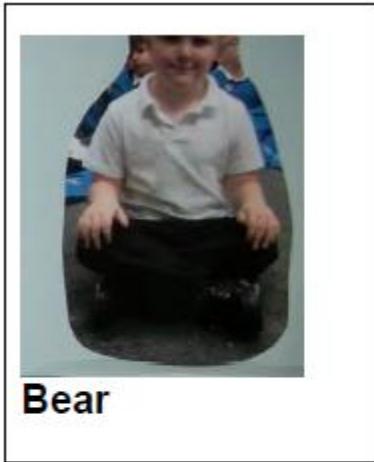
9 
Pull around (to Skip's branch) and **Up**. **Down-bump**.

8 
Pull around (to Skip's branch). and **Push**. **Pull** back (along the ground). **Push** up, **Pull** back and join.

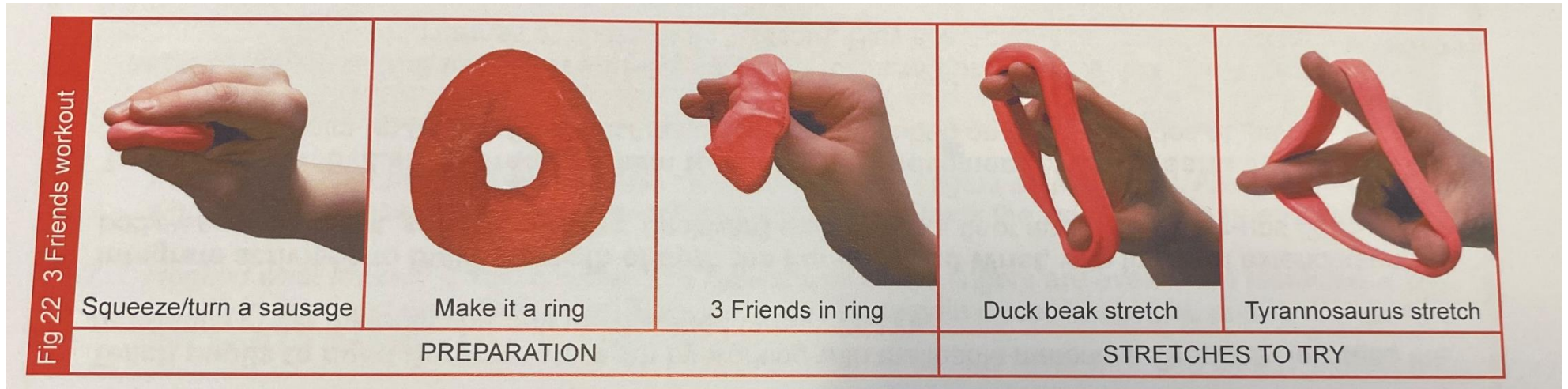
1 
Down-bump.

4 
Pull down (to just under Skip's branch). **Push** a line. *-pen off-* **Down-bump**.

Appendix 1
Animal Position



Appendix 2
Malleable Materials Challenge



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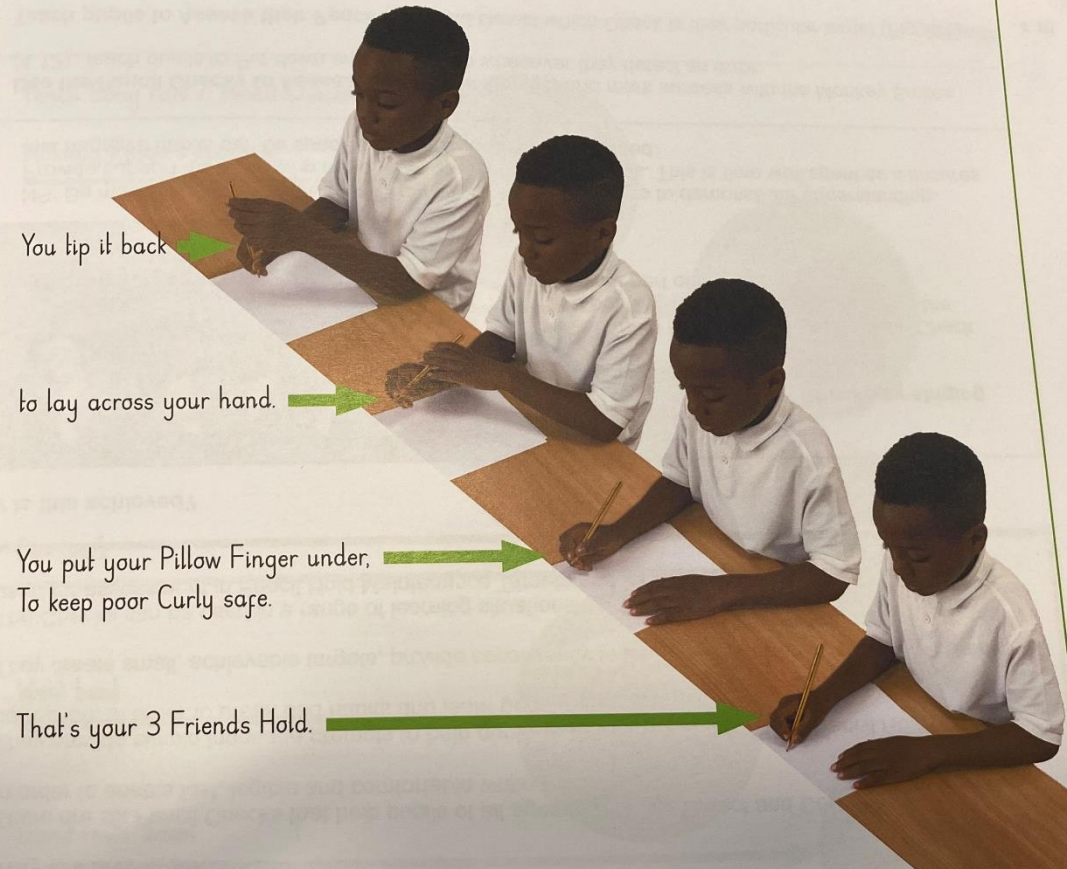
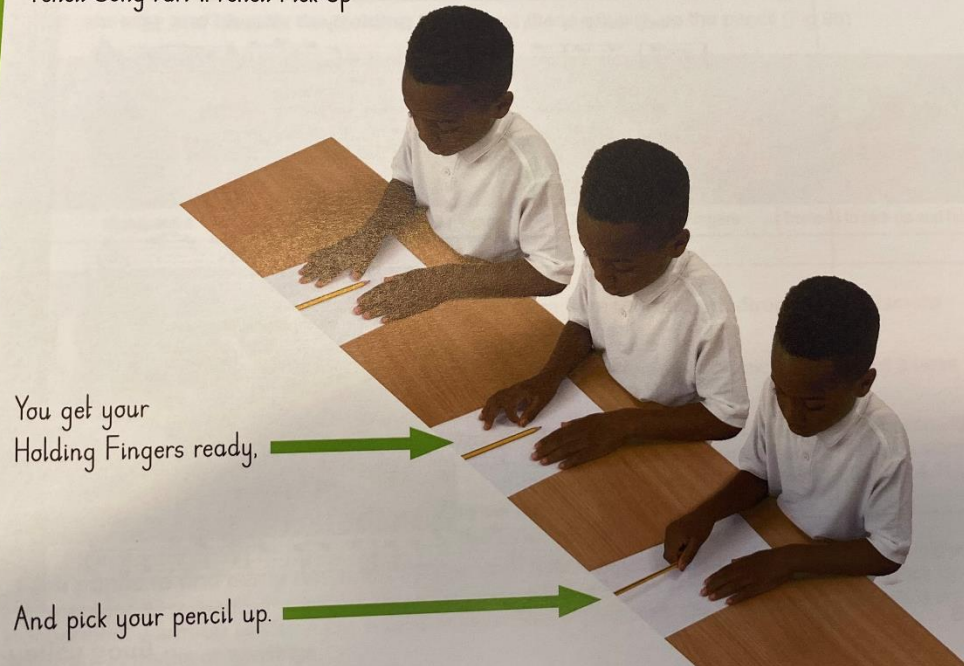
Appendix 3

Pencil Pick up Song and Checks

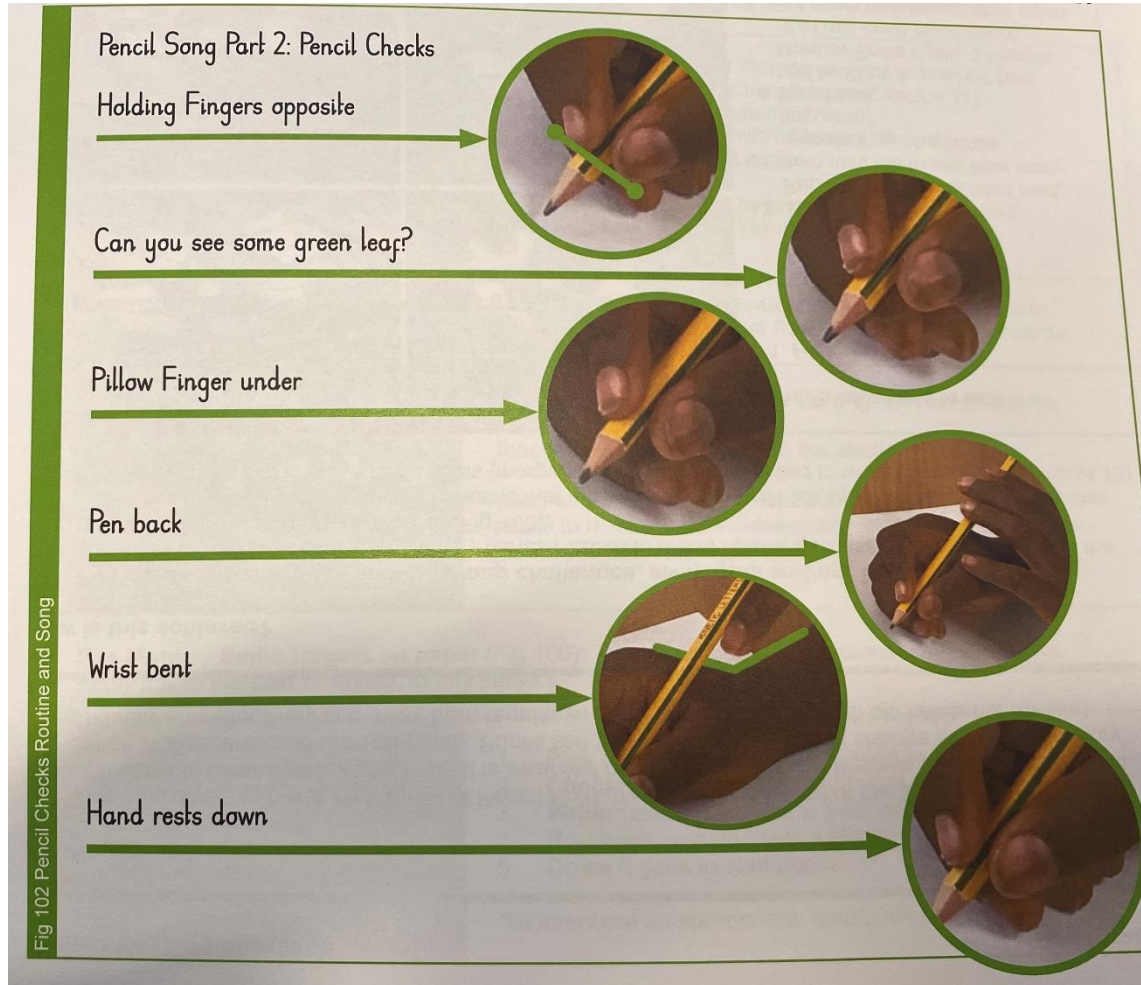
★ Teach pupils to get ready for the Pencil Pick Up (see first photo of Fig 100):

1. Point the pencil at your tummy
2. Put the Writing Hand flat on the surface by the pencil and check that the thumb is alongside where it will pick up the pencil. Re-adjust if required (left-handers will pick it up further from the tip 4.05).
3. Recall how the Holding Fingers picked up the beads/rice and pretend to do this, then return the Writing Hand to its flat position by the pencil and start the song.

Pencil Song Part I: Pencil Pick Up



Appendix 4
Pencil Checks



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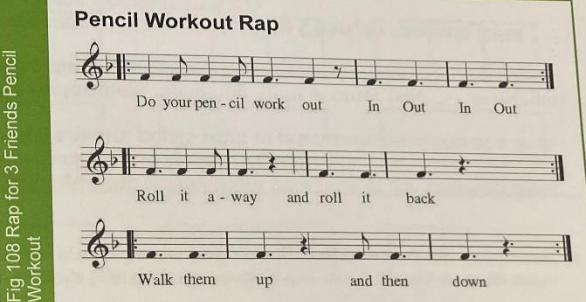
Appendix 5

Pencil Workout Rap

Finger Workout

1. Thumb: make a fist, withdraw thumb and make it move *Pull in*, *Push out*, etc.
2. Holding Fingers: add the index finger to the thumb and continue *Pull in*, *Push out*, etc.
3. 3 Friends: add Pillow Finger and continue *Pull in*, *Push out*, etc.

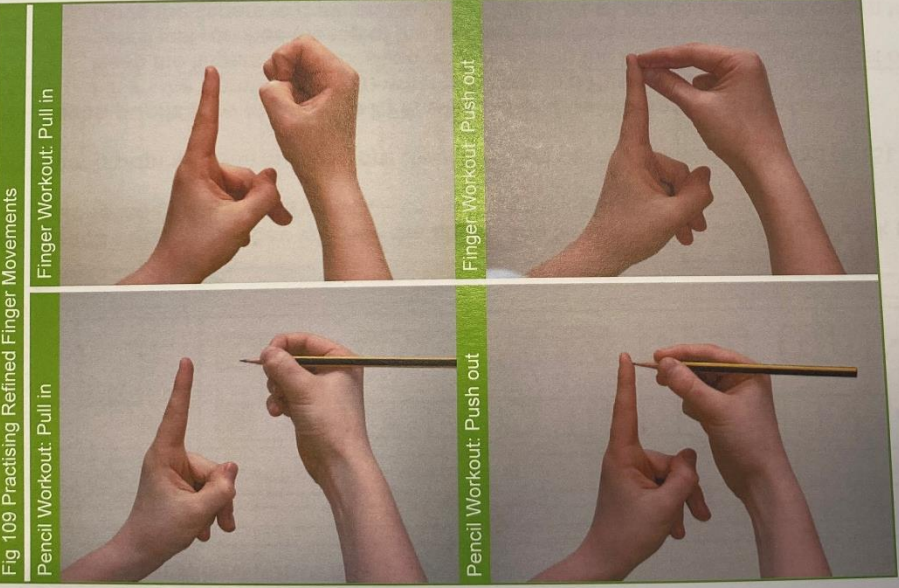
Pencil Workout Rap



Do your pen - cil work out In Out In Out

Roll it a - way and roll it back

Walk them up and then down



Finger Workout: Pull in

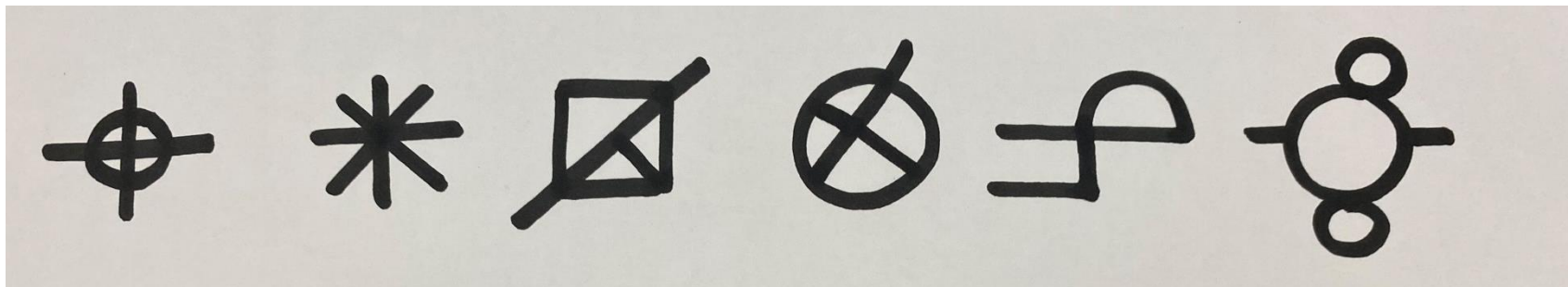
Finger Workout: Push out

Pencil Workout: Pull in

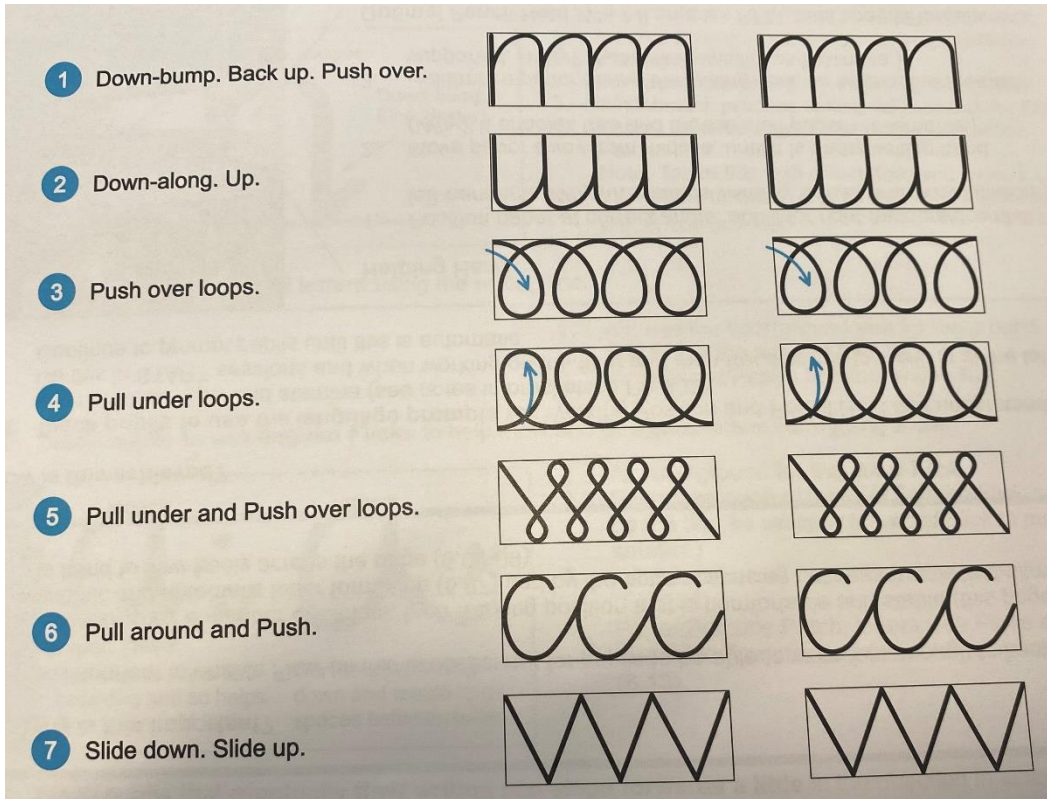
Pencil Workout: Push out

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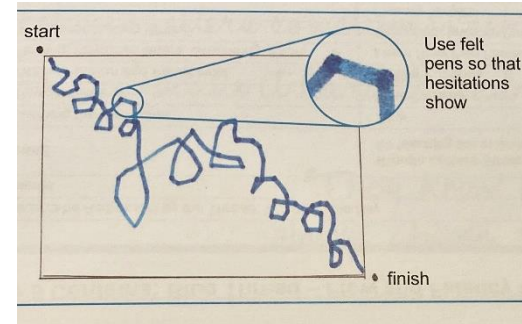
Appendix 6
Monkey Maintenance Checks



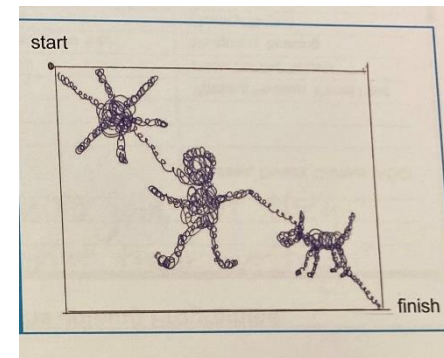
Appendix 7
Flow Patterns



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Doodle Trail



Doodle Picture

Date	The Kinetic Letters Refined Finger Movement Practice Sheet																			
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