

What's *REALLY* needed to prepare kids for

# pencil grip

## Core Strength



Swing on  
monkey bars

Jump off  
playgrounds



Cut with  
scissors



## Hand Strength

Climb trees



Roll down hills



Tying shoes



Painting with  
fingers



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## Fine Motor

Gripping bike  
handles



Using utensils



Open door  
handles



Balance on  
tree stumps

