

Kinetic Letters® - Holding the pencil - Pick-up and Checks

The Pencil Song

Pencil Pick Up Song in 2 parts: Part 1. Pencil Pick Up	(1)		You get your Holding Fingers ready and pick your pen - cil up.
	(2)		You tip it back to lay a-cross your hand.
	(3)		You put your Pillow Finger un-der to keep poor Cur-ly safe.
	(4)		That's your 3 Friends Hold.
Part 2. Pencil Checks		(1) Hol - ding fin-gers op-po-site. (2) Can _____ you see some green leaf?	
		(3) Pil - low fin-ger un-der. (4) Pen back,(5)wrist bent,(6)hand rests down.	

Hand rests down	Finishing position of Pencil Checks 5 and 6 'wrist bent, hand rests down'.		
		5: Wrist bent This slightly bent wrist creates an angle between the back of the hand and the straight line of the forearm to enable movement of the thumb.	

Pencil Pick Up

★ Teach each of the 4 steps separately before combining them. This is time well spent, as an accurate Pencil Pick Up ensures the correct tripod grip, which in turn enables the 3 hand functions of dexterity, manipulation and stability.

Step 1 - ensures only the 2 digits best at dexterity will operate the pencil.

Step 2 - ensures the pencil will be supported, so the holding fingers do not tense.

Step 3 - places the Pillow Finger under, so that pencil can be manipulated.

Step 4 - ensures the hand rests down to provide stability.

Extra teaching details
are given below:

Ready to start
Forearms supported.

Holding Fingers ready
Touch them together
several times (to recall
picking up of the rice).

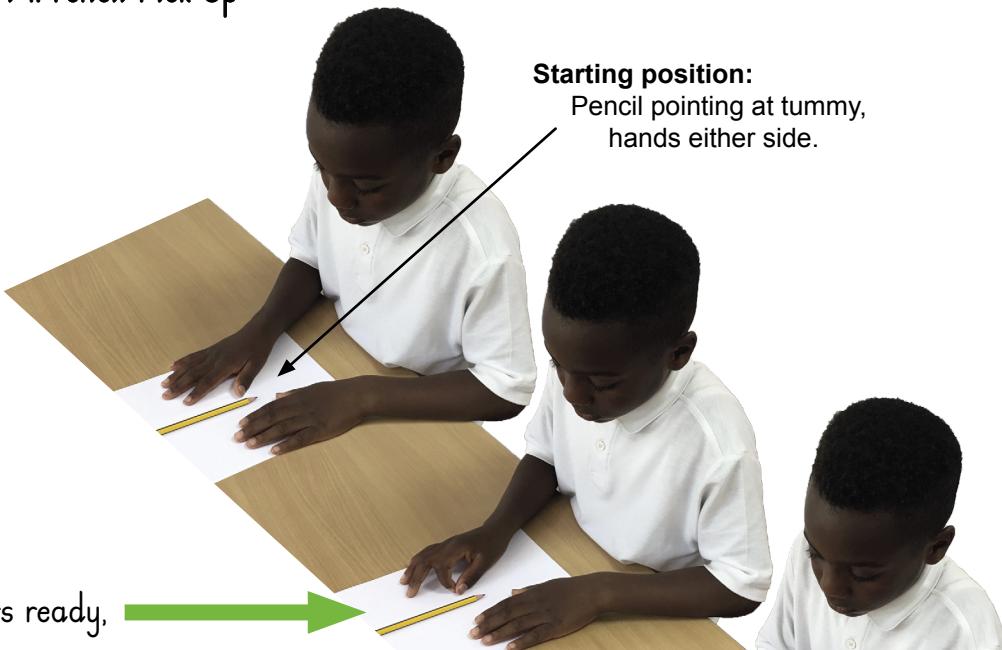
Pick your pencil up
They must use only the
two Holding Fingers
for this.

Pencil Song Part I: Pencil Pick Up

Starting position:

Pencil pointing at tummy,
hands either side.

I. You get your
Holding Fingers ready.



And pick your pencil up.

Tip it back
Use Helping Hand for this.

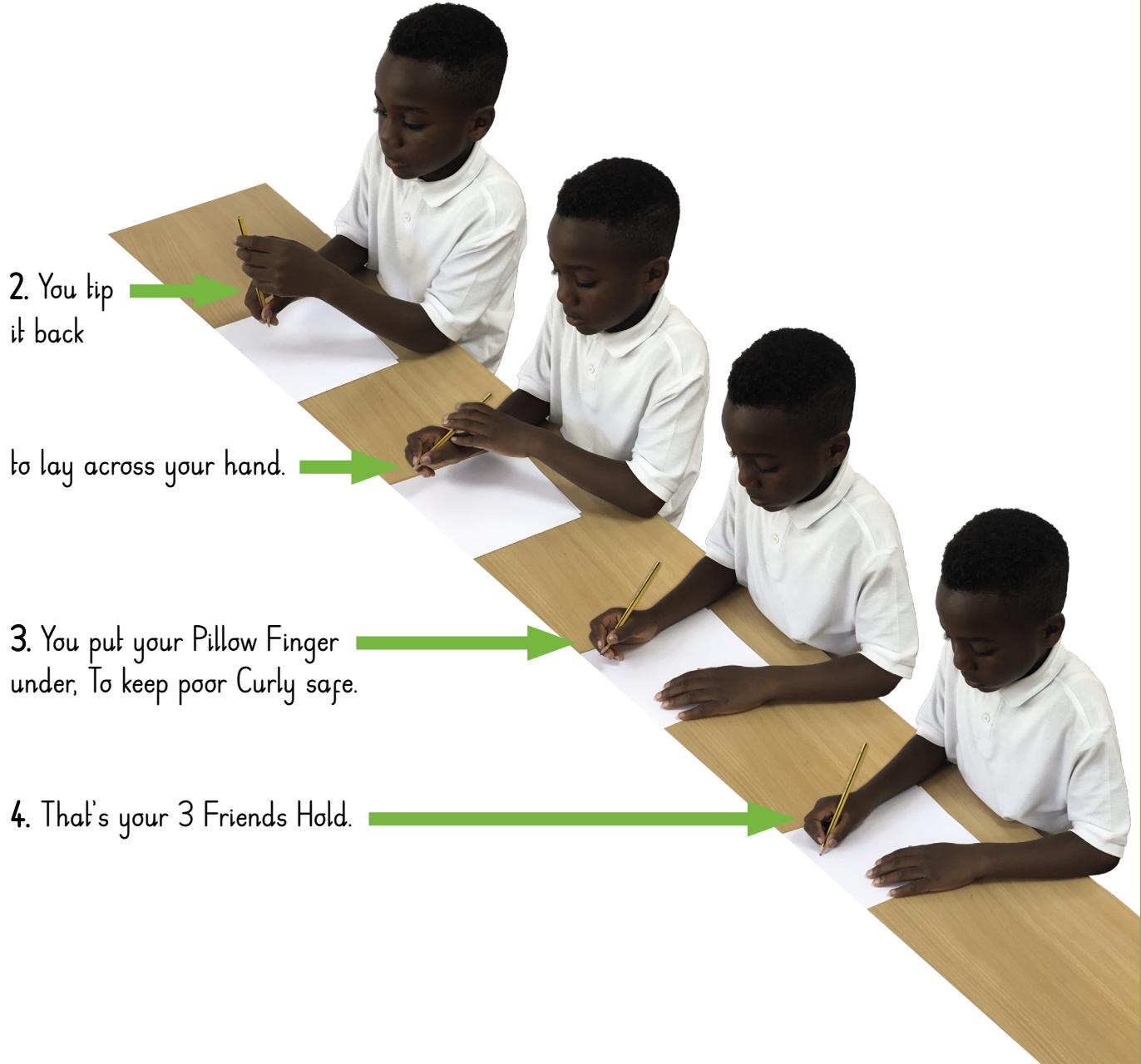
To lay across the hand
The web between the Writing Hand thumb and first finger, supports the pencil.

Pillow finger under
Emphasise *under*.

To keep Poor Curly safe
Blu-Tack caterpillar must not be squashed (4.23)

3 Friends Hold
These are the only 3 digits that *touch* and work the pencil.

Fig 100 Pencil Pick Up Routine and Song - the 4 steps



A multisensory strategy for teaching/learning: say the Checks and touch them:

1. Holding Fingers

Touch these to check these are opposite each other.

2. See some green leaf?

Touch the green space in between fingers where the Caterpillar can sit.

3. Pillow Finger under

Touch to check it is under the pencil to support it.

4. Pen back

Press it down to check it is lying across hand like we lie in bed.

5. Wrist bent

Gently bend wrist back and point to it.

6. Hand rests down

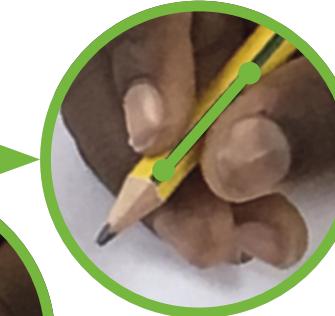
Do this and feel the support of the Resting Fingers and side of hand.

Pencil Song Part 2: The 6 Pencil Checks

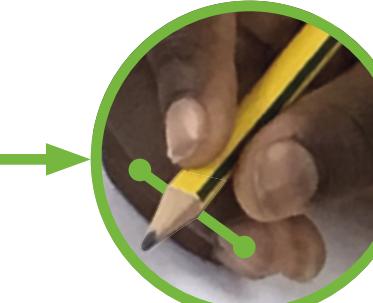
1. Holding Fingers opposite



2. Can you see some green leaf?



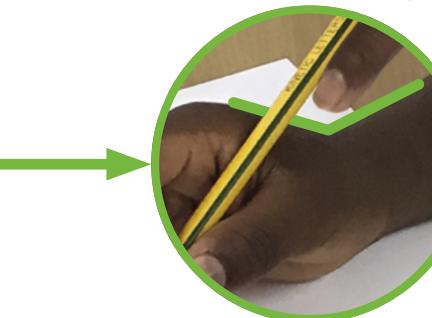
3. Pillow Finger under



4. Pen back



5. Wrist bent



6. Hand rests down



Fig 102 Pencil Checks Routine and Song