

# PENCIL GRASP DEVELOPMENT: THE DYNAMIC TRIPOD

A mature grasp pattern ensures that kids don't get fatigued while they're writing and are able to keep up with the pace of their peers in the classroom.

## **Static tripod grasp**

The child is holding the pencil or writing utensil with the thumb, first finger, and second finger. Fingers stay in the same position and the movement comes from the arm, elbow, and/or shoulder.

## **Dynamic tripod grasp**

The movement comes from the fingers, with the forearm and wrist resting on the surface. Typically develops around five to six years old.

## **Ideas to Promote a Dynamic Tripod Grasp**

### **1 || Coloring or Writing in Prone**

This is a great way to work on this skill because kids are forced to keep their elbows down on the floor to support their upper bodies.

### **2 || Wrap colored tape around the pencil to indicate where the child should hold it.**

This can help the child move his or her fingers closer to the tip of the writing utensil, which encourages them to rest their hand on the paper.

### **3 || Cut the ends off of pencil erasers (so they look like cylinders without the tip you use to erase).**

Challenge kids to slide the cylinders from one end of the pencil to the other using only their dominant hand, inching the cylinder up and down the pencil.