



Early Years Pencil Grip Development

Children: Reception Class NEWS 2020, Little Doves News 2020

Stages of Pencil Grip

Fisted grasp or Palmar Supinate Grasp



- Pencil is held in the palm.
- All fingers and thumb are used.
- Movement is from the shoulder; the arm and the hand move as a unit.
- Light scribbles are produced with this pencil grip.

Digital Pronate Grasp



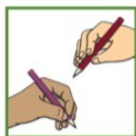
- All fingers are holding the pencil but the wrist is turned so that the palm is facing down towards the page.
- Movement comes mostly from the elbow and the shoulder is now stabilized.
- Horizontal lines, vertical lines and circular lines are able to be copied.

Four-Finger Grasp



- Fingers are held on the pencil shaft opposite the thumb, beginning to form the arc between the thumb and index finger.
- Movement occurs from the wrist; the hand and fingers move as a whole unit.
- Zigzag lines, crossed lines and simple humans can be drawn with this grip.

Static Tripod Grasp or Static Quadropod Grasp



- A three-finger grasp, where the thumb, index finger and middle finger work as one unit.
- Movement is usually from the wrist with this static grasp.
- A static quadropod grip has a fourth finger involved.
- Triangles, circles and squares can be copied with this grip.

Dynamic Tripod Grasp



- Pencil is held in a stable position between the thumb, index and middle finger.
- The ring and little fingers are bent and rest comfortably on the table.
- The index finger and thumb form an open space.
- Movement comes from the fingertips.
- This is the ideal grip to move the pencil efficiently, accurately and for letter formation practice.



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Stages of Pencil Grip in Chronological Age

1 to 2 Years Old: Fisted grasp or Palmar Supinate Grasp



- Pencil is held in the palm.
- All fingers and thumb are used.
- Movement is from the shoulder; the arm and the hand move as a unit.
- Light scribbles are produced with this pencil grip.

2 to 3 Years Old: Digital Pronate Grasp



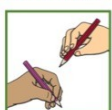
- All fingers are holding the pencil but the wrist is turned so that the palm is facing down towards the page.
- Movement comes mostly from the elbow and the shoulder is now stabilized.
- Horizontal lines, vertical lines and circular lines are able to be copied.

3 to 4 Years Old: Four-Finger Grasp



- Fingers are held on the pencil shaft opposite the thumb, beginning to form the arc between the thumb and index finger.
- Movement occurs from the wrist; the hand and fingers move as a whole unit.
- Zigzag lines, crossed lines and simple humans can be drawn with this grip.

4 to 6 Years Old: Static Tripod Grasp or Static Quadropod Grasp



- A three-finger grasp, where the thumb, index finger and middle finger work as one unit.
- Movement is usually from the wrist with this static grasp.
- A static quadropod grip has a fourth finger involved.
- Triangles, circles and squares can be copied with this grip.

6 to 7 Years Old: Dynamic Tripod Grasp



- Pencil is held in a stable position between the thumb, index and middle finger.
- The ring and little fingers are bent and rest comfortably on the table.
- The index finger and thumb form an open space.
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- This is the ideal grip to move the pencil efficiently, accurately and for letter formation practice.



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Stages of Pencil Grip

Fisted grasp or Palmar Supinate Grasp



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Movement is from the shoulder; the arm and the hand move as a unit.

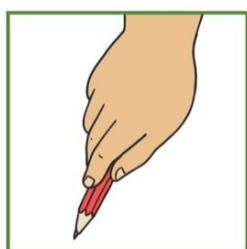
Light scribbles are produced with this pencil grip.



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Stages of Pencil Grip

Digital Pronate Grasp



All fingers are holding the pencil but the wrist is turned so that the palm is facing down towards the page.

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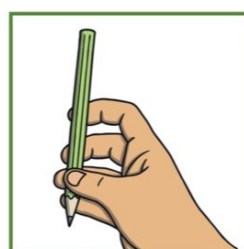
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Stages of Pencil Grip

Four-Finger Grasp



Fingers are held on the pencil shaft opposite the thumb, beginning to form the arc between the thumb and index finger.

Movement occurs from the wrist; the hand and fingers move as a whole unit.

Zigzag lines, crossed lines and simple humans can be drawn with this grip.

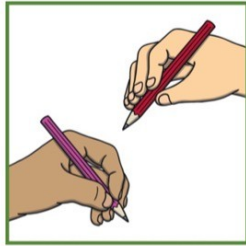


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Stages of Pencil Grip

Static Tripod Grasp or Static Quadropod Grasp



A three-finger grasp, where the thumb, index finger and middle finger work as one unit.

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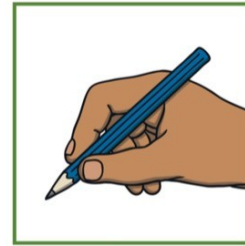
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Stages of Pencil Grip

Dynamic Tripod Grasp



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Notes

It is important to allow your child to develop a comfortable pencil grip in their own time. There is no need to force your child to hold a pencil in a certain way - their grip should naturally develop and progress as their muscles and posture strengthen and develop.

In school we will help your child to develop essential strength and control in their hands and fingers in preparation for writing.

What is Funky Fingers? 🙌 🙌

A series of fun activities for children to build up their upper body strength (gross motor skills) and finger/hand strength and control (fine motor skills).

We have many resources and activities available in the provision in school including threading, beading, tweezers, Pom-poms, button box, play dough, elastic bands and boards, pegs, fiddle boards, popping bubble wrap etc.

What can I do at home to help? 🏠

There are many things that you could do at home too. Some pre-writing activities to get you started include:



- ✂ complete activities whilst lying on their tummy, taking the weight through their elbows e.g. watching TV, reading a book, doing a puzzle
- ✂ climbing, seesaws, tug of war and swing activities with the child holding onto ropes
- ✂ craft activities - cutting, scrunching, gluing and ripping paper, bending pipe cleaners
- ✂ toy tools such as sawing, drilling, hammering, screws and bolts 🛠️🔧🔨
- ✂ games involving flicking small objects, e.g. flicking balls of paper off a table into a goal 📖
- ✂ elastic bands (place a band around the tips of the finger and thumb and open and close it 10 times)
- ✂ dough gym - pinching, pressing, squeezing and rolling play dough 🍪
- ✂ hold a handful of items in your hand and posting them in a jar, one by one e.g. buttons, coins
- ✂ Picking up items with tweezers, chopsticks, pegs , tongs
- ✂ swimming 🏊
- ✂ ribbon or scarf dancing
- ✂ threading beads onto straws, Hama beads
- ✂ finger rhymes such as Peter Pointer, Two Little Dickie Birds 🐦🐦
- ✂ popping bubble wrap
- ✂ turning keys in padlocks 🔑
- ✂ tying knots in string, linking paper clips
- ✂ sequins and stickers
- ✂ interlocking construction such as Lego 🧱

Have fun!!! 😊