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Dear Parents and Carers,

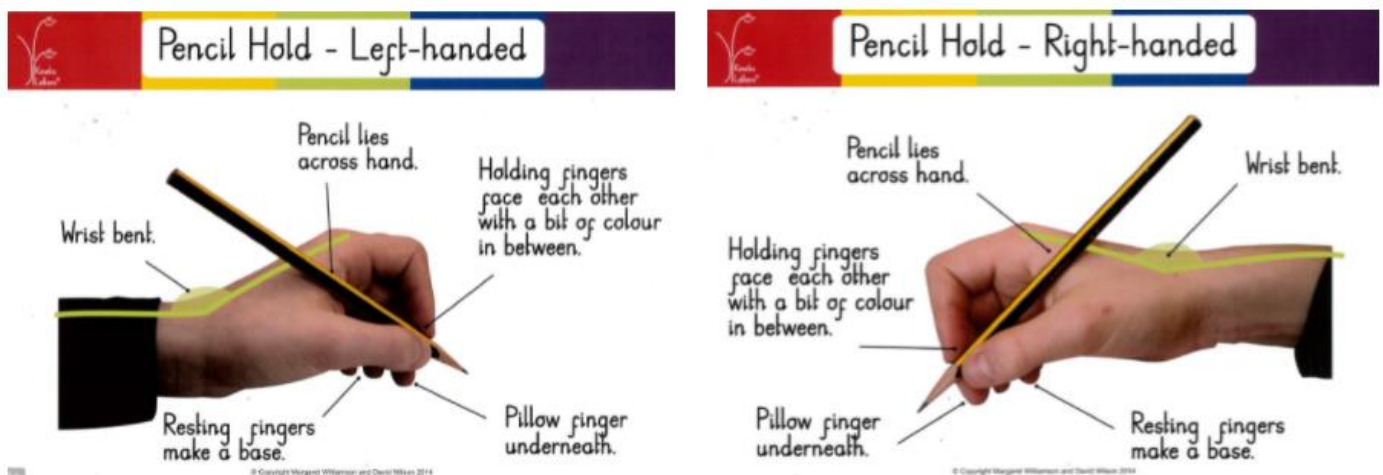
We are excited to share some information with you about our new programme for handwriting called Kinetic Letters. Through a range of different exercises and poses the children will learn how to develop the following:

Strong core muscles to allow them to sit at tables correctly and comfortably when writing.

Strong shoulder muscles to allow them to be able to control the lower parts of the arm.

Strong wrists to enable them to hold the pencil correctly for a longer periods of time.

We will teach the children the 'three friends pencil hold'. See below:

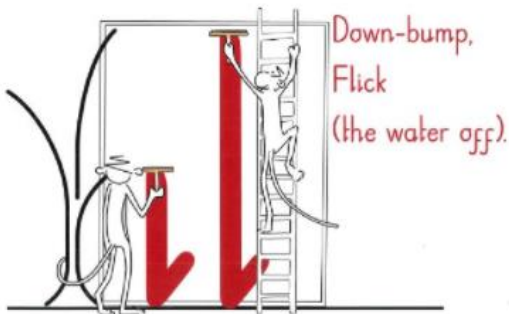
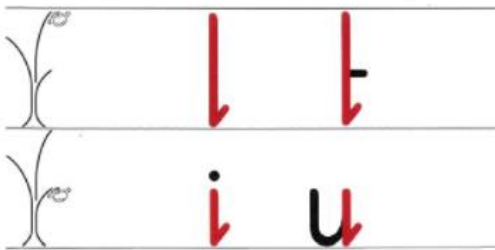


The children will be taught the letters in families. Each letter family will be introduced to the children through a story about two monkeys called Bounce

and Skip. Bounce is a brave monkey and helps write the tall letters whilst Skip is a scared monkey and helps write the other letters.

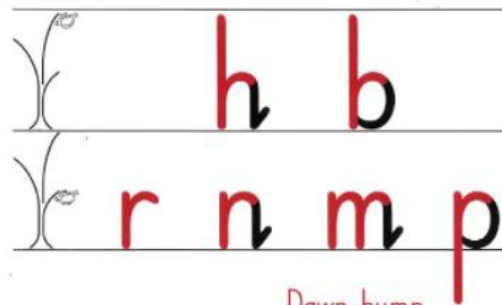
Here are the letter families:

### Window Cleaner Family



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### Jumper Family

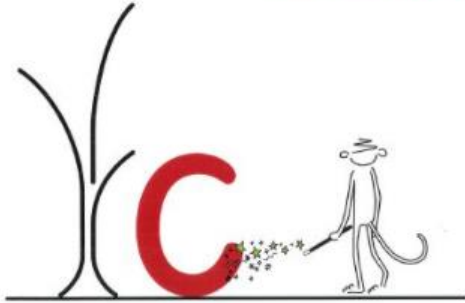


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**Abracadabra Family**

c o a d g q s

Pull around and Push. **abracadabra**

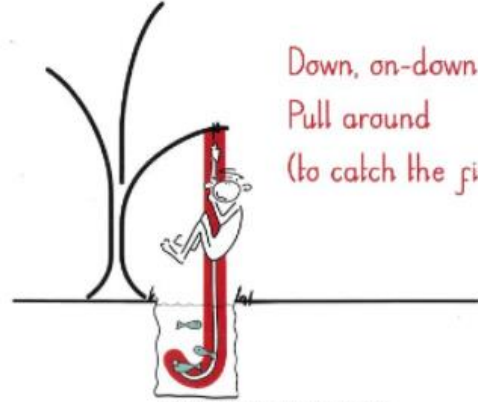


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**Fisher Family**

g j y f

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



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**Slider Family**

k

v w x z

Slide.

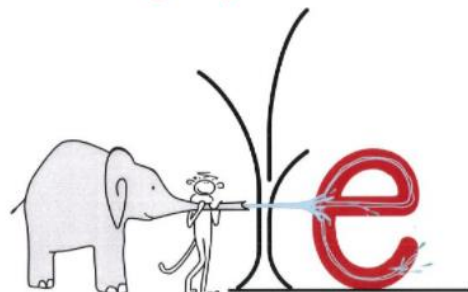


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**Special Squirter**

e

Push across. Up. Pull around and Push (along the ground).



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We will teach the children to form capitals letters like this:

Koala Letters® CAPITALS

A M N K

W V Z X Y

Sliding lines group.



All made by Bounce.

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Koala Letters® CAPITALS

I L E F H T

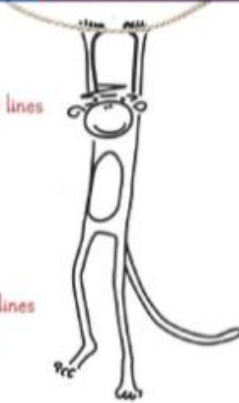
C O S G Q

D P B R J U

Straight lines group.

Curved lines group.

Lines with curves group.



All made by Bounce.

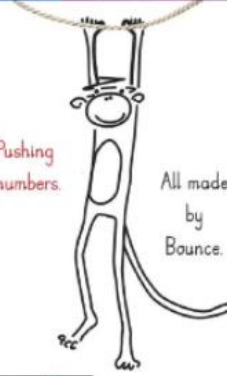
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This is how we will teach the children how to form numbers:



Pushing numbers.

All made by Bounce.



Pulling numbers.

Here are some ideas of how you can help your child at home when writing:

## Kinetic Letters®

### Helping your child at home with writing

#### Making bodies stronger

Lie on tummy on the floor to read, write, play on electronic games, watch TV

Sit on the floor to play

Chair push-ups, pull-ups on monkey bars, the plank

Using scissors, knives and forks, playing clapping games

Using playdough and plasticine – rolling, pinching, squeezing using different parts of the hand

#### Holding the pencil

Practice picking it up

Learn and practice the Pencil Checks

Use optimal sizes and shapes of writing tools (small diameter with triangular cross sections)

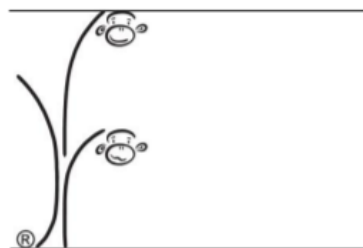
#### Learning the letters and their families

<i>Lower-case letters</i>	
Jumper Family	h n m b r p
Abacadabra Family	c a o d s q g
Window Cleaner Family	l t i u
Fisher Family	y j f g
Squinter	e
Slider family	k v w x z

<i>Upper-case letters</i>	
Straight lined group	I L E F H T
Curved line group	C O S G Q
Lines with Curves group	D P B R J U
Sliding lines group	A M N K W V Z X Y

#### Using the tree

When practising writing, use a writing line and the tree symbol to give a guide for both where the letters start and their proportions.



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[www.kineticletters.com](http://www.kineticletters.com)

We look forward to sharing your child's handwriting journey with you.

Kind regards,

Mrs Ireton (Deputy Head/English Lead)