

Kids Master Skills[®] Take Home Packet



Pencil Control

All About This Resource

What is Pencil Control?



Pencil control is the efficient manipulation of a pencil in a child's hand. It requires fluid motor control for straight lines and turns, mastery of starting and stopping strokes, and command of very small precision movements. Pencil control emerges after a child has developed adequate hand, forearm, and shoulder strength as well as a functional pencil grasp.

Why Such Little Focus on Tracing in this Resource?



Kids learn letters by mastering the kinesthetic “feel” or the “motor plan” for writing strokes. These strokes include vertical and horizontal lines, circles, up/down bumps, sideways bumps, diagonals, and weaving. When tracing, a child focuses on staying on the line. He isn't learning a writing stroke, such as a circle. Even if writing strokes aren't perfect, practice strokes without tracing to help kids get ready to eventually master letters.

What Activities Help Develop Pencil Control?



A variety of fine motor activities help develop the hand strength and coordination for pencil control. These include cutting with scissors, working clothespins, using push pins or a hole punch, lacing cards, pegboards, geoboards, and even opening/closing containers. At home or school, post a list of favorite fine motor activities on a wall, and encourage kids to practice one or two of these daily.

Why Use a Vertical Surface?



Writing, drawing, and coloring on a vertical surface helps children in many ways. First, kids use an extended wrist, and this places fingers in the correct position for writing. Also, working on a vertical surface is great for strengthening and stabilizing kids' shoulders – important for handwriting. Finally, a vertical surface puts work directly within the line of vision, making it easier for kids to see the strokes they are making.

How to Use This Resource?

Follow These Directions:

1- Finger First!

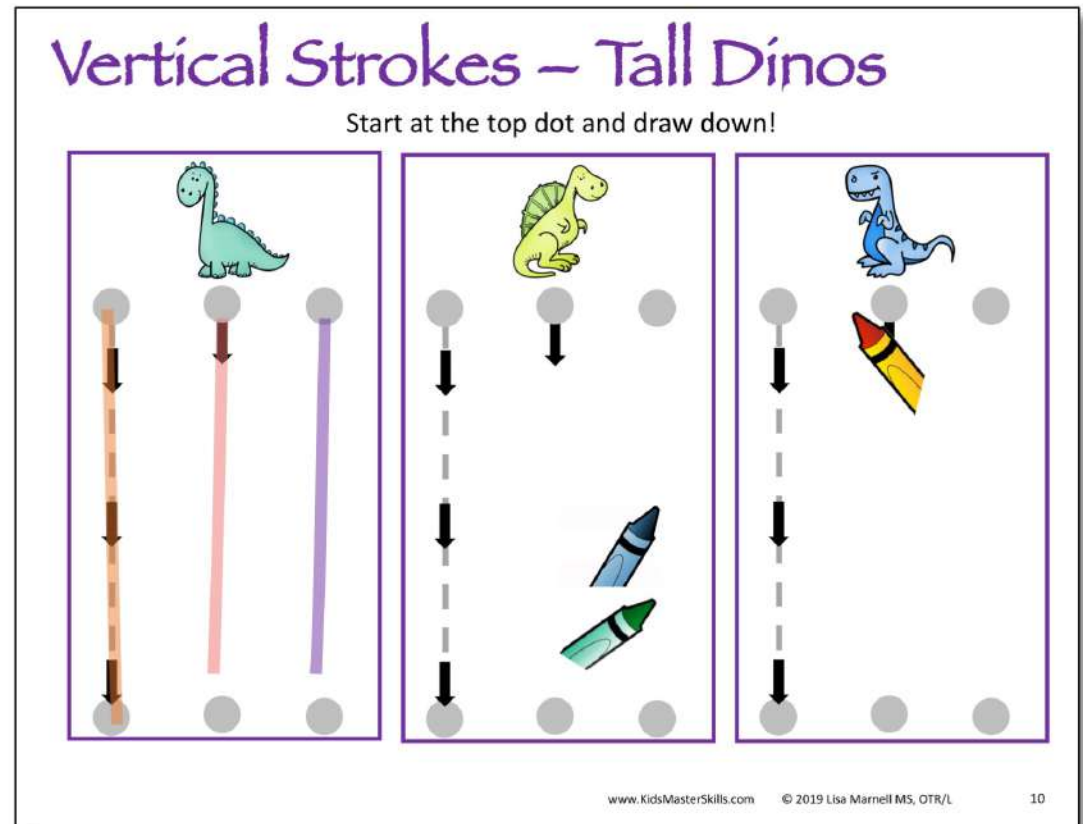
- Have a child use his or her Finger First to make pencil strokes. Starting by using only a finger allows a child to focus on the strokes, not on manipulating the pencil.
- Why? Holding and manipulating a pencil can be challenging. We want to introduce each pencil control stroke in the simplest way possible. Children should understand and master the pencil movements first.

2- Rainbow Strokes!

- Have a child make writing strokes with short crayon pieces. Using short (1 to 1½ inch) crayons promotes proper thumb and finger placement and a better pencil grasp.

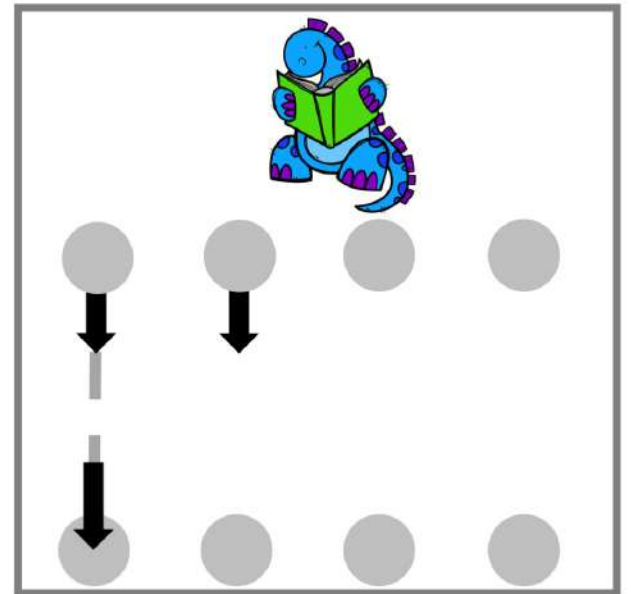
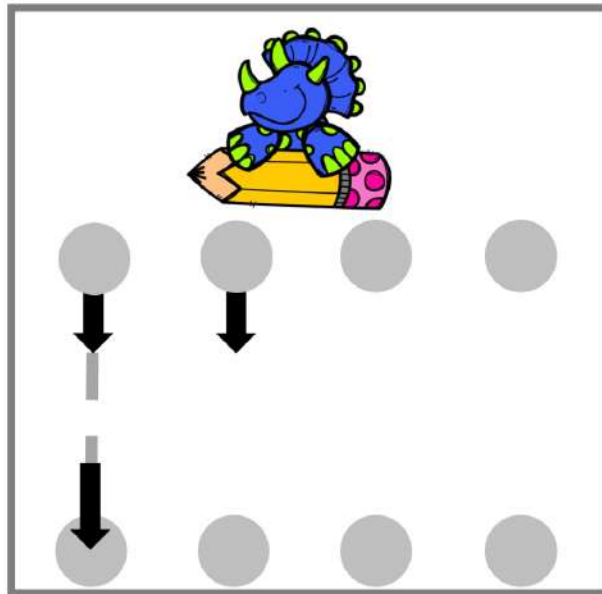
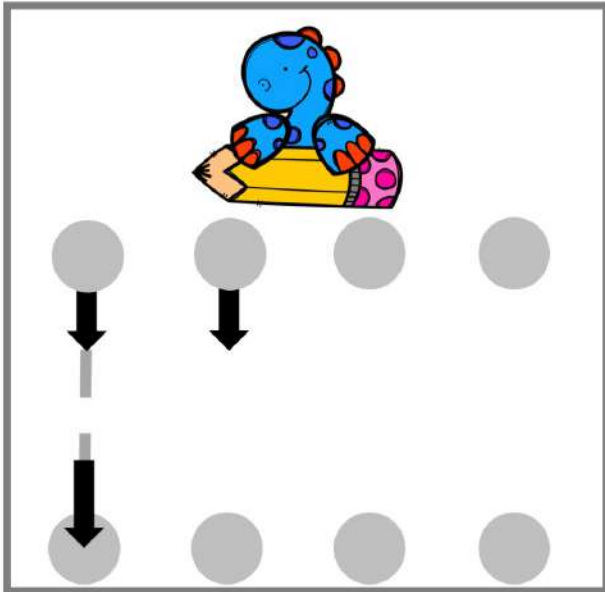
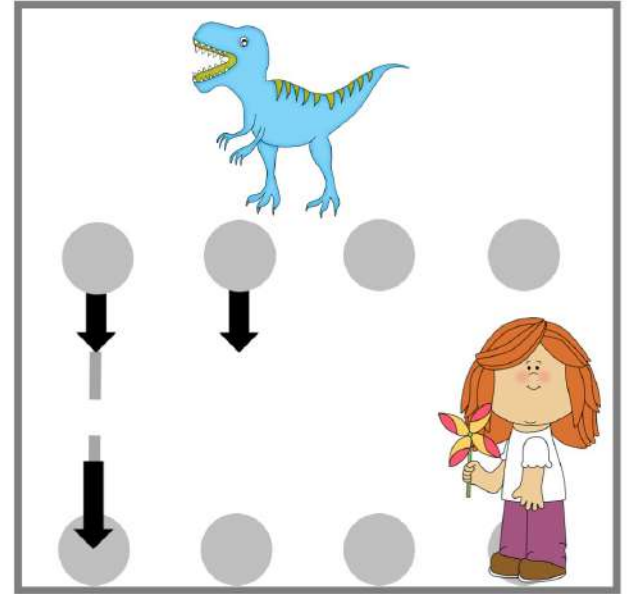
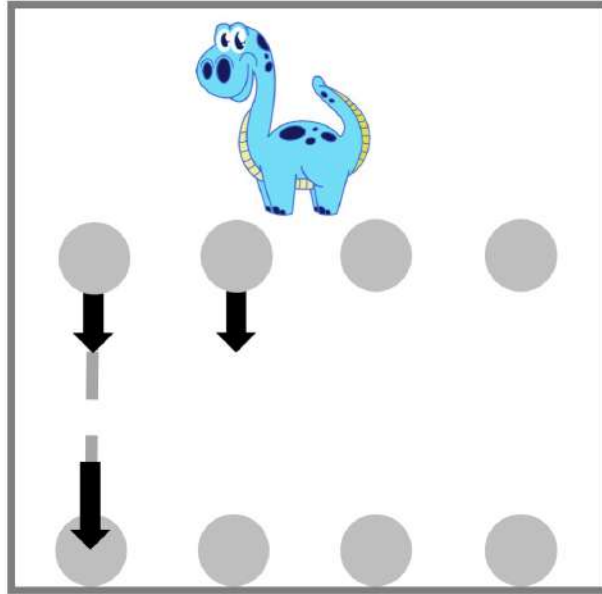
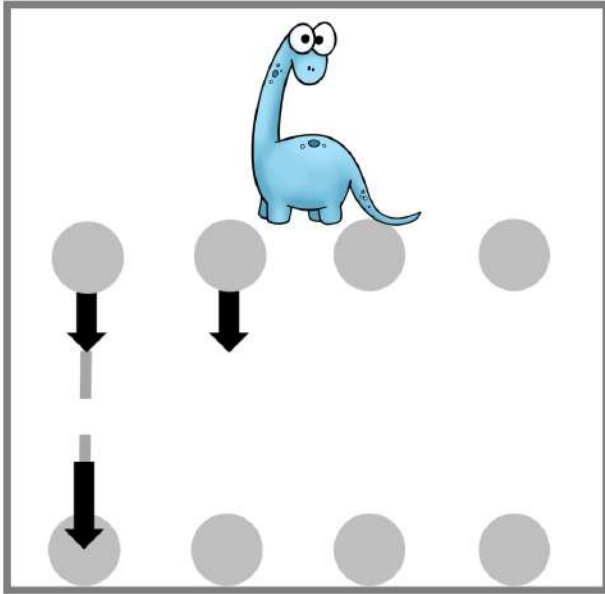
Try These Variations!

- Practice pages in this workbook using different writing tools. This helps build pencil control. Try wide crayons, ball-shaped crayons, paintbrushes, fingers and finger paint, Q-tips cut in half and dipped in paint, cotton balls dipped in paint, stamps and ink, and more!
- Have children work on a vertical surface. Tape these pages onto a wall and participate this way. Working on a vertical surface builds shoulder and arm strength, tilts the wrist back to promote a better pencil grasp, and is visually less challenging for kids.



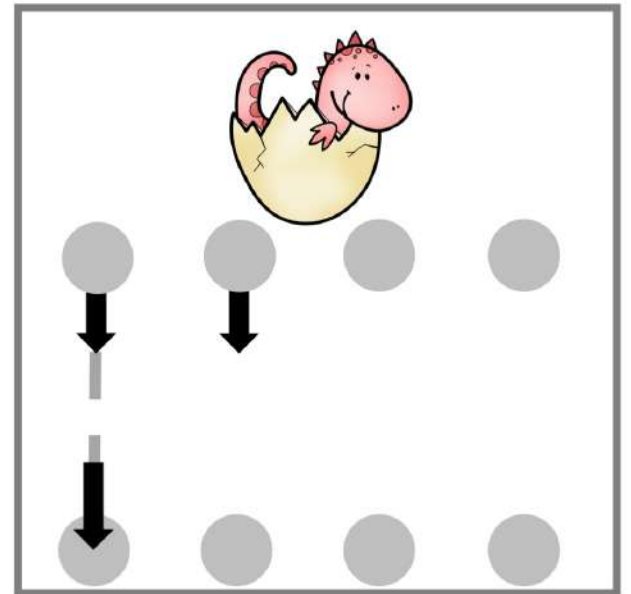
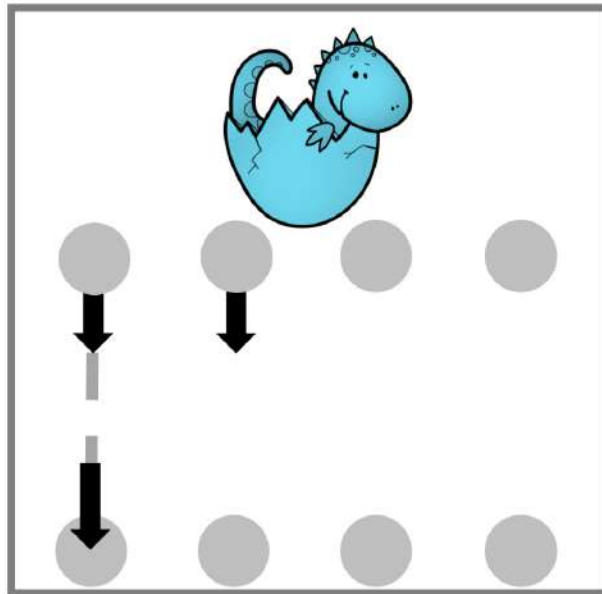
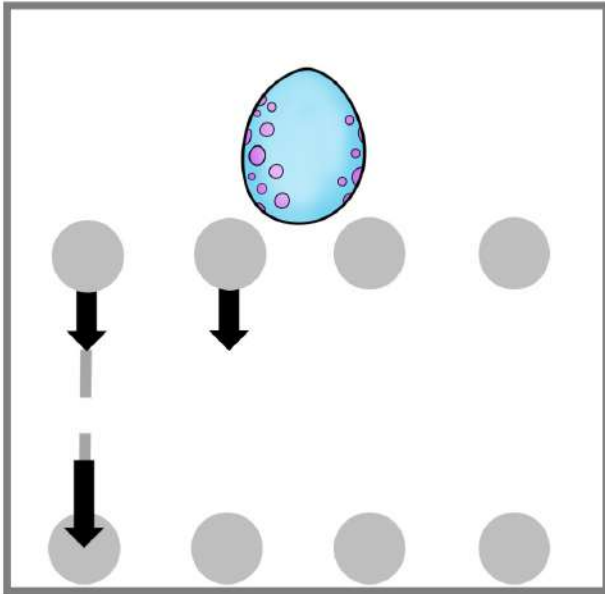
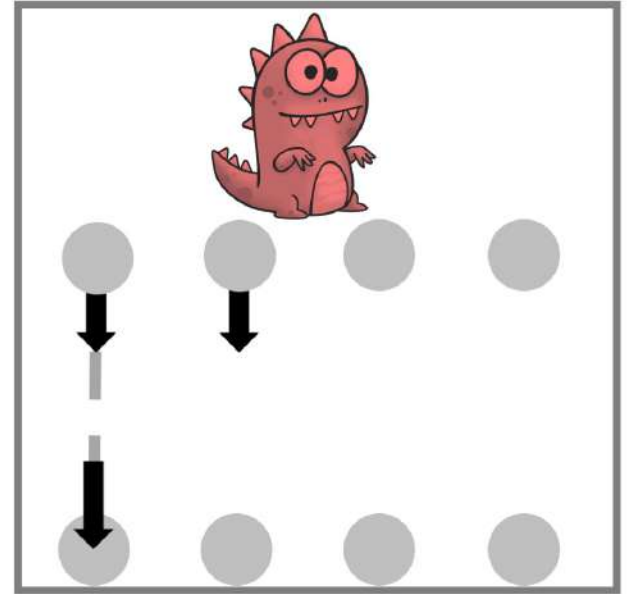
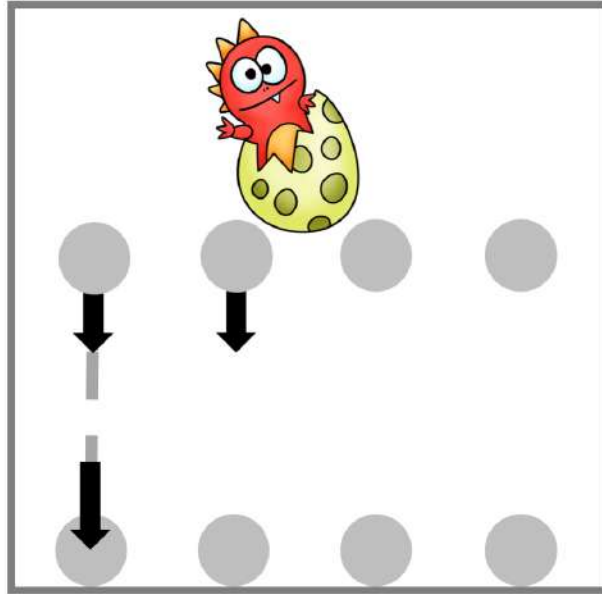
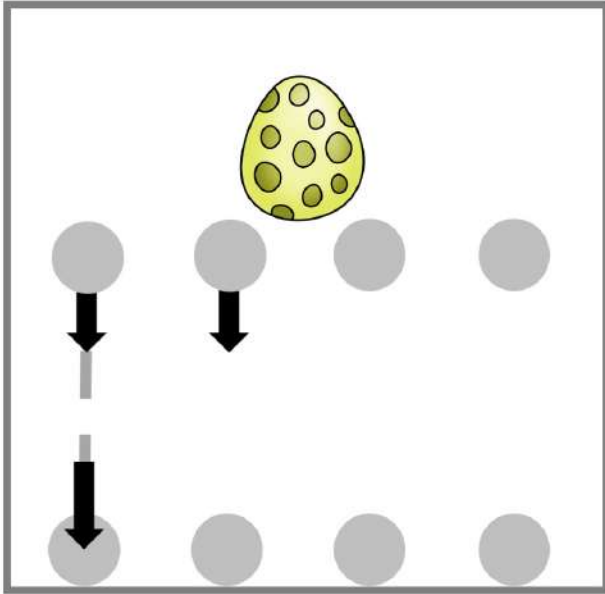
Vertical Strokes – Blue Dinos

Start at the top dot and draw down!



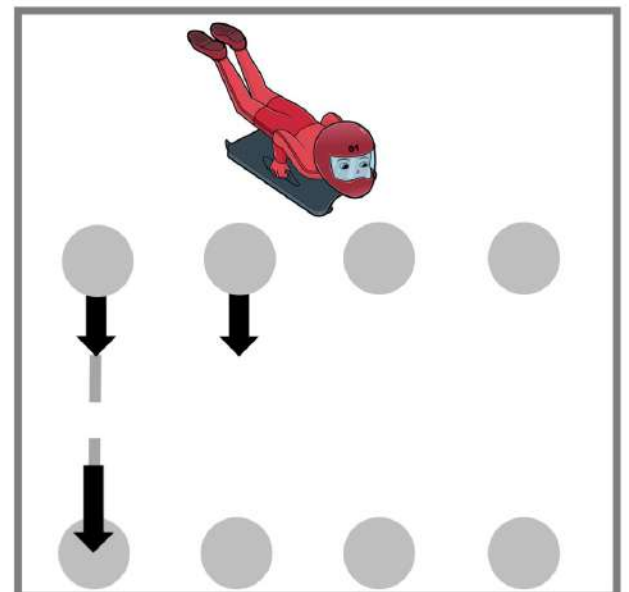
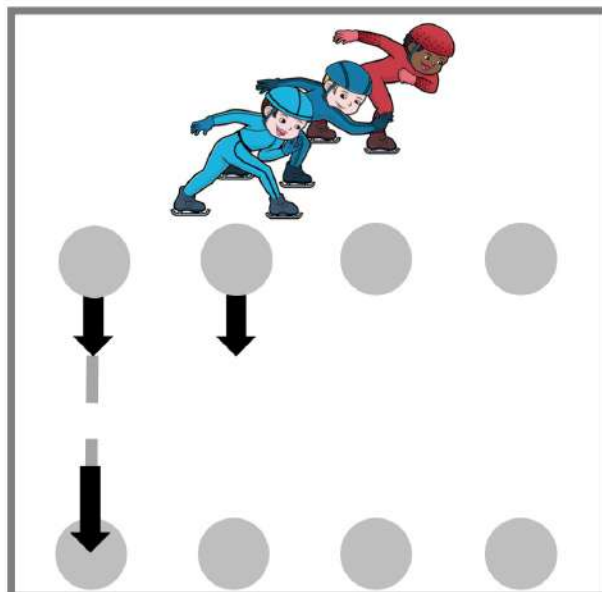
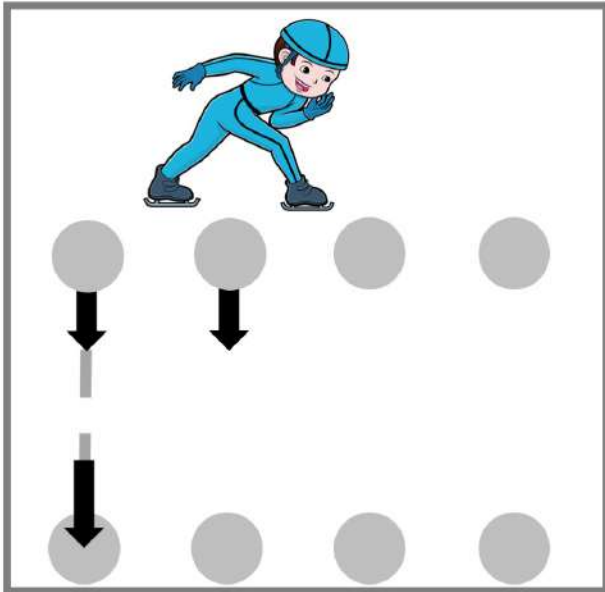
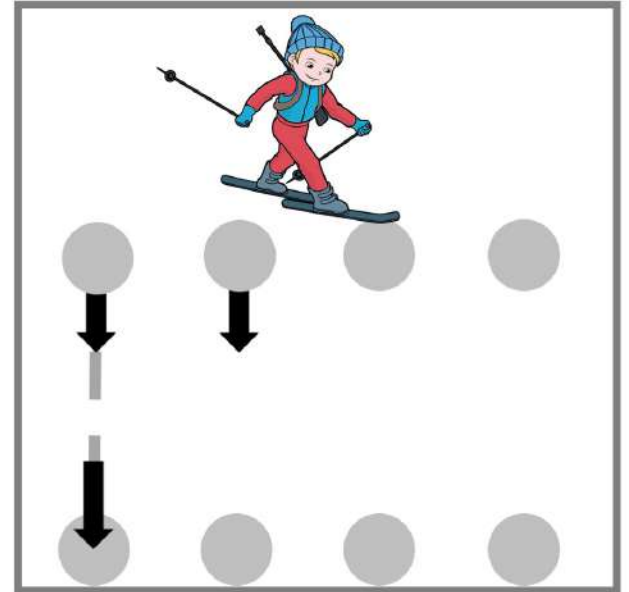
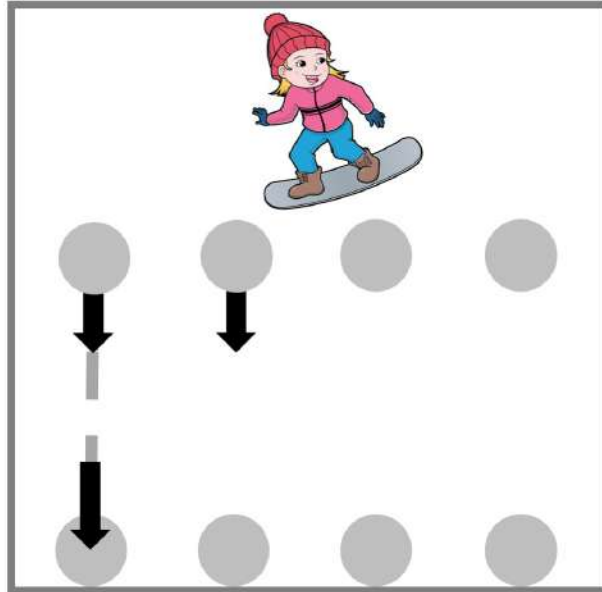
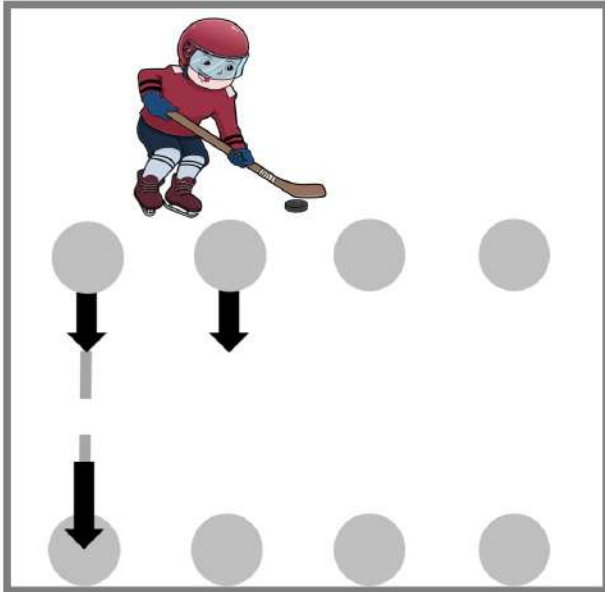
Vertical Strokes – Baby Dinosaurs

Start at the top dot and draw down!




Vertical Strokes – Winter Sports

Start at the top dot and draw down!




Vertical Strokes – Speed!


Start at the top dot and draw down!




A 2x4 grid of gray dots for tracing. The first column has a dashed vertical line with a downward arrow, and the second column has a solid downward arrow. The remaining two columns have only dots.




A 2x4 grid of gray dots for tracing. The first column has a dashed vertical line with a downward arrow, and the second column has a solid downward arrow. The remaining two columns have only dots.




A 2x4 grid of gray dots for tracing. The first column has a dashed vertical line with a downward arrow, and the second column has a solid downward arrow. The remaining two columns have only dots.



A 2x4 grid of gray dots for tracing. The first column has a dashed vertical line with a downward arrow, and the second column has a solid downward arrow. The remaining two columns have only dots.



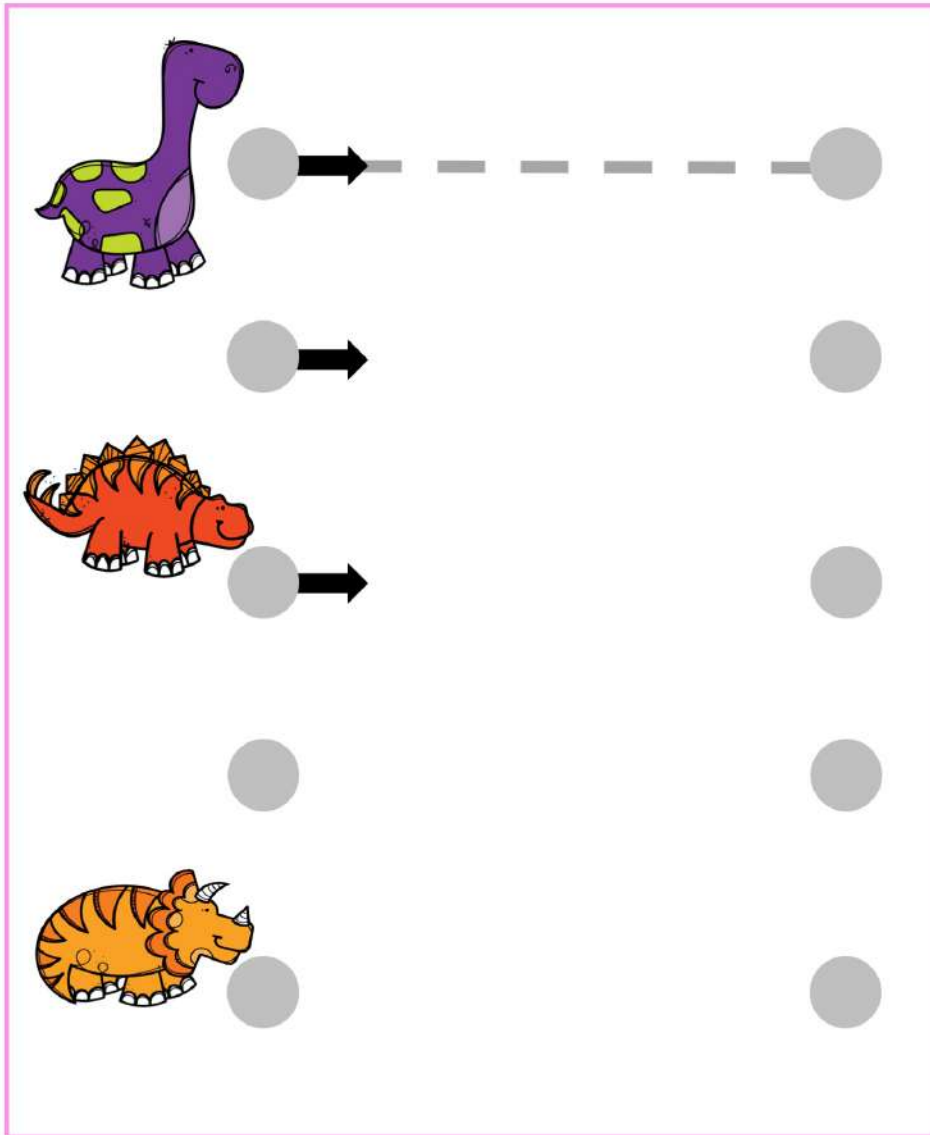
A 2x4 grid of gray dots for tracing. The first column has a dashed vertical line with a downward arrow, and the second column has a solid downward arrow. The remaining two columns have only dots.



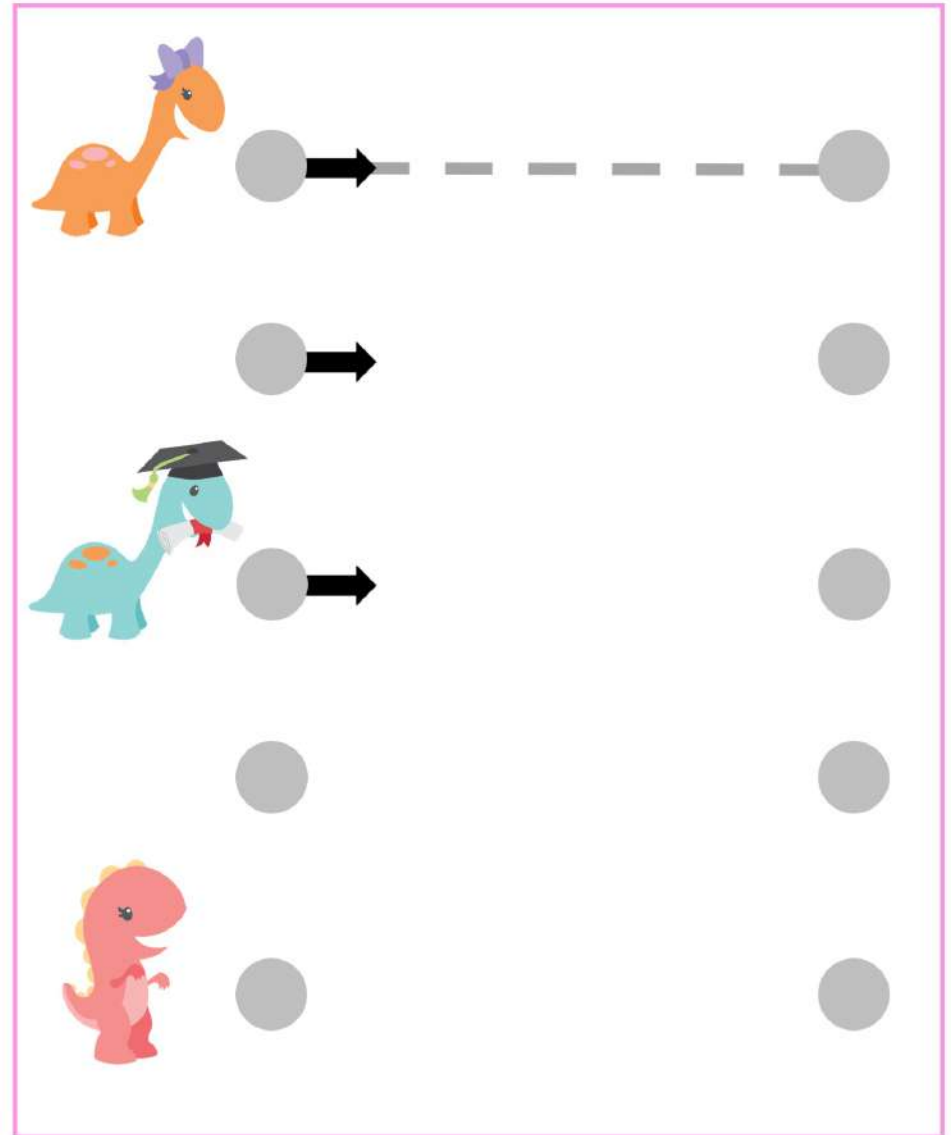
A 2x4 grid of gray dots for tracing. The first column has a dashed vertical line with a downward arrow, and the second column has a solid downward arrow. The remaining two columns have only dots.

Horizontal Strokes: Happy Dinos

Start at the dot on the left and draw to the right!



This panel contains four rows of tracing practice. Each row starts with a colorful dinosaur illustration on the left and a grey dot on the right. A solid black arrow points from the dot to the right. The first row features a purple dinosaur with yellow spots and a dashed line for tracing. The second row features a red Stegosaurus. The third row features an orange Triceratops. The fourth row features a purple dinosaur with yellow spots.



This panel contains four rows of tracing practice. Each row starts with a colorful dinosaur illustration on the left and a grey dot on the right. A solid black arrow points from the dot to the right. The first row features an orange dinosaur with a purple bow. The second row features a blue dinosaur wearing a black graduation cap. The third row features a red dinosaur. The fourth row features a purple dinosaur with yellow spots.

Horizontal Strokes: Flying Dinosaurs

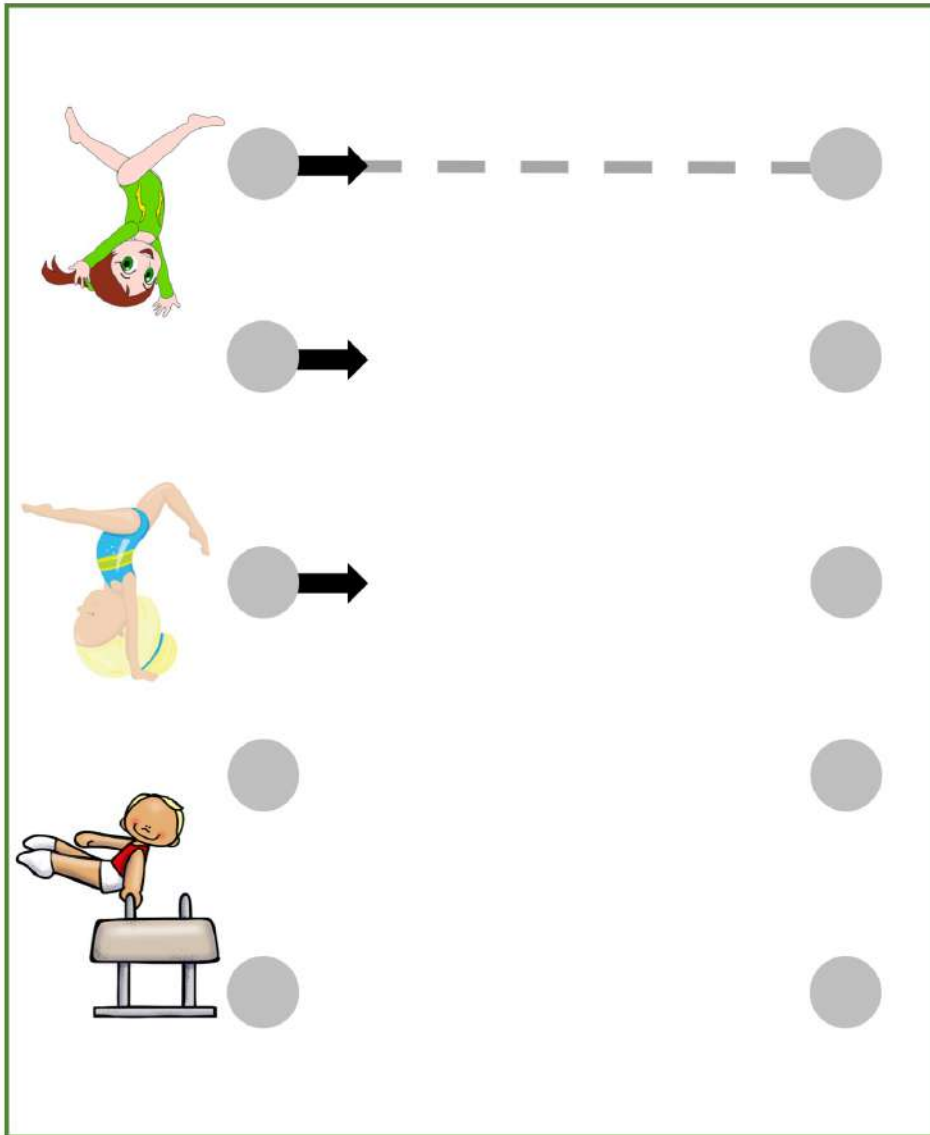
Start at the dot on the left and draw to the right!

This section contains four rows of tracing practice. Each row features a cartoon flying dinosaur on the left and a grey dot on the right. The first row includes a dashed line with an arrow pointing from the left dot to the right dot. The second row has a solid black arrow pointing from the left dot to the right dot. The third row has a solid black arrow pointing from the left dot to the right dot. The fourth row has a solid black arrow pointing from the left dot to the right dot.

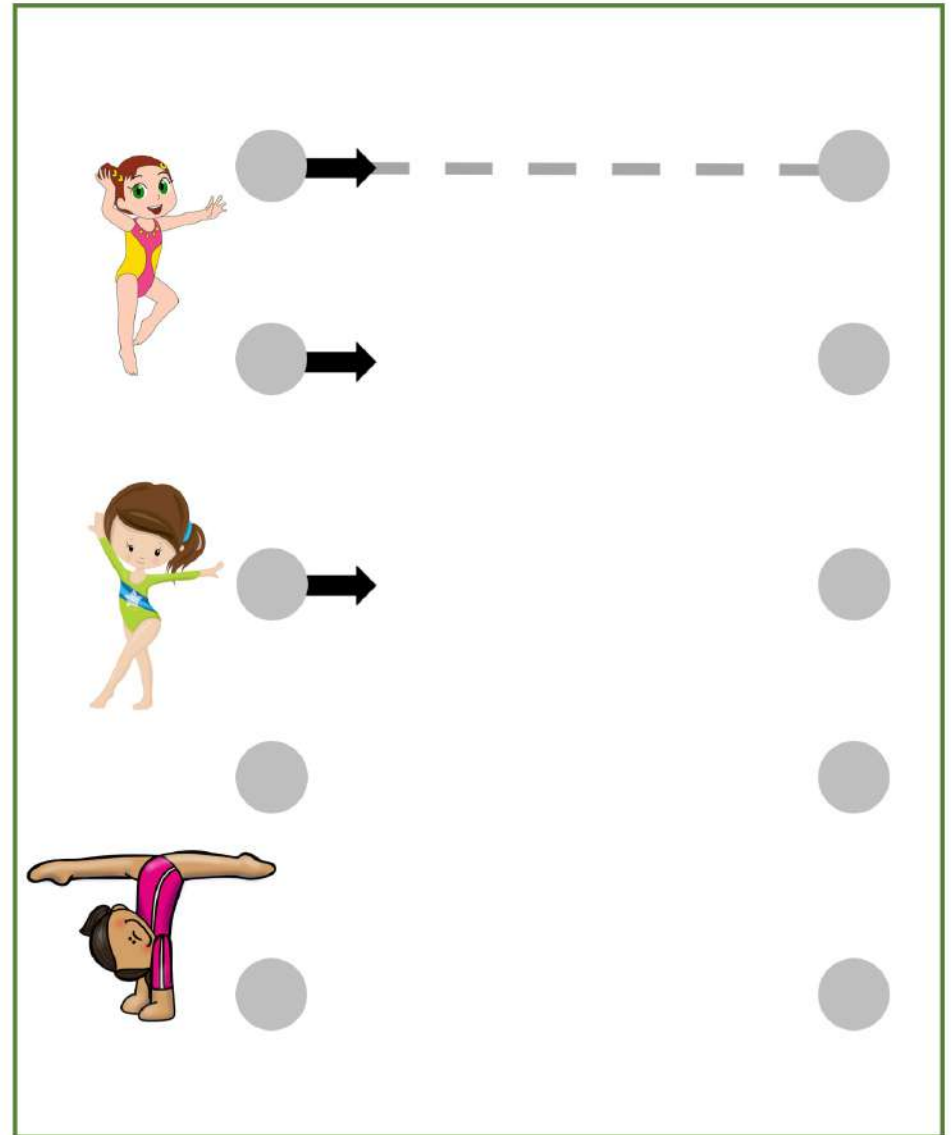
This section contains four rows of tracing practice. Each row features a cartoon flying dinosaur on the left and a grey dot on the right. The first row includes a dashed line with an arrow pointing from the left dot to the right dot. The second row has a solid black arrow pointing from the left dot to the right dot. The third row has a solid black arrow pointing from the left dot to the right dot. The fourth row has a solid black arrow pointing from the left dot to the right dot.

Horizontal Strokes: Gymnastics

Start at the dot on the left and draw to the right!



This box contains three rows of tracing practice. Each row features a cartoon illustration of a gymnast on the left, followed by a solid grey dot, a black arrow pointing right, a dashed horizontal line, and another solid grey dot on the right. The first row shows a girl in a green leotard performing a handstand. The second row shows a girl in a blue and yellow leotard performing a backflip. The third row shows a boy in a red and white leotard performing a vault over a pommel horse.



This box contains three rows of tracing practice. Each row features a cartoon illustration of a gymnast on the left, followed by a solid grey dot, a black arrow pointing right, a dashed horizontal line, and another solid grey dot on the right. The first row shows a girl in a yellow and pink leotard in a starting pose. The second row shows a girl in a green and blue leotard in a starting pose. The third row shows a girl in a pink leotard performing a handstand.

Horizontal Strokes: Water Sports

Start at the dot on the left and draw to the right!

The left panel contains three rows of tracing practice. Each row features a cartoon illustration of a water sport on the left, followed by a solid black dot, a solid black arrow pointing right, a dashed horizontal line, and another solid black dot on the right. The first row shows a girl in a purple swimsuit swimming. The second row shows a girl in a purple swimsuit swimming on a blue wave. The third row shows a boy in a blue swimsuit swimming on a blue wave.

The right panel contains three rows of tracing practice. Each row features a cartoon illustration of a water sport on the left, followed by a solid black dot, a solid black arrow pointing right, a dashed horizontal line, and another solid black dot on the right. The first row shows a girl in a red and white life vest kayaking. The second row shows two people in a red and white canoe on a blue wave. The third row shows a boy in a black swimsuit and goggles swimming.

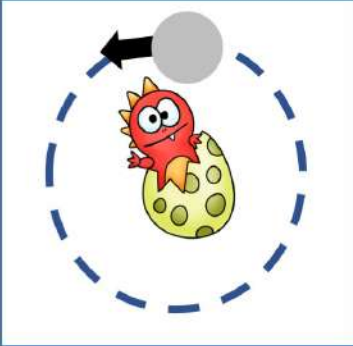
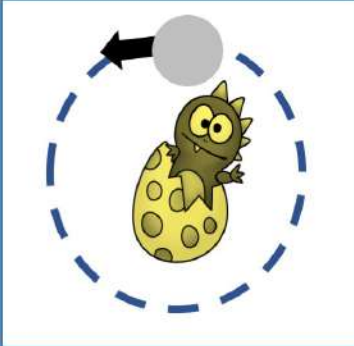
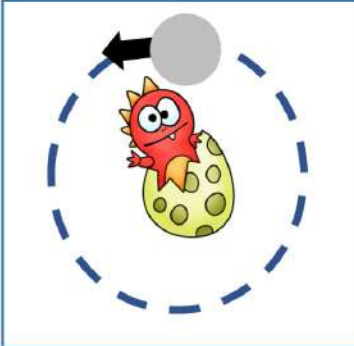
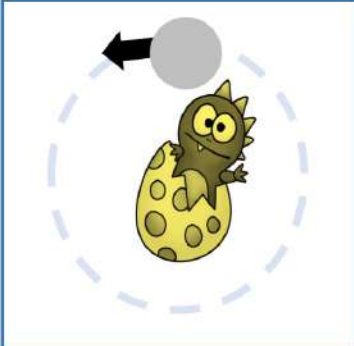
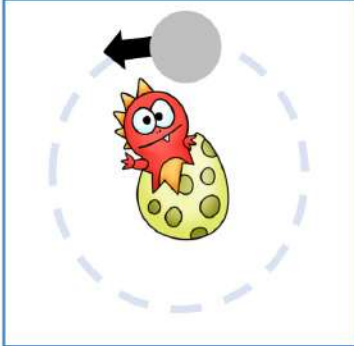
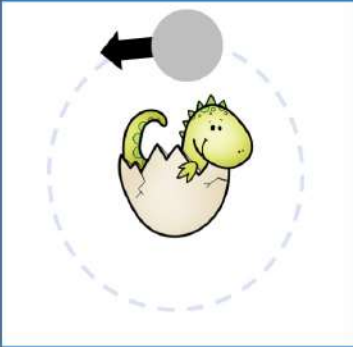
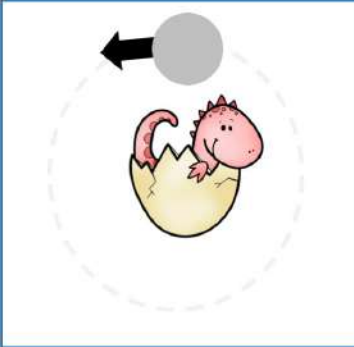
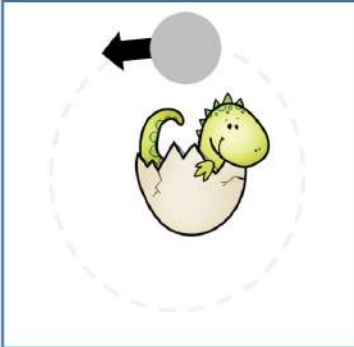
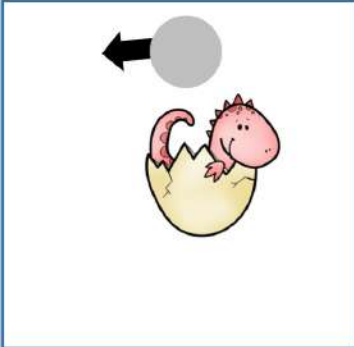
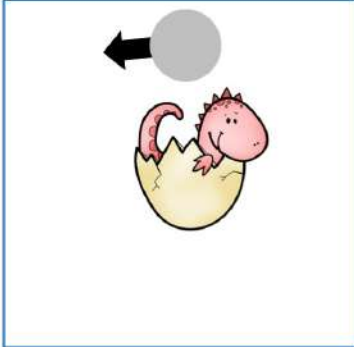
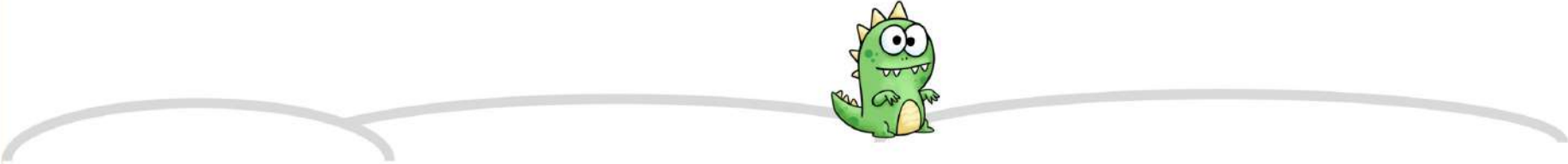
Circle Strokes: Blue Dinosaurs

Start at the dot and draw to the left to make a circle!

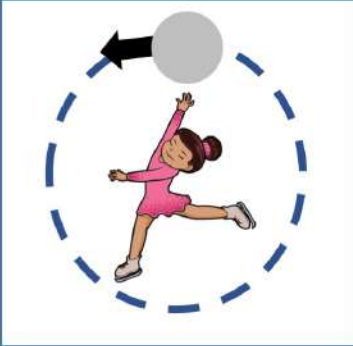



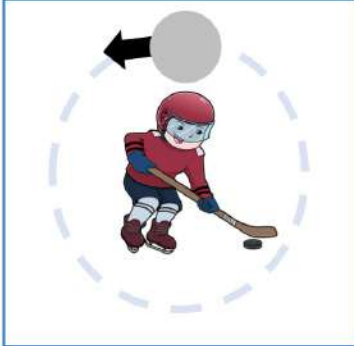
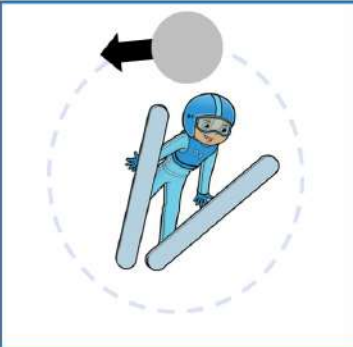
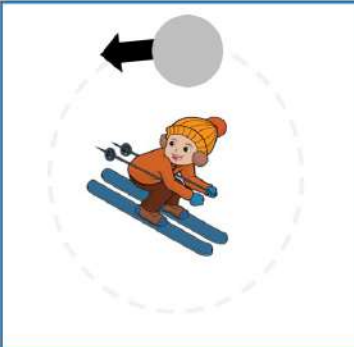

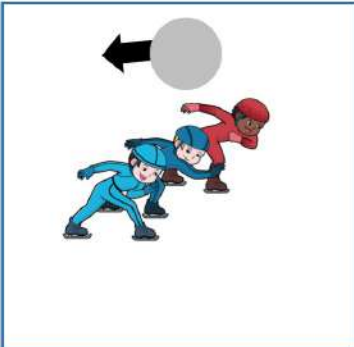
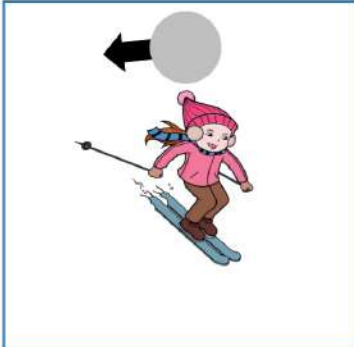




Circle Strokes: Baby Dinosaurs

Start at the dot and draw to the left to make a circle!

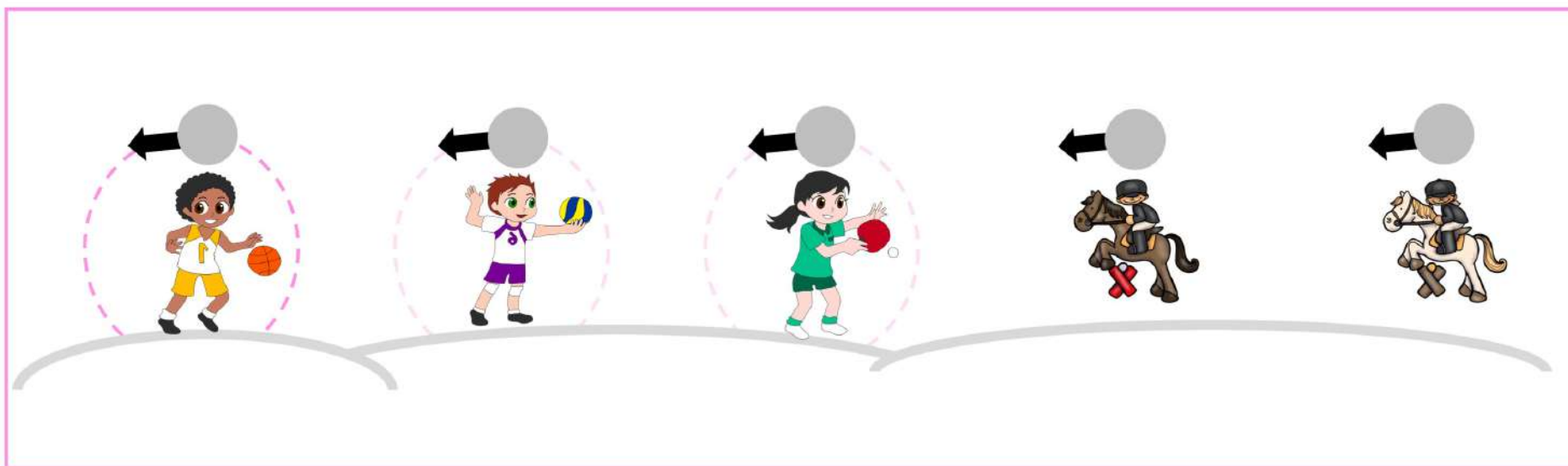
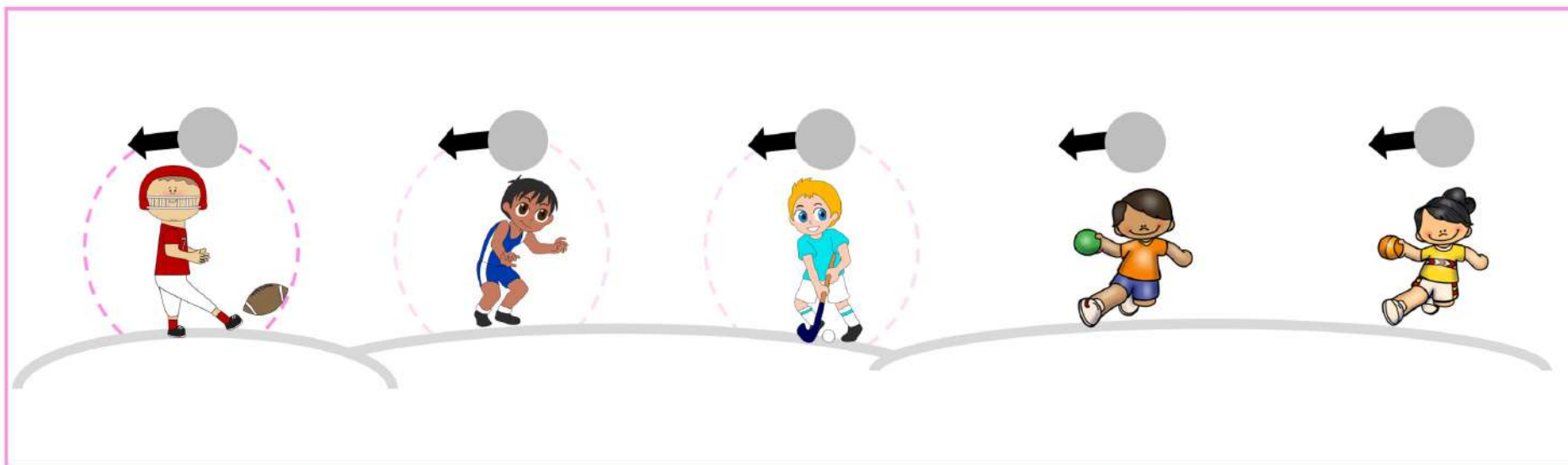
Circle Strokes: Winter Sports

Start at the dot and draw to the left to make a circle!

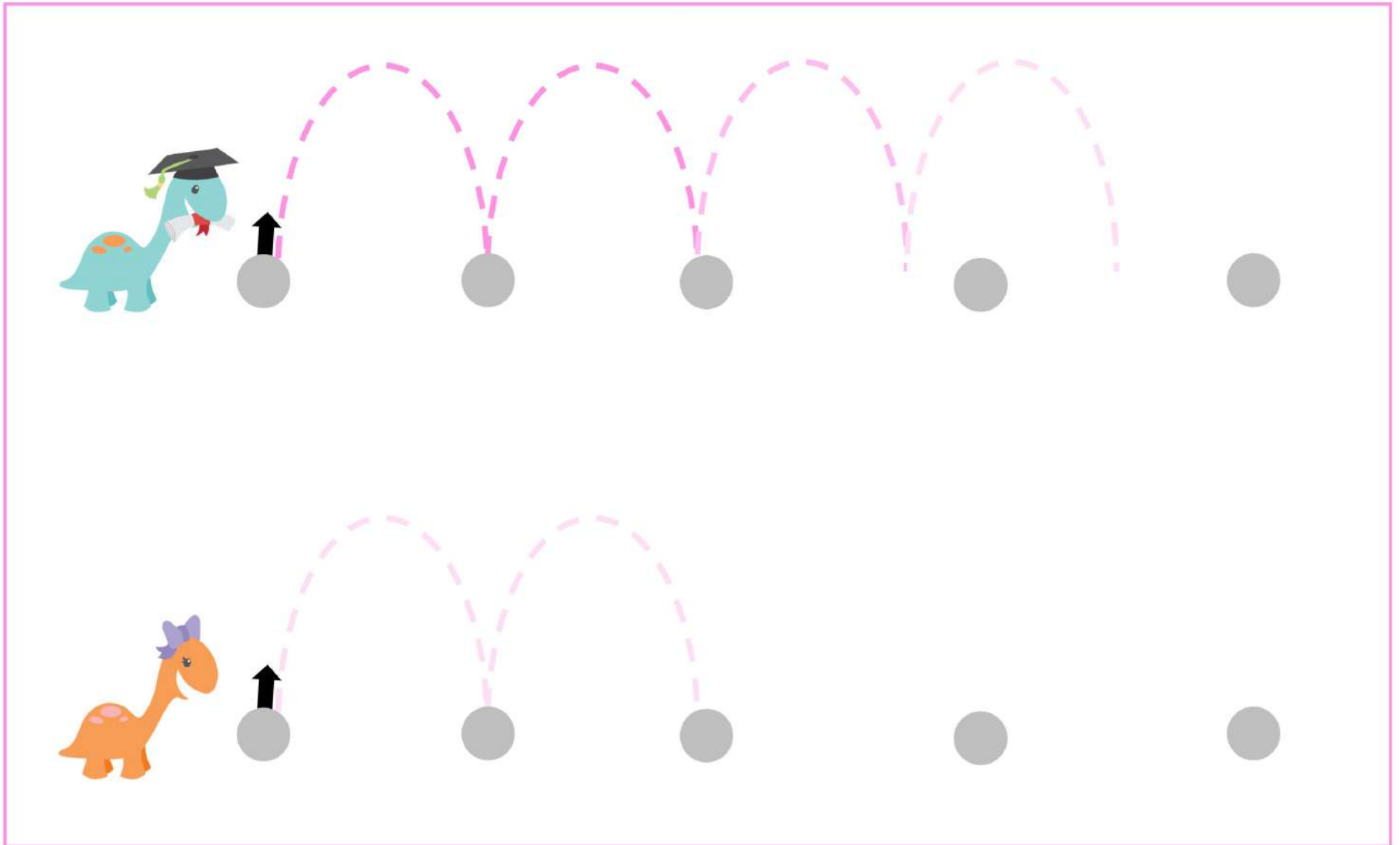
Circle Strokes: Team Sports

Start at the dot and draw to the left to make a circle!



Up/Down Bumps: Happy Dinosaurs

Start at the dot and make up/down bumps!



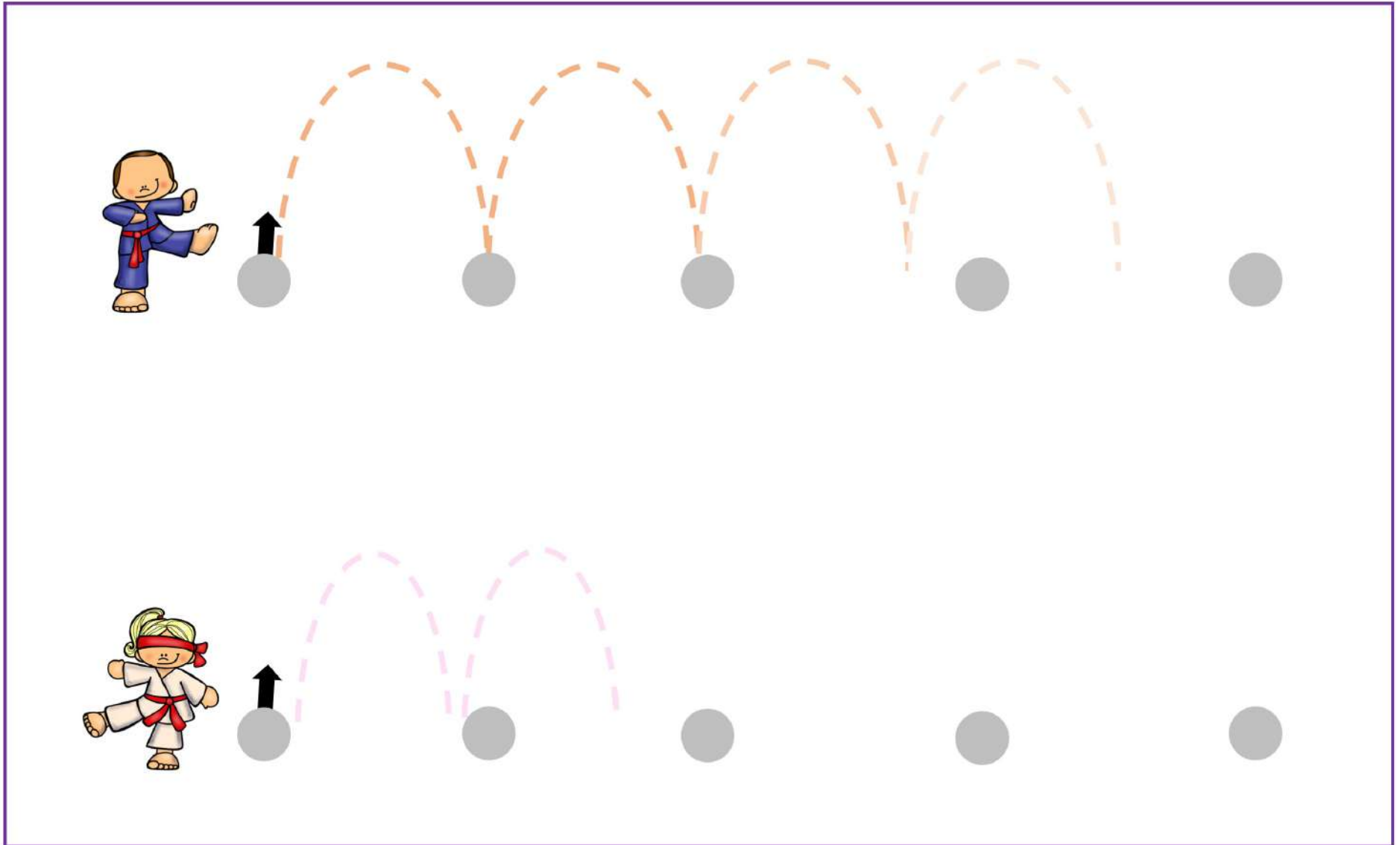
Up/Down Bumps: Flying Dinos

Start at the dot and make up/down bumps!

The worksheet contains two rows of tracing exercises. Each row starts with a colorful flying dinosaur illustration. The first row features a purple and green striped dinosaur. The second row features an orange and blue striped dinosaur. To the right of each dinosaur is a horizontal line of seven grey dots. In the first row, the first dot has a black arrow pointing upwards. A dashed pink line starts at this dot, goes up to form a bump, and then goes down to the second dot. This pattern repeats between the second and third dots, and between the third and fourth dots. The remaining two dots in the row are empty. The second row follows the same pattern, with a dashed pink line tracing a bump between the first and second dots, and another between the second and third dots. The remaining four dots in the row are empty.

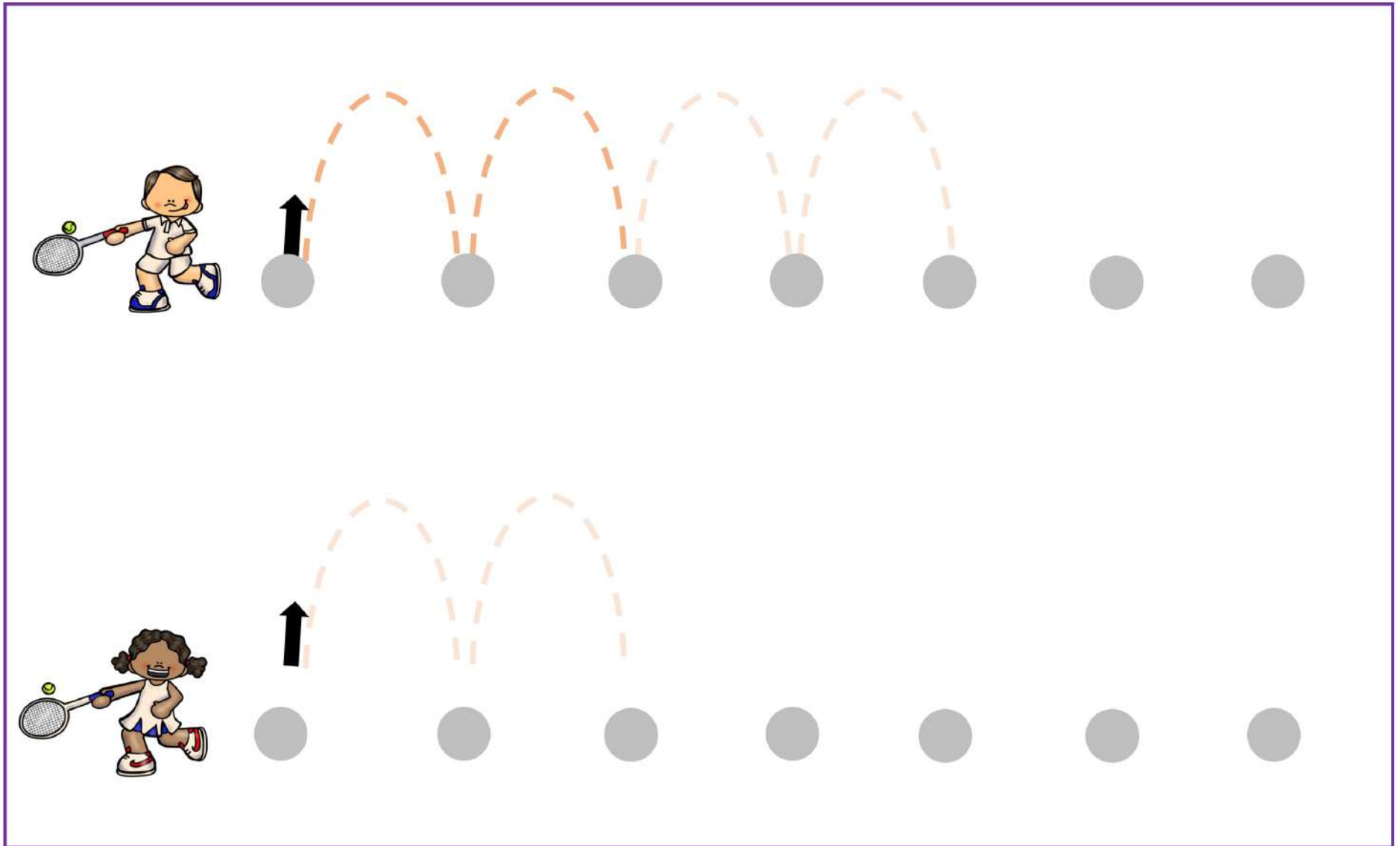
Up/Down Bumps: Single Sports

Start at the dot and make up/down bumps!



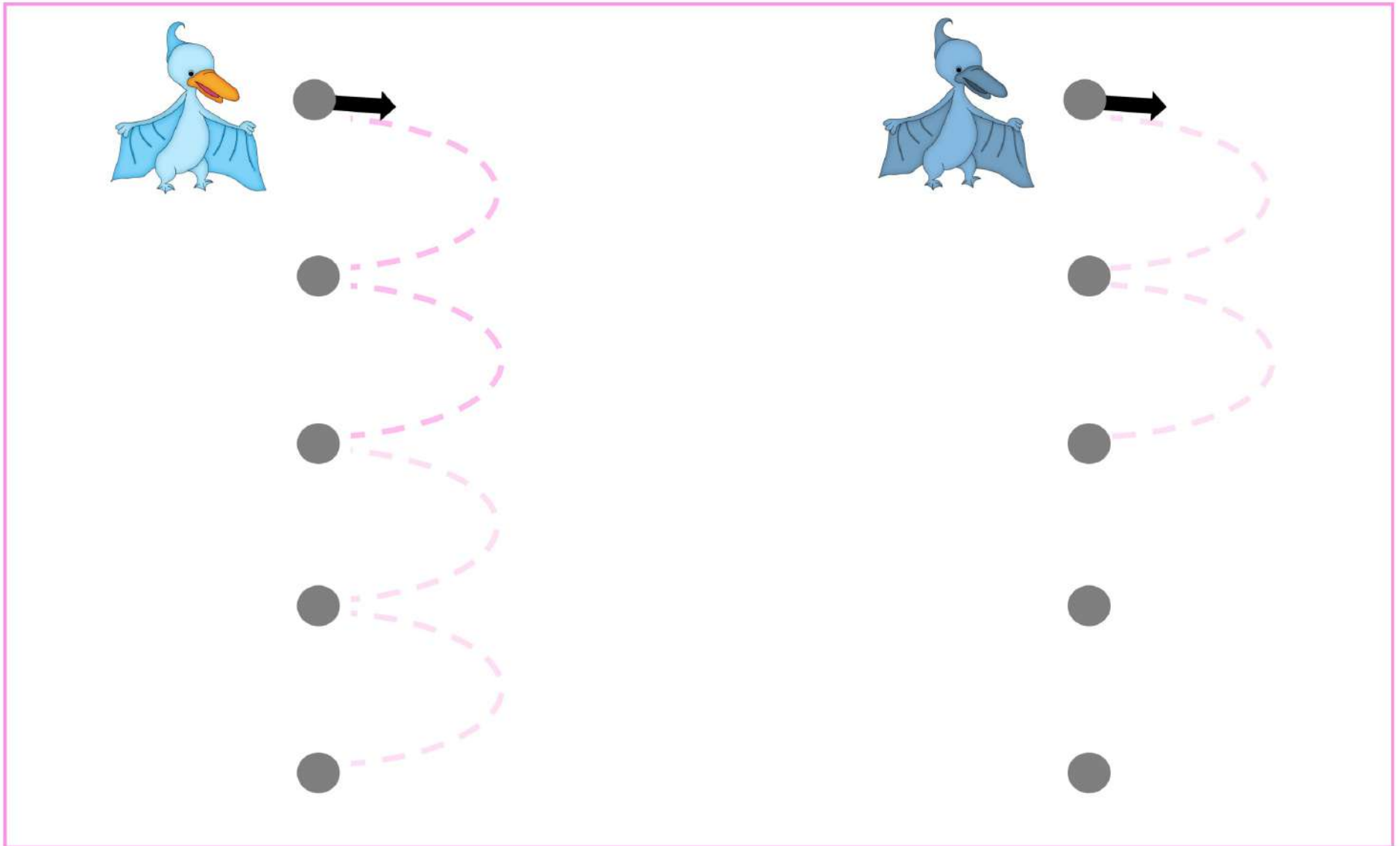
Up/Down Bumps: Swing Sports

Start at the dot and make up/down bumps!



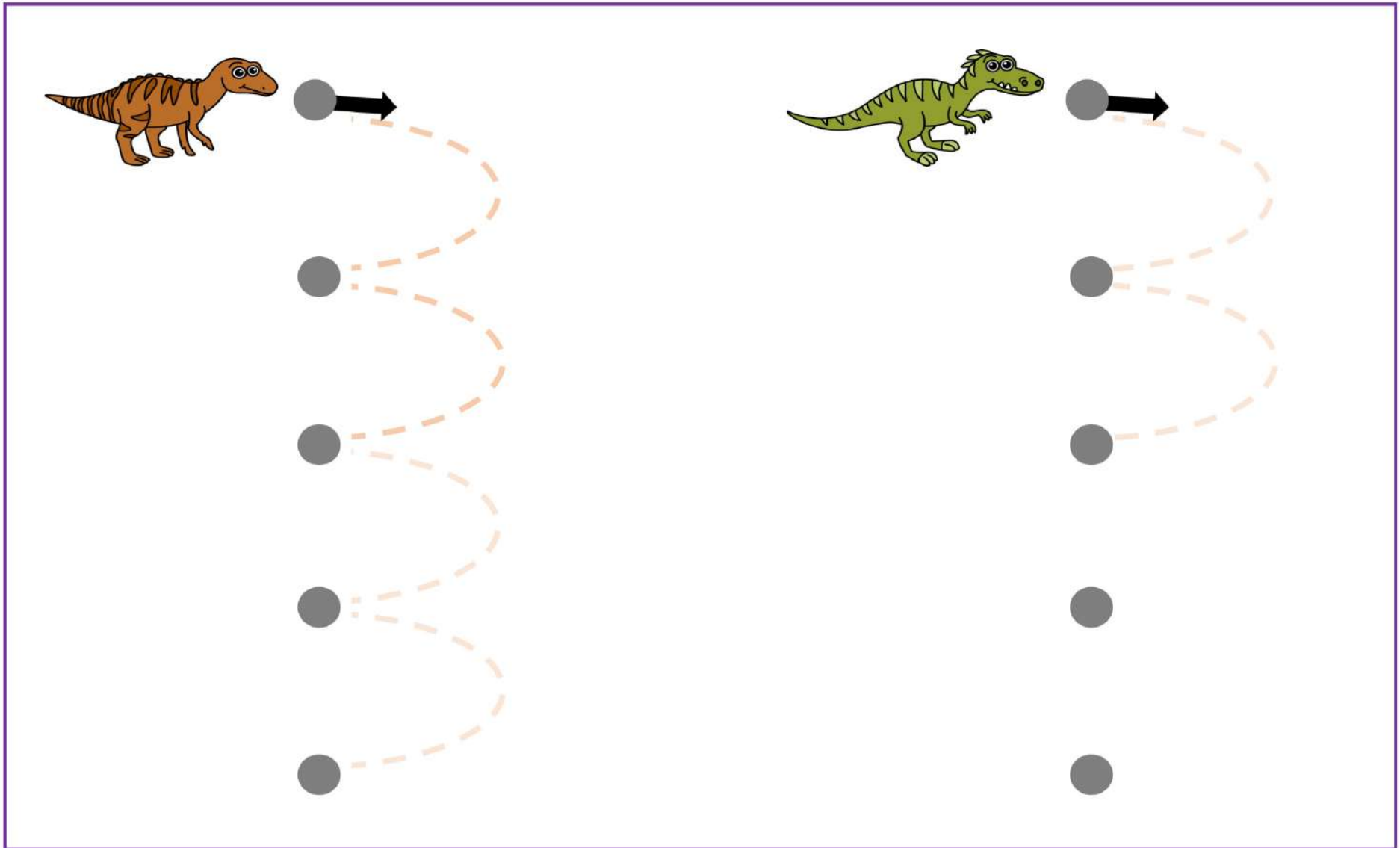
Sideways Bumps: Flying Dinos

Start at the dot and make sideways bumps!



Sideways Bumps: Short Dinos

Start at the dot and make sideways bumps!



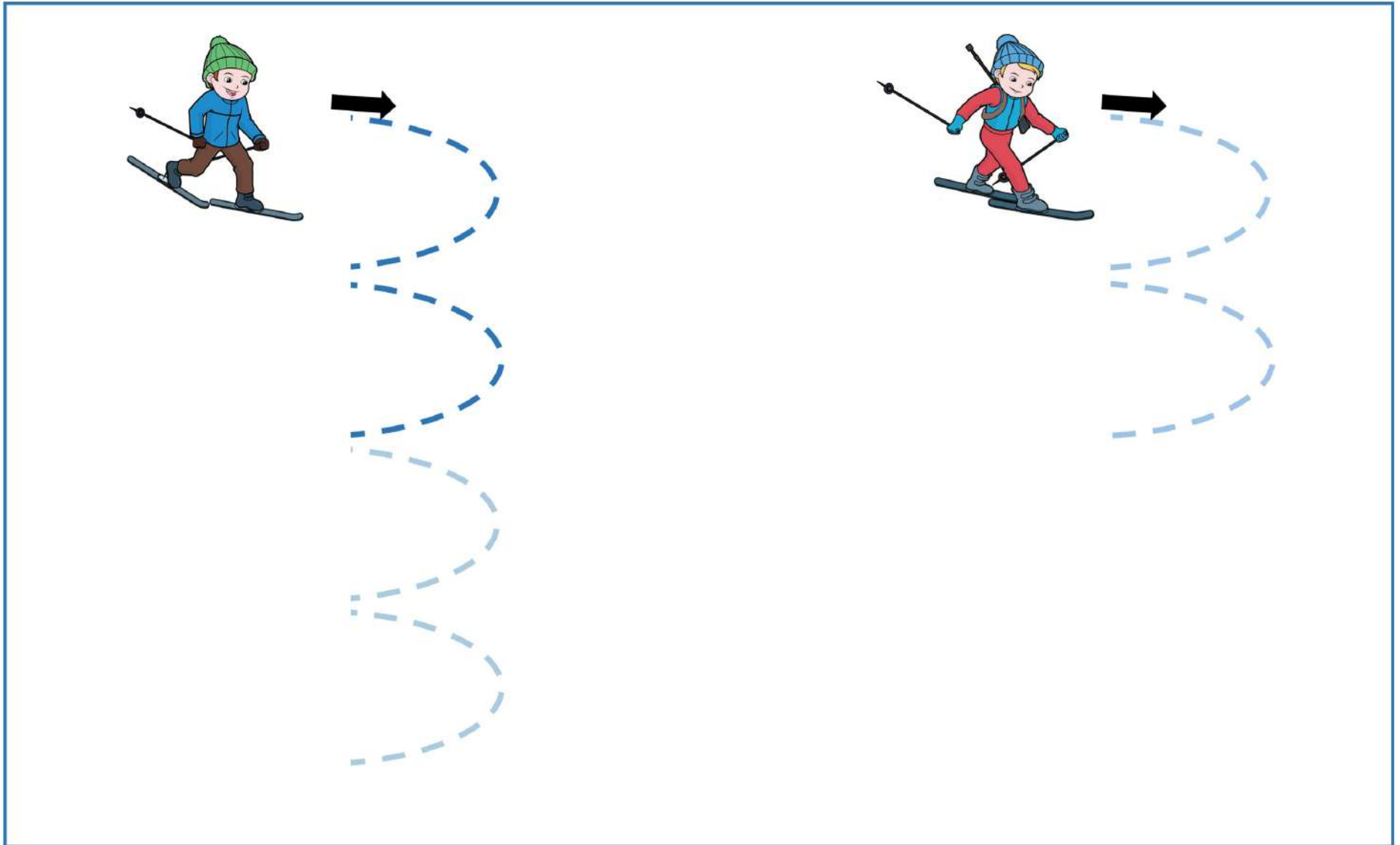
Sideways Bumps: Winter Sports

Start at the dot and make sideways bumps!

The worksheet is divided into two columns. The left column features a red bobsledder illustration at the top. Below it are four rows of tracing practice. The first row starts with a solid grey dot and a black arrow pointing right, followed by a dashed blue line that curves to the right and then back to the left, forming a bump. The next three rows each start with a solid grey dot and a dashed blue line that forms the same bump shape. The right column features a blue bobsledder illustration at the top. Below it are four rows of tracing practice. The first row starts with a solid grey dot and a black arrow pointing right, followed by a dashed blue line that curves to the right and then back to the left, forming a bump. The next three rows each start with a solid grey dot and a dashed blue line that forms the same bump shape.

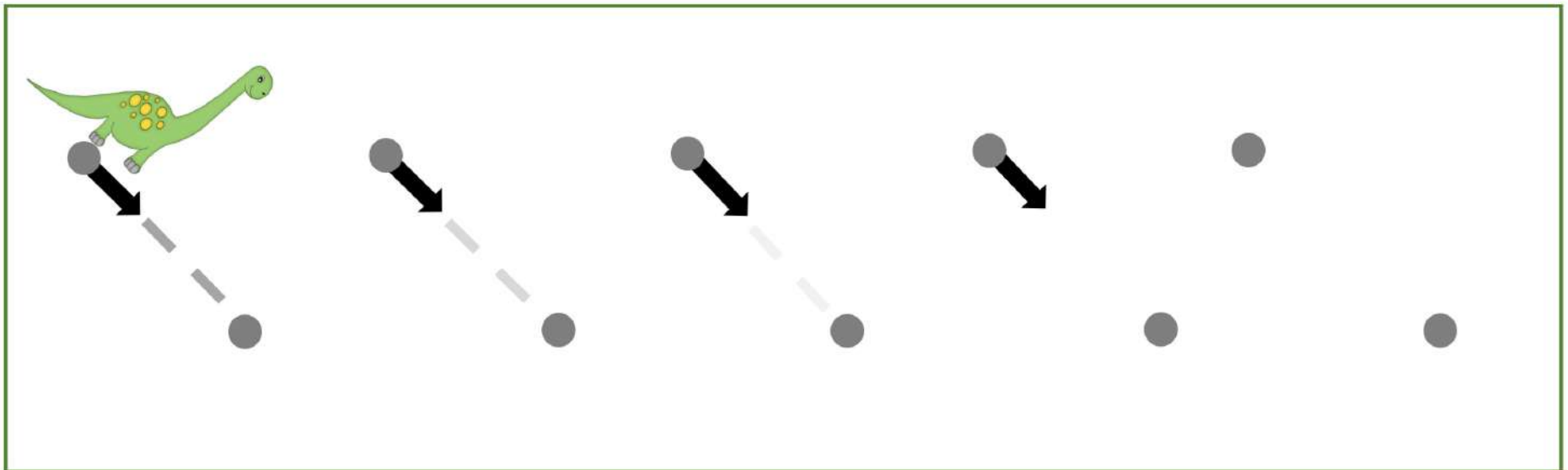
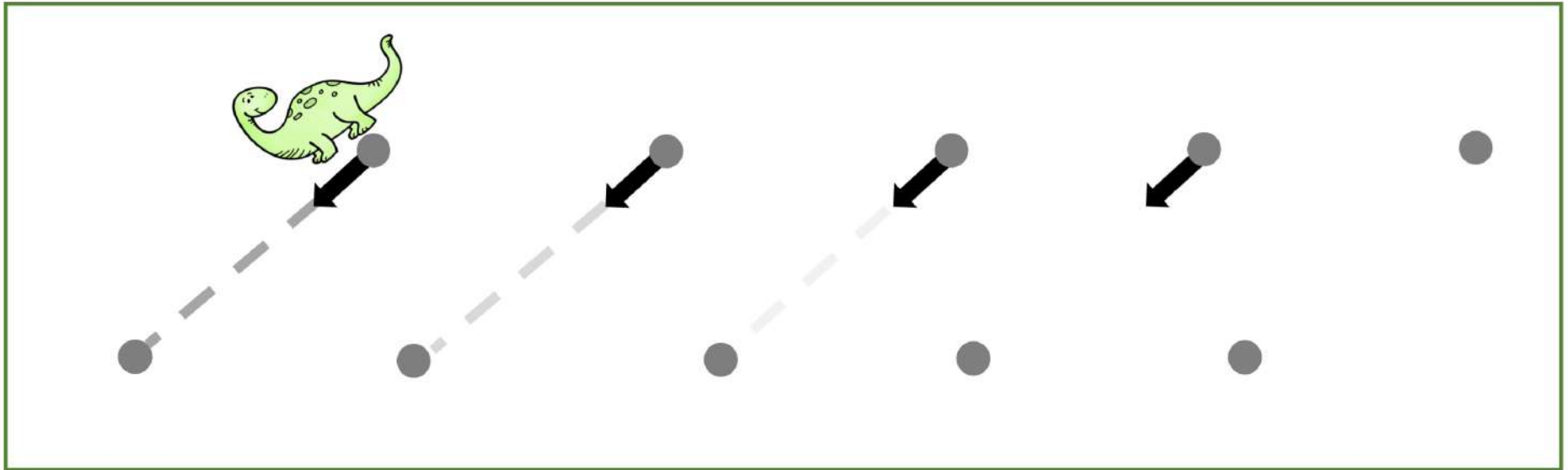
Sideways Bumps: Winter Sports

Start at the dot and make sideways bumps!



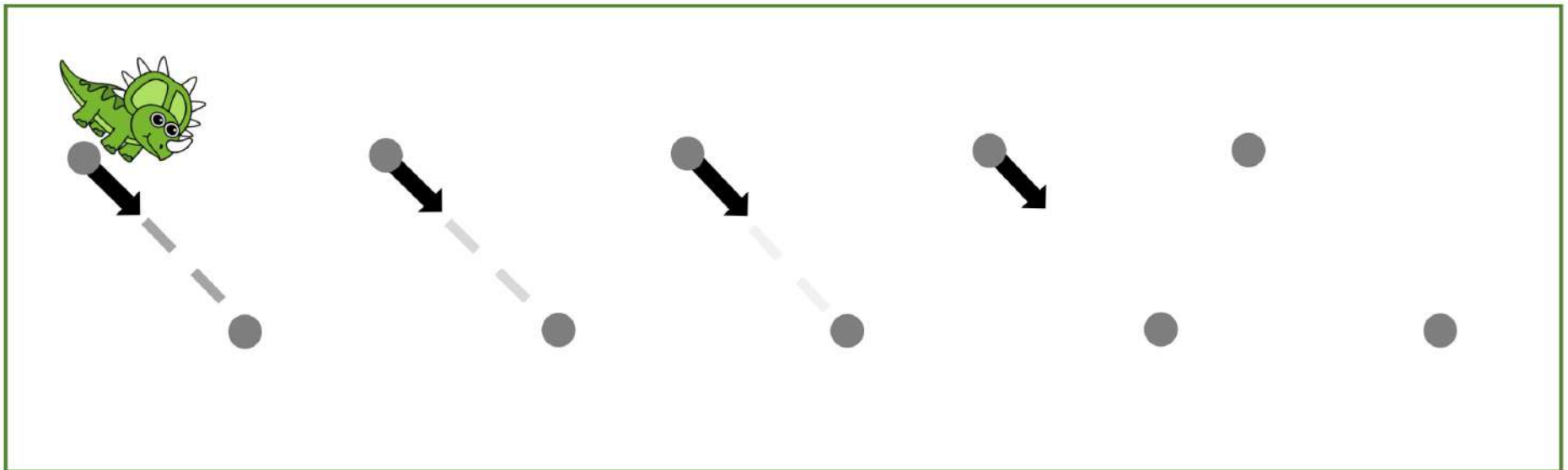
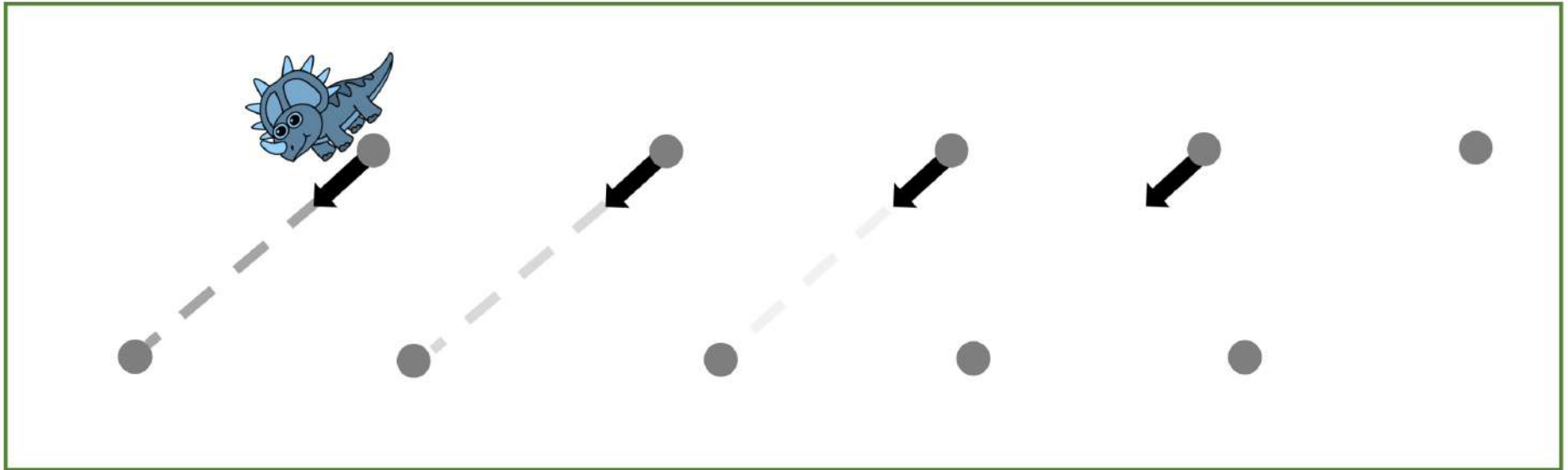
Diagonals: Green Dinos

Start at the top dot and draw diagonal lines!



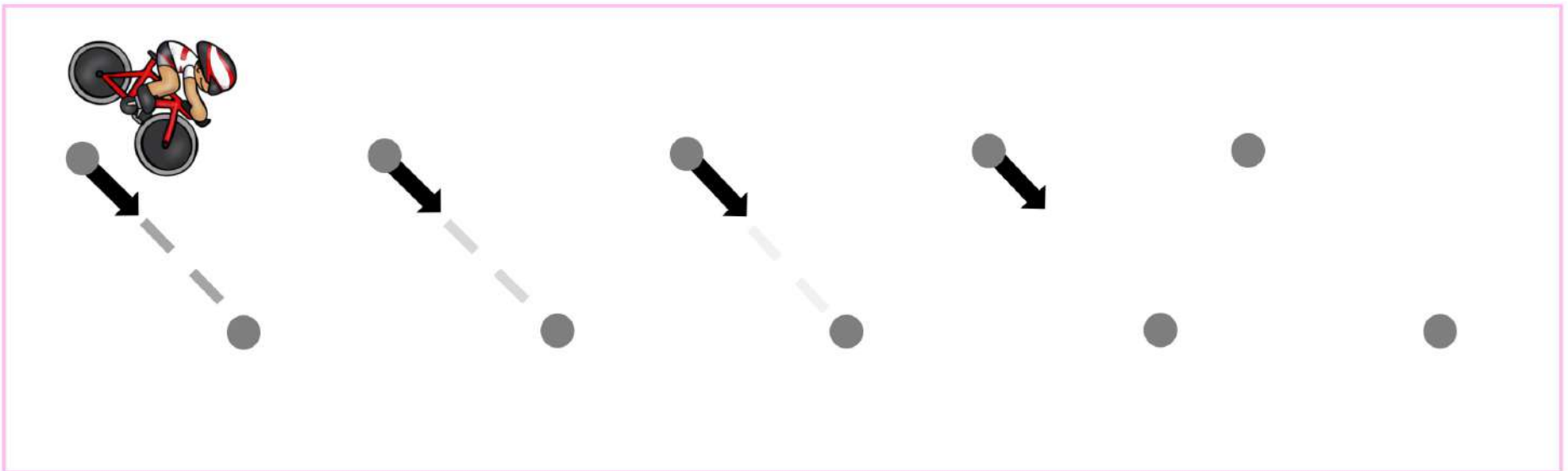
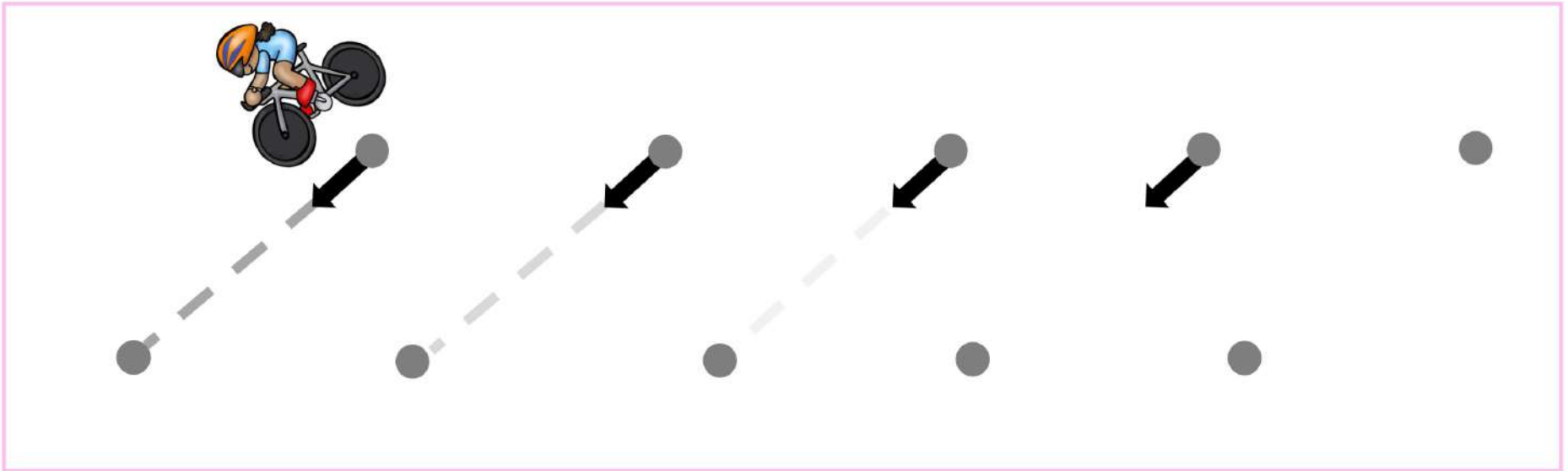
Diagonals: Prehistorics!

Start at the top dot and draw diagonal lines!



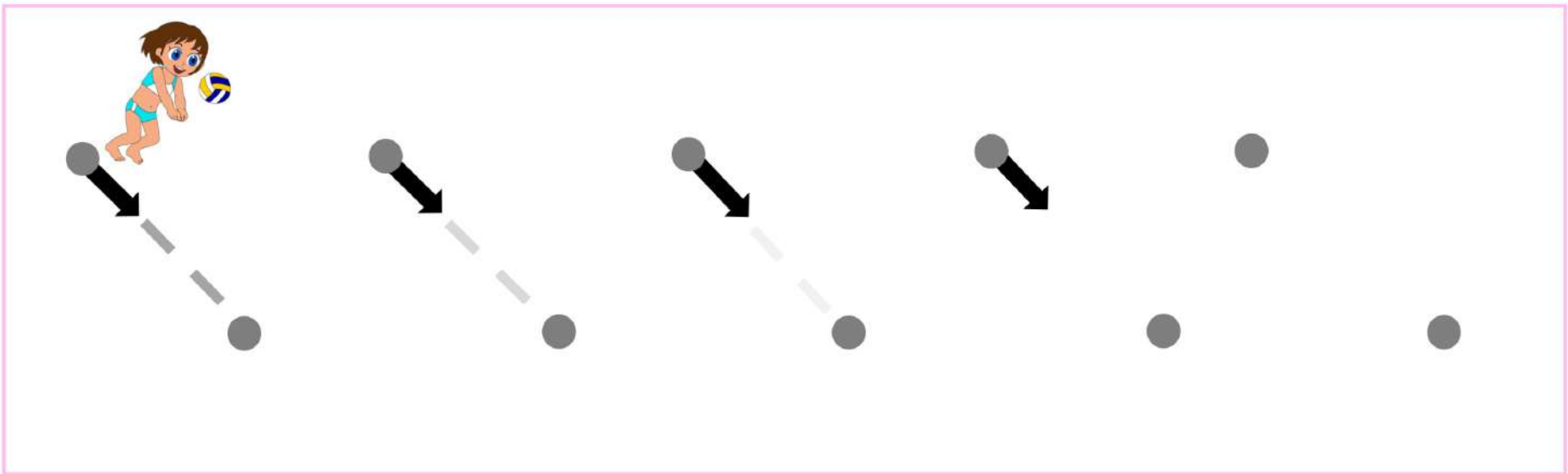
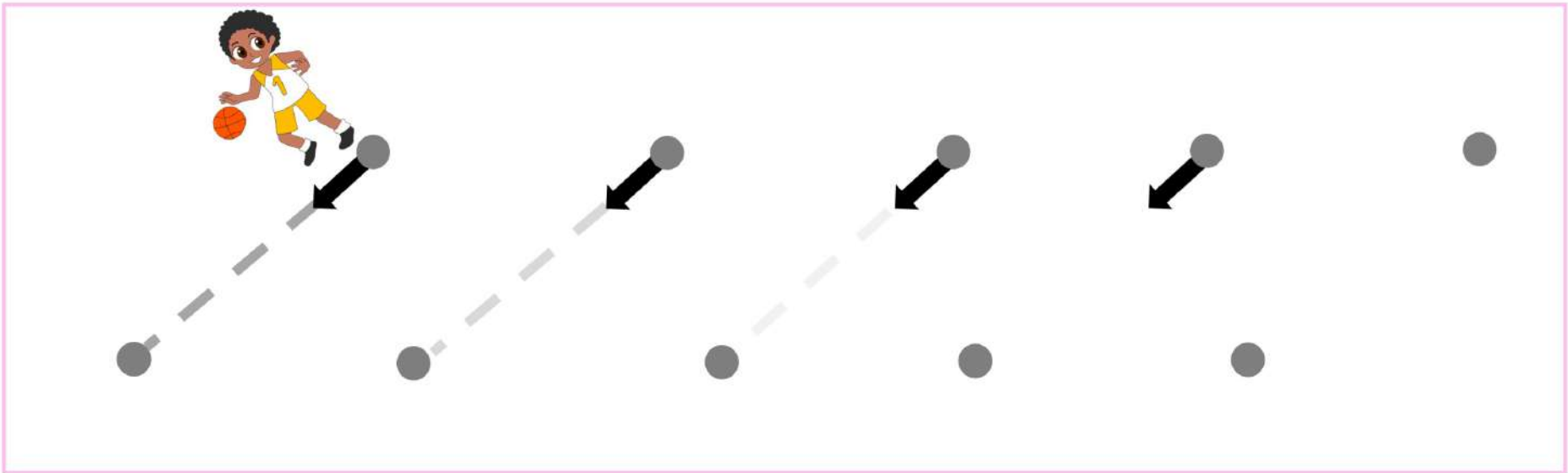
Diagonals: Speed!

Start at the top dot and draw diagonal lines!



Diagonals: Team Sports

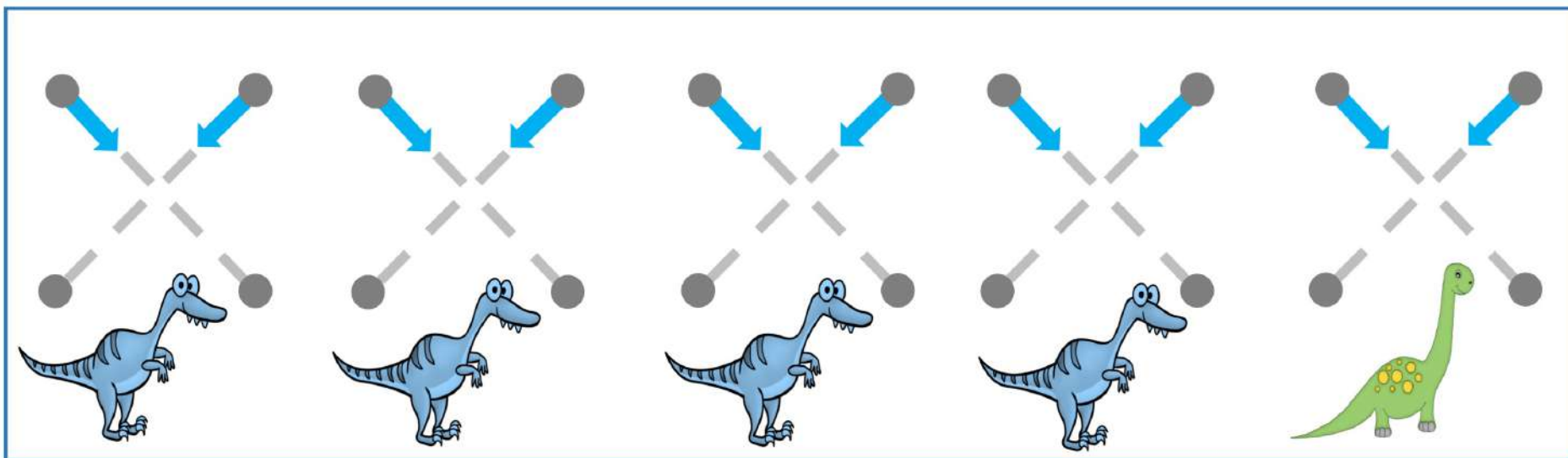
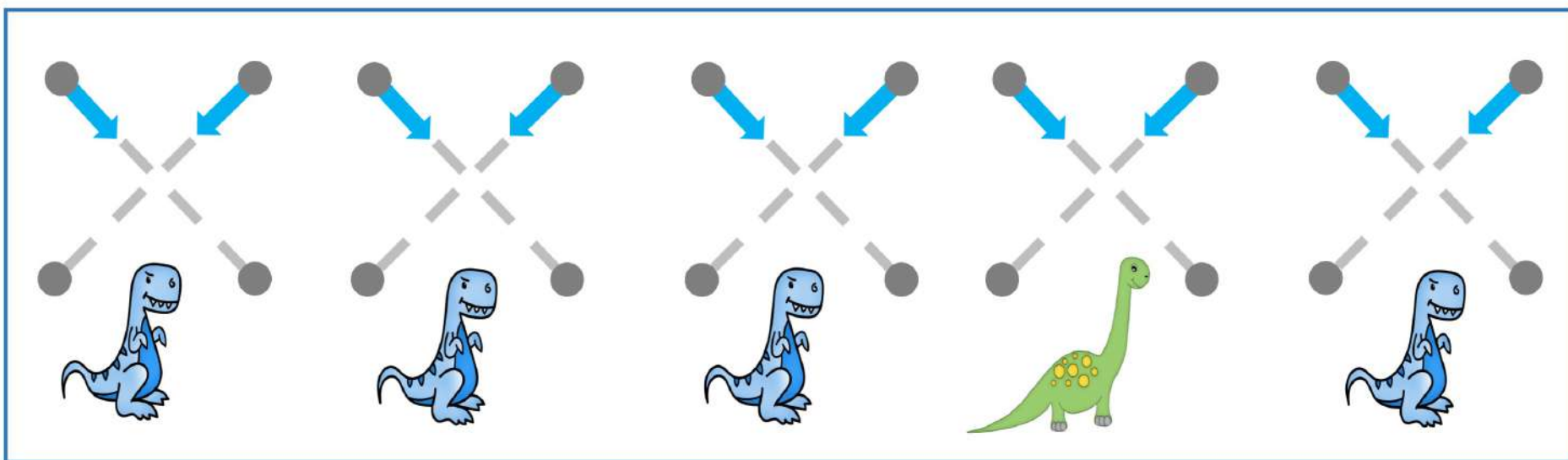
Start at the top dot and draw diagonal lines!



X-Shapes: Blue Dinosaurs

Cross off the dinosaurs that are blue!

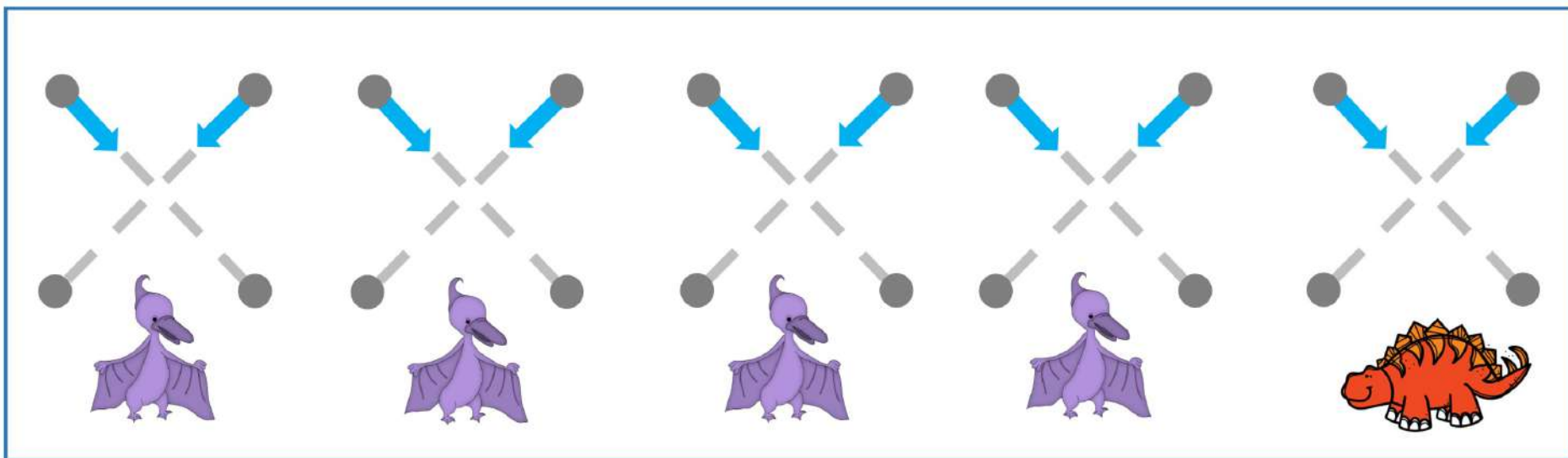
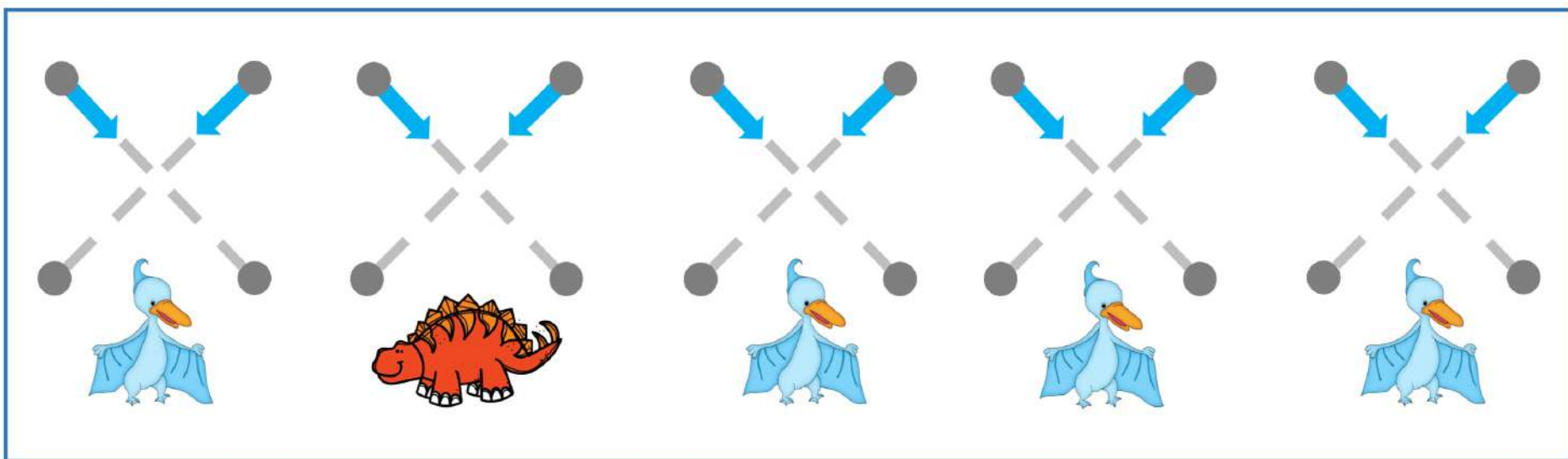
Start at the dots and draw diagonal lines to make an X-shape.



X-Shapes: Flying Dinos

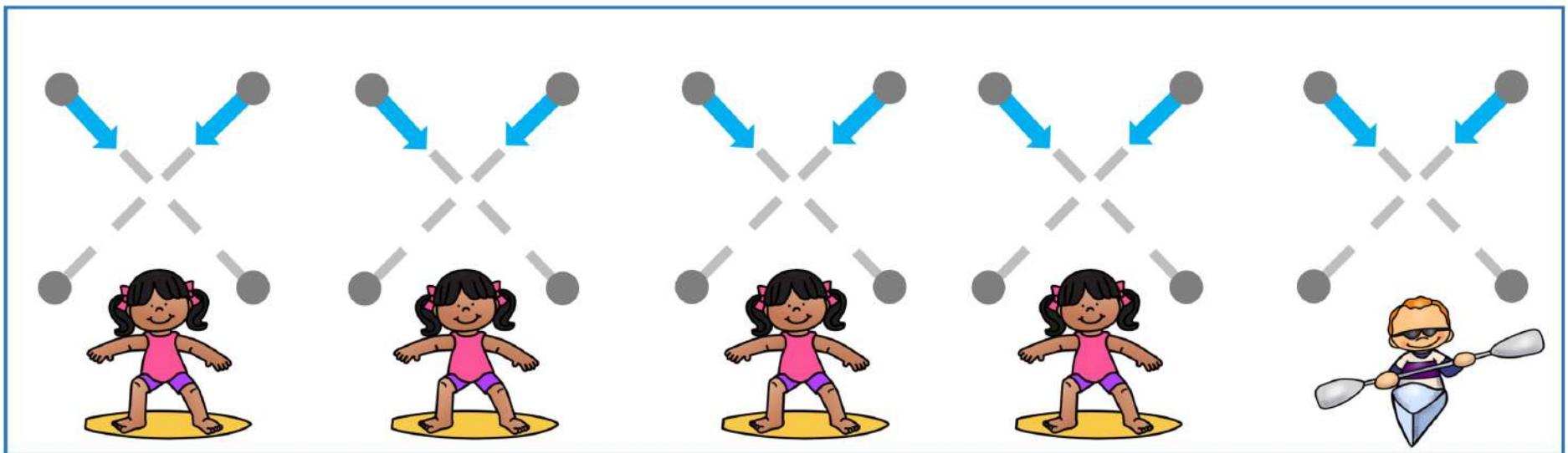
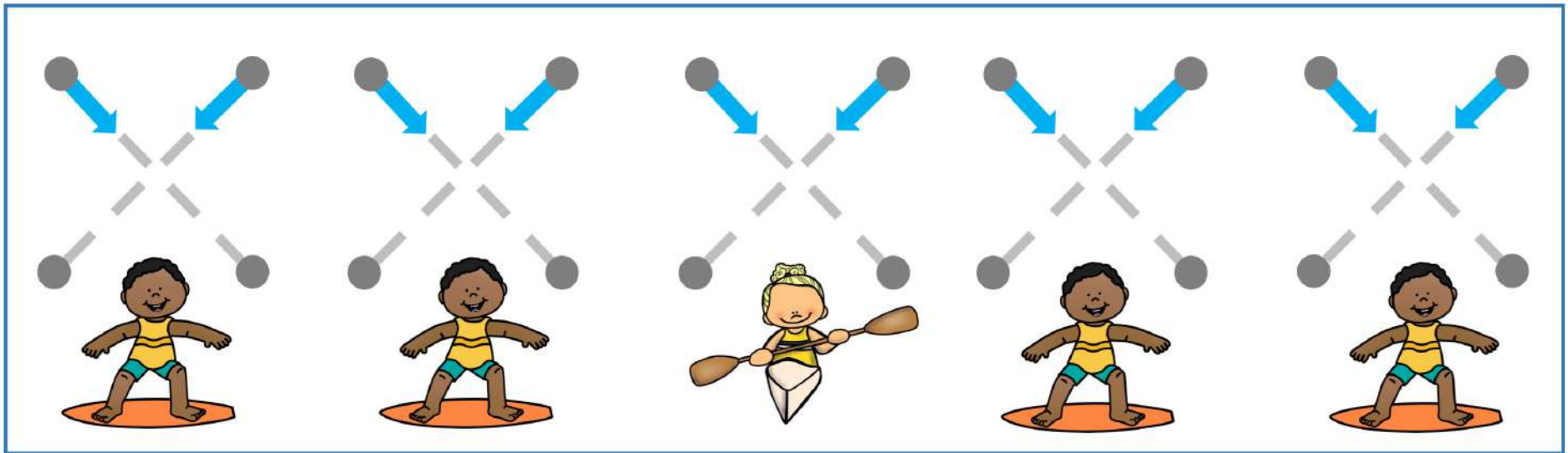
Cross off the dinosaurs that can fly!

Start at the dots and draw diagonal lines to make an X-shape.



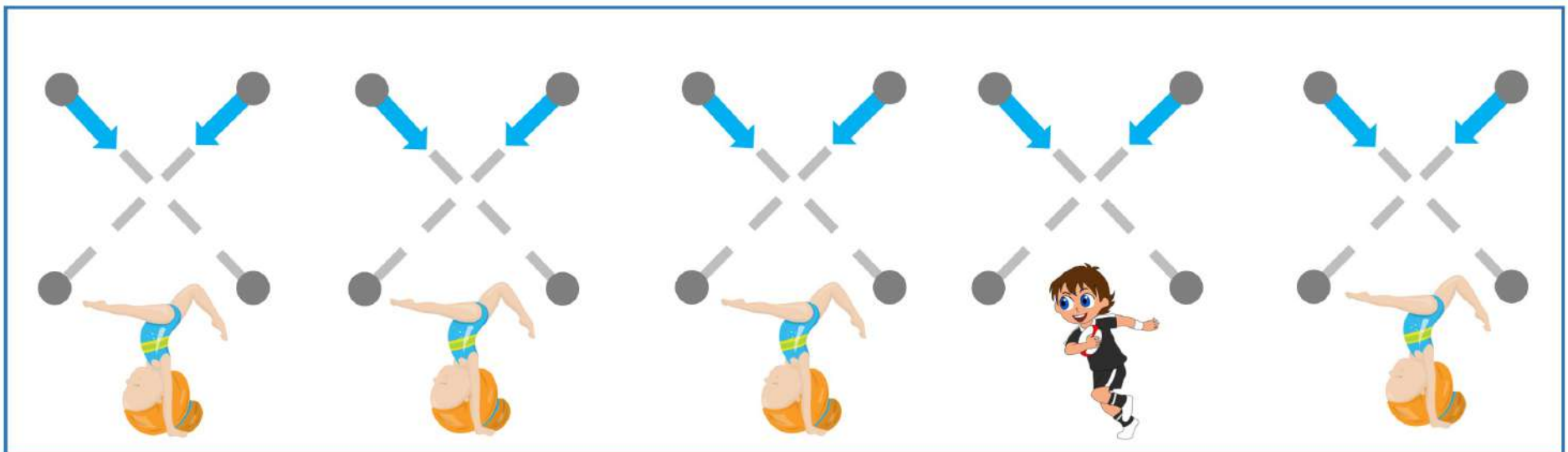
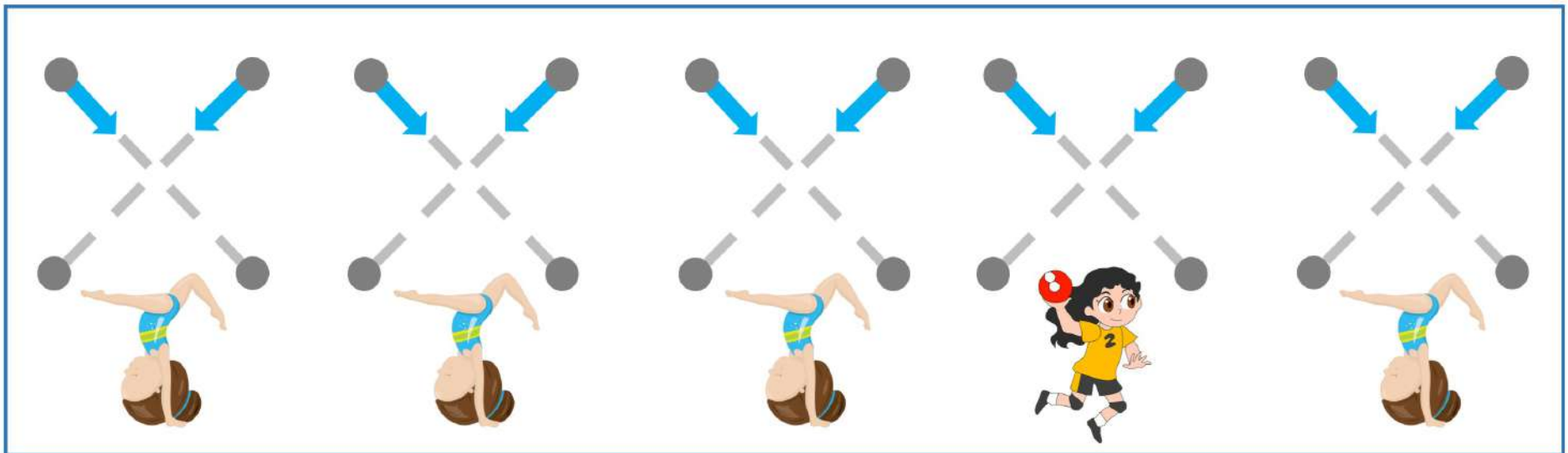
X-Shapes: Water Sports

Cross off the kids who are surfing – not the other kids!
Start at the dots and draw diagonal lines to make an X-shape.



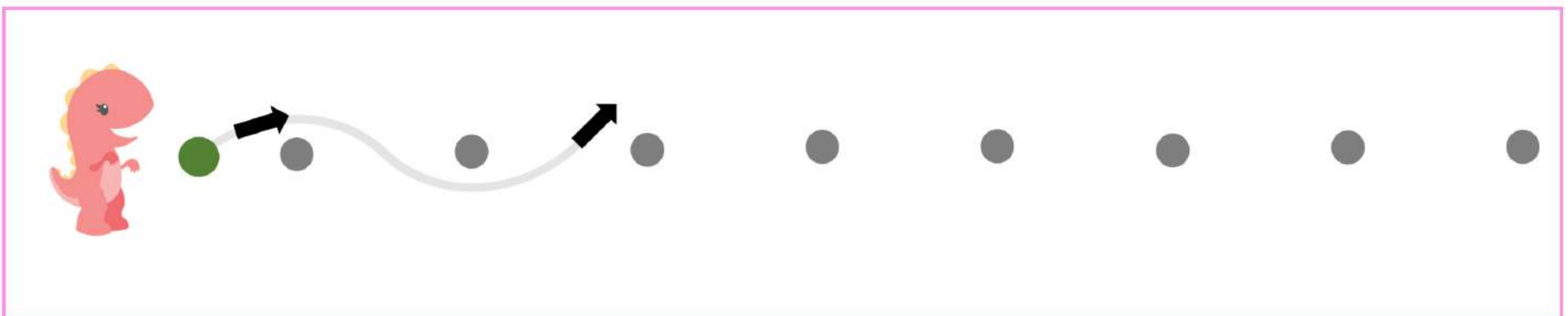
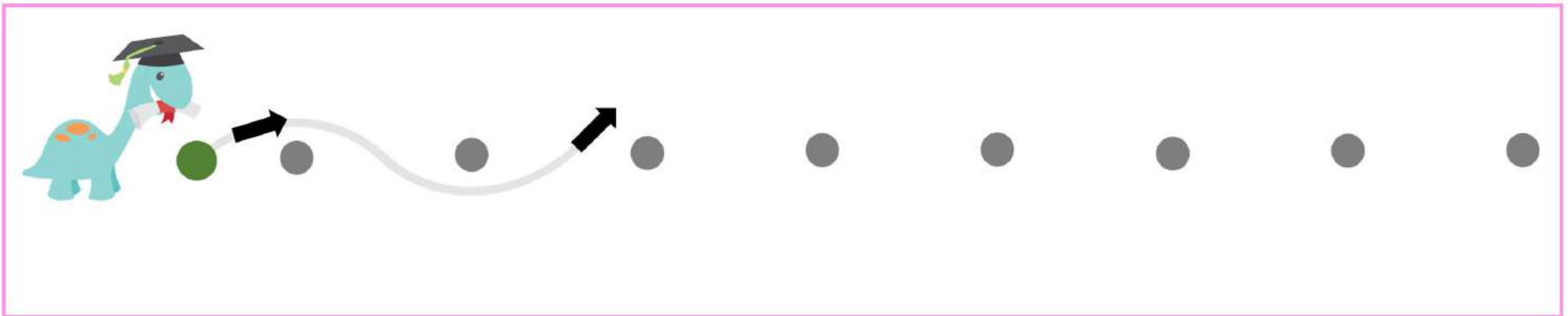
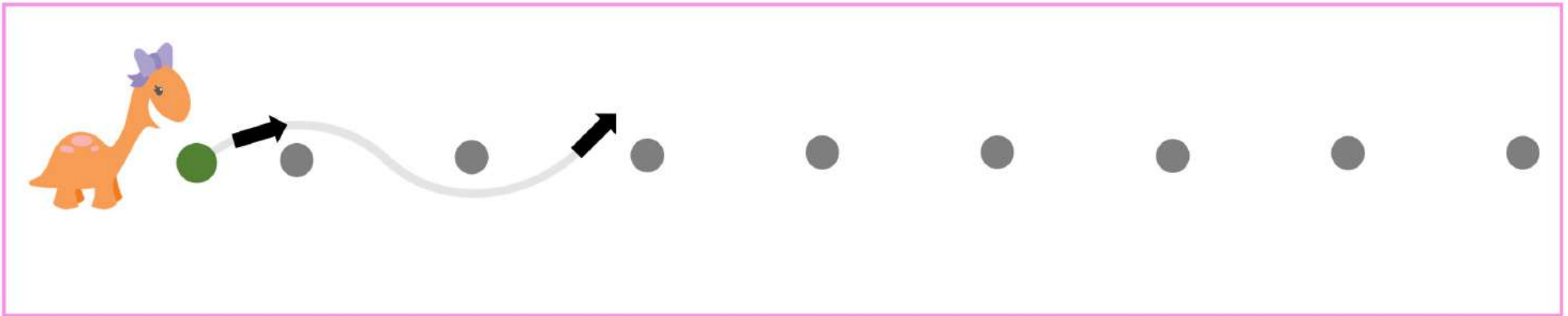
X-Shapes: Gymnastics

Cross off the kids who are doing gymnastics – not the other kids!
Start at the dots and draw diagonal lines to make an X-shape.



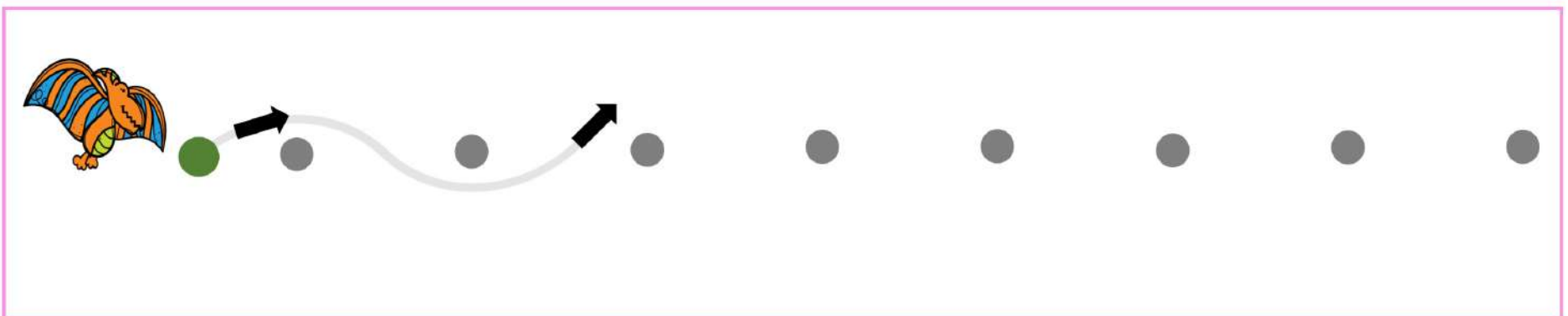
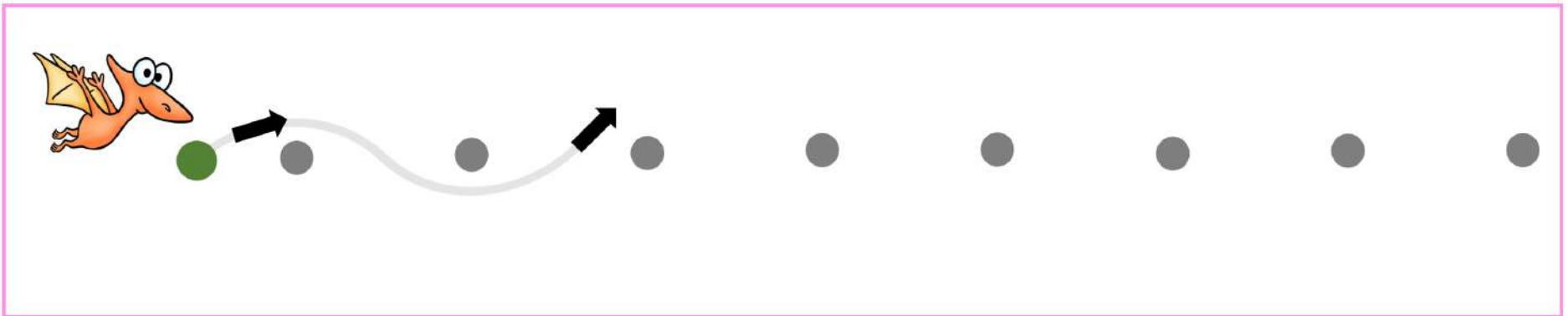
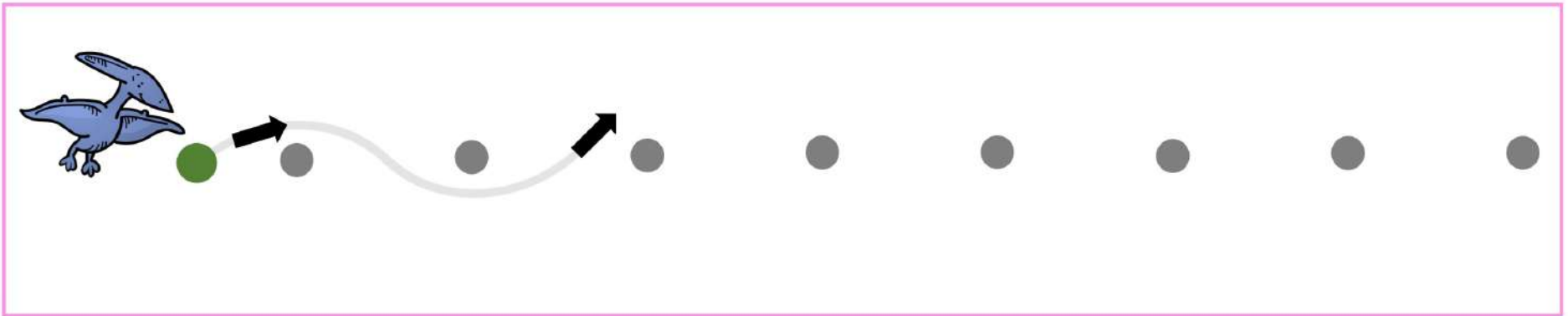
Weaving: Happy Dinos

Start at the first dot and weave in and out of the other dots!



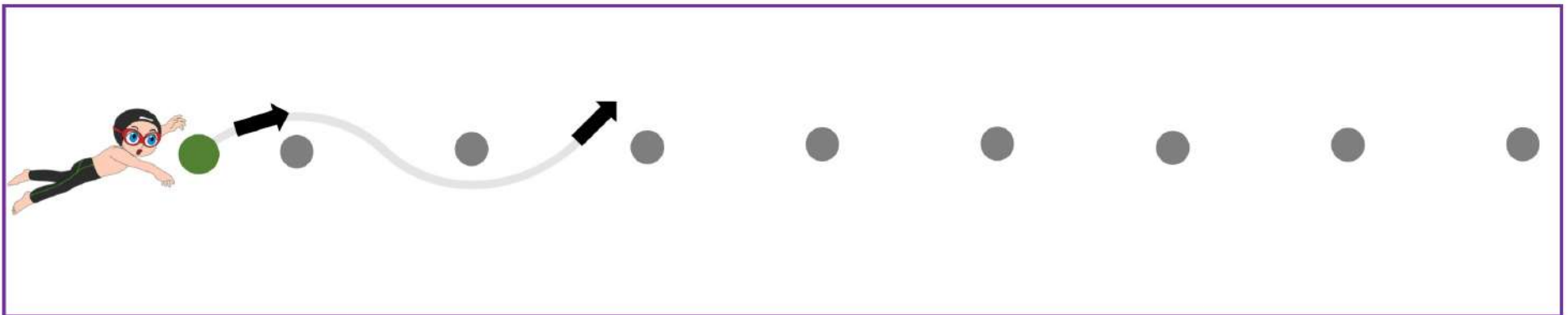
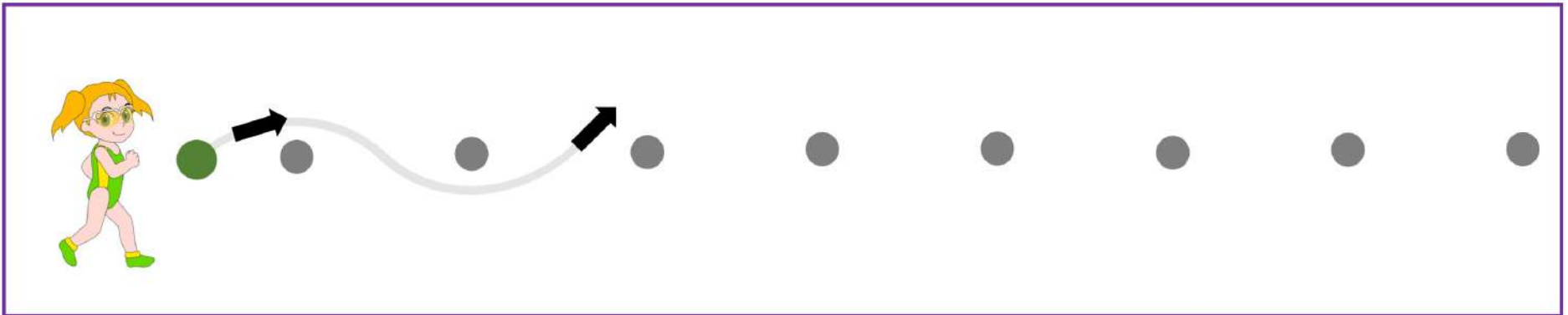
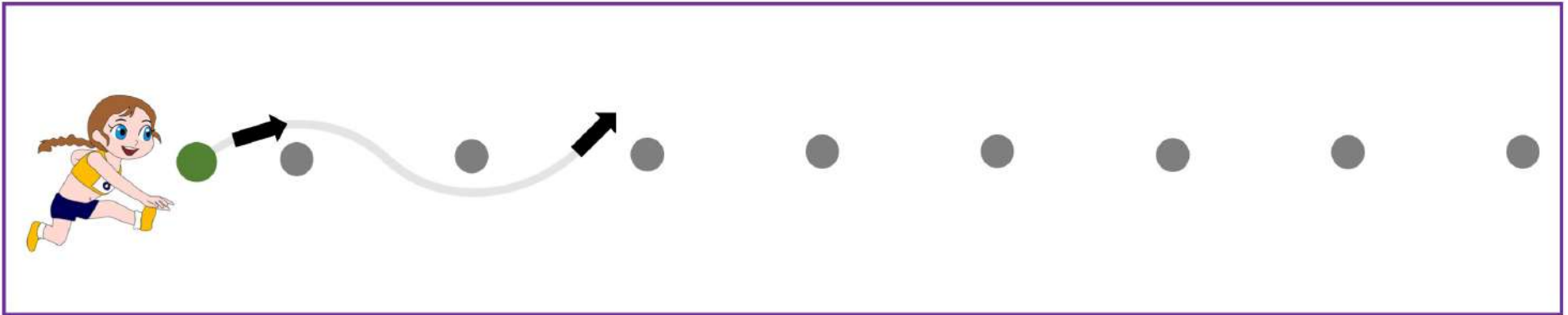
Weaving: Flying Dinos

Start at the first dot and weave in and out of the other dots!



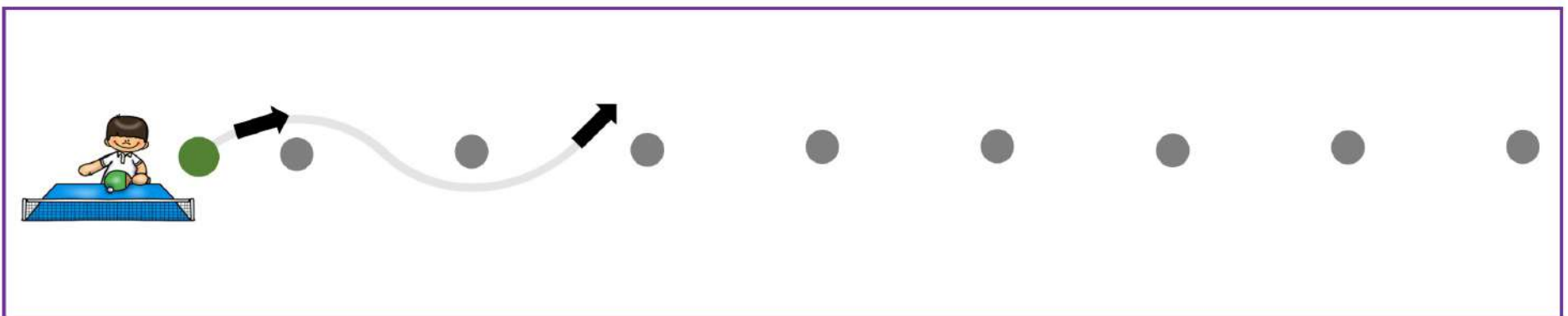
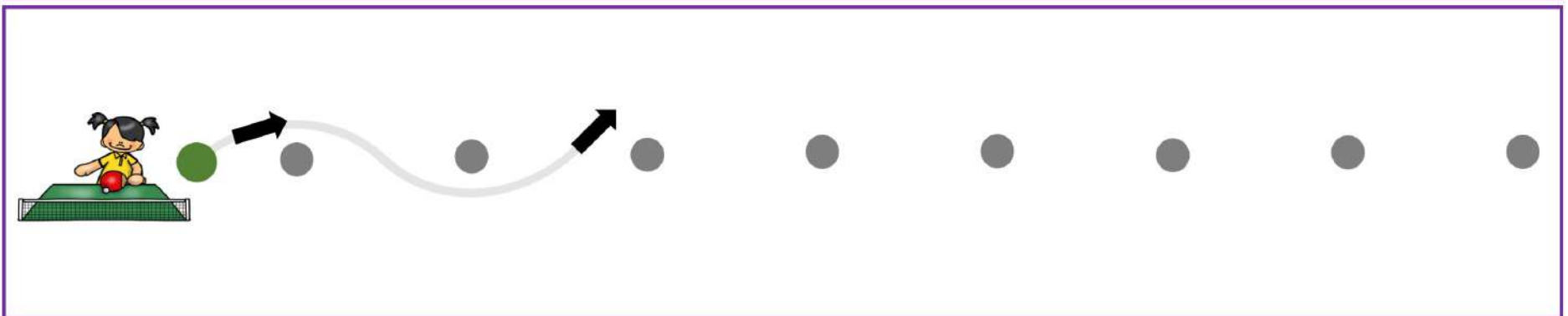
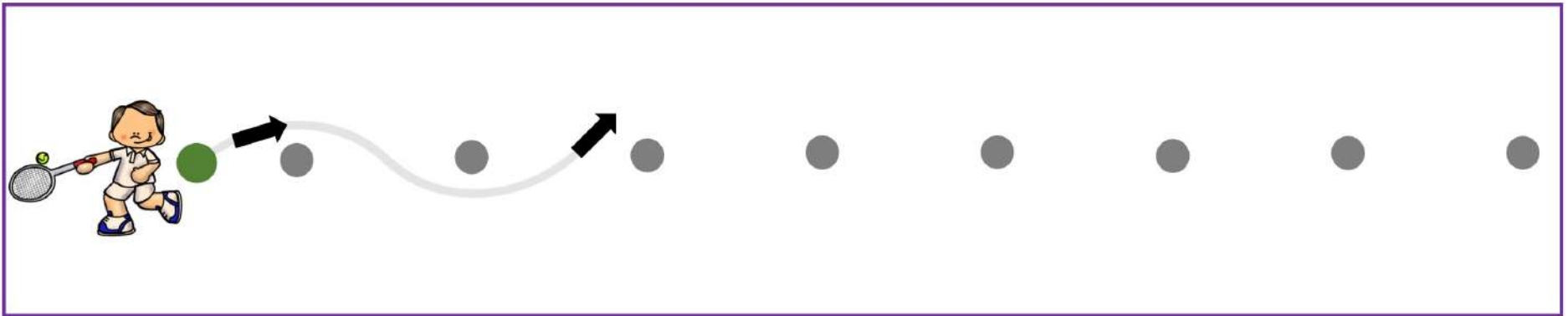
Weaving: Single Sports

Start at the first dot and weave in and out of the other dots!



Weaving: Swing Sports

Start at the first dot and weave in and out of the other dots!



More Resources from Kids Master Skills:

Consider my **84 Sensory Diet Activity Cards** for setting up a program to help children with self-regulation. Designed by Lisa Marnell, occupational therapist, every sensory activity card is paired with fun and kid-friendly images to help children understand, envision, and master the activity.

What are the 7 categories of sensory diet cards?

- 1- Proprioceptive (Heavy Work) Cards
- 2- Vestibular (Movement) Cards
- 3- Tactile (Touch) Cards
- 4- Oral (Taste & Tactile) Cards
- 5- Visual (Looking) Cards
- 6- Auditory (Listening) Cards
- 7- Olfactory (Smelling) Cards

Also, Sensory Diet Choice Boards are provided for teachers, therapists, and parents. The Choice Boards include:

- 1- Start of the Day
- 2- Mid-Morning Movement
- 3- During Meeting Time
- 4- After-Recess Calm Down
- 5- Before Lunch
- 6- At the Cafeteria
- 7- After Lunch
- 8- Mid-Afternoon Movement
- 9- Mid-Afternoon Wake-Up
- 10- End of the Day Calm-Down.

Also, four blank Sensory Diet Choice Boards are included.

AVAILABLE at www.KidsMasterSkills.com



Find Lisa Marnell & Kids Master Skills Online!

Website: www.KidsMasterSkills.com

"Today's Foundation is Tomorrow's Success!"

Our website is building a wealth of information and activities to help kids master skills.

Follow our blog to keep updated on the latest research in education and child development.

On Social Media: Follow *Kids Master Skills* on these platforms!



@KidsMasterSkills



@KidsMasterSkills



@KidsMasterSkills



@KidsMasterSkills



@KidsMasterSkills

Teachers Pay Teachers

About the Author: Lisa Marnell MS, OTR/L

KidsMasterSkills@gmail.com



Occupational Therapy. Prior to that, I completed an MBA at McGill University in Montreal (my hometown!) Now, I am nearly finished my OTD at Boston University. I am beyond happy that I became an OTR and that I have had the opportunity to work with so many wonderful kids and teachers.

My philosophy in regards to helping kids master skills is simple, but important: Children should be engaged and motivated by therapeutic and/or teaching activities. In other words, Learning should be fun!

Thank you for purchasing this resource. I sincerely hope that it has proven useful in supporting and promoting your students' skills. Please let me know!

Terms of Use:

Thank you for purchasing this resource!

Please note that the contents of this resource are the property of Lisa Marnell and Kids Master Skills LLC and are licensed to you to use as a single user. All rights are reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission from the author. This download is for use in one classroom. Copying any part of this product and placing it online in any form (even for a classroom or teacher website) is strictly forbidden.

Thank you for abiding to universally accepted codes of professional ethics while using this product. Please enjoy!

Clip Art Sources: The adorable Clip Art used in this resource came in part from the following source. Thank You!



[Creating 4 The Classroom](#)



[Whimsy Workshop](#)



[PartyHead Graphics](#)



[Zip-A-Dee-Doo-Dah- Designs](#)



[Educlips Clipart](#)



[ESL WORLD](#)



[Pink Cat Studio](#)



[Dorky Doodles](#)

Disclaimer:

Lisa Marnell is a Registered Occupational Therapist in the state of California. Advice, activity suggestions, and information in this workbook/product are not intended or implied to be a substitute for professional medical advice, diagnosis, or medical or therapeutic treatment, either for a child's vision or for any other medical or developmental concerns. All content, including text, graphics, images and information, contained in this workbook are for general information purposes only. This information is not intended to be patient education, does not create any patient-physician or patient-therapist relationship, and should not be used as a substitute for professional diagnosis and treatment.

Please consult your health care provider before making any healthcare decisions or for guidance about a specific medical condition. Kids Master Skills and Lisa Marnell expressly disclaim responsibility, and shall have no liability, for any damages, loss, injury, or liability whatsoever suffered as a result of your reliance on the information or use of the activities, advice, or information contained in this workbook. Never disregard professional medical advice or delay seeking medical or therapeutic treatment because of something you have read in this workbook.

Furthermore, all activities in this workbook are designed to be performed with complete adult supervision of children at all times. Lisa Marnell and Kids Master Skills are not liable for any injury when children are completing any of the activities or participating in any of the recommendations found in this workbook/product.