





Pencil Grip Progression Map



Pencil Grip Development	How to support:
<p>Cylindrical Grasp</p> <p>Also referred to as the 'Fisted Grip.'</p> <ul style="list-style-type: none"> • The pencil is held in the palm with a whole fist and all of the fingers and thumb are used. • The movement comes from the child's shoulder. • The elbow, wrists and fingers stay in a fixed position. • Light scribbles are produced with this grip. 	<ul style="list-style-type: none"> • Provide children with chunky mark making tools that are easier to hold in a fisted grip, such as chunky crayons, chalks or felt tip pens. • Give children large pieces of paper or large pieces of chalk to draw on the floor, which encourages movement using the whole arm.
<p>Digital Grasp</p> <ul style="list-style-type: none"> • All fingers are holding the pencil. • The wrist is turned so the palm is facing downwards, towards the page. • The pointer finger, the 'digit', points to the tip of the mark-making tool. • Most of the movement comes from the elbow. • Horizontal, vertical and circular lines can be copied with this grip. 	<ul style="list-style-type: none"> • Provide children with varied activities and opportunities that strengthen their arms and wrists. • Give children the opportunity to throw large balls or beanbags and to climb on climbing frames. • Encourage children to paint vertically, such as on a painting easel or outside using paintbrushes to paint water onto walls. • Stick paper to the underside of tables and allow children to draw whilst lying on their back.
<p>Modified Tripod Grasp</p> <ul style="list-style-type: none"> • A modified static tripod grip is a three-finger grip. The thumb, index finger and middle finger work as one unit. • A static quadropod grip is when a fourth finger is part of the grip. • Movement is coming from the wrist. • Simple shapes, such as triangles, circles and squares, can be copied using this grip. 	<ul style="list-style-type: none"> • Provide children with opportunities to develop finger strength, dexterity and independent finger movement. • Sing rhymes that involve finger movements, such as 'Tommy Thumb' and 'This Little Piggy.' • Finger paint using the thumb, index and middle finger. • Practise picking up small items, such as pom-poms or counters, using just the thumb, index and middle fingers. • You can provide children with pencil grips and triangular pencils/crayons.
<p>Dynamic Tripod Grasp</p> <ul style="list-style-type: none"> • The thumb, index and middle finger hold the pencil in a stable position. • The ring and little fingers are bent and rest on the table, helping to stabilise the hand. • The index finger and thumb form an open space. • Dynamic movement is coming from the fingertips. • The pencil can be used accurately and efficiently and letters can be formed correctly using this grip. 	<ul style="list-style-type: none"> • Encourage children to use their pincer grip during everyday activities, such as when threading small beads. • Continue to build strength in fingers and the arch of the palm. For example, by using clothes pegs and tweezers to pick up and release small objects. • To help to ensure the ring and little finger do not become part of the pencil grip, you can give children a small object to hold with those two fingers. For example, a pom-pom or small cotton wool ball.