

HOW TO HELP 4 TO 6-YEAR-OLD CHILDREN IMPROVE THEIR CRAYON / PENCIL GRIP / UNGABANCEDISA NJANI ABANTWANA ABANEMINYAKA EMINE UKUYA KWEMITHANDATHU UKUBA BAPHUCULE INDLELA YOKUBAMBA IKHRAYONI OKANYE IPENSILE

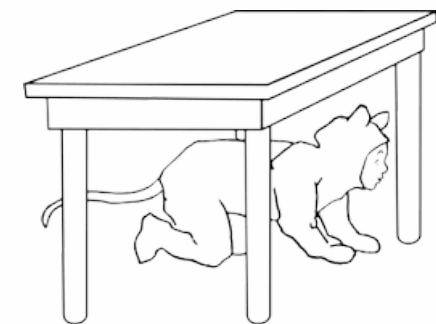
Strengthen their shoulder muscles / Yomeleza izihlunu zabo zamagxa:



Wheelbarrow walks /
Ukuhamba okwekiriva



Climb and do monkey
bars / Ukukhwela
unyukele ubambelele
kwiipali zokudlala



Crawl (ask them to
pretend to be a dog or
cat) / Ukugaqa
(abantwana bacele
bazenze iikati nezinja
ngokugaqa)

Strengthen their hand muscles / lindlela zokuqinisa izihlunu zezandla:



Use pegs (to help you hang
up washing or to put around
a plastic container) /
Sebenzisa izixhomi-mpahla
(ukoneka iimpahla /
ukuzixhoma zidwele
esityeni)



Tear scrap paper into
strips, roll strips into little
balls and flick the paper
balls / Krazula
amaphetshana abe
yimicwe, cudisa imicwe
yamaphepha uyenze
iibholana ze udlale ngazo



Squirt water with a used
spray bottle / Tshiza
amanzi usebenzisa
ibhotile yokutshiza

Develop their finger control / Khulisa ulawulo lweminwe:

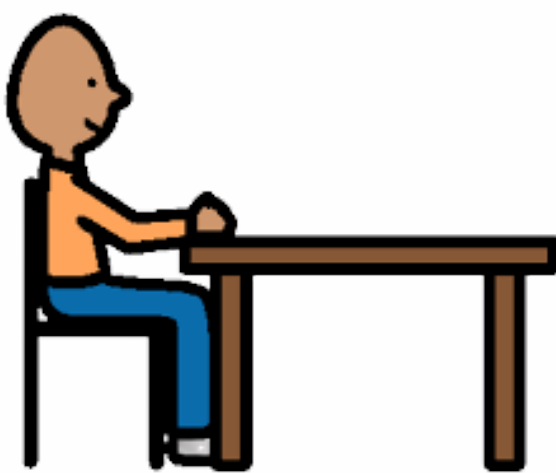


**Thread and tie shoelaces,
use buttons and zips /
Thungela imitya
kwizihlangu ze uyibophe,
qhosha amaqhosha
uziphe iiziphu**

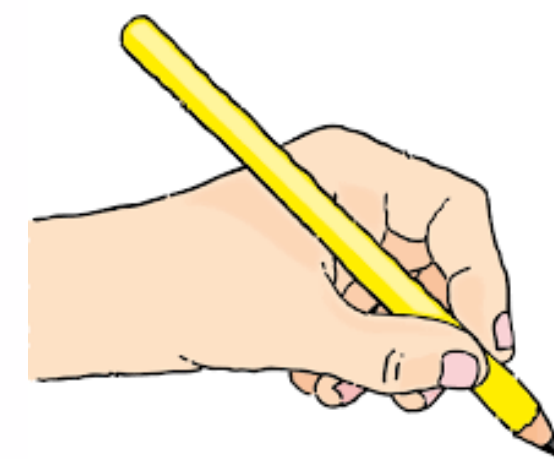


**Peel fruit, open chip
packets, knead dough,
open yoghurt tubs /
Xobula amaxolo eziqhamo,
qhaqha iipakethi
zamaqhashu, xova intlama
uvule neziciko ze yogathi.**

Teach correct methods / Fundisa indlela echanekileyo:



**Sit up straight on a chair with
feet supported / Hlala
kakuhle esitulweni umqolo
ume nkqo, imilenze
ingashukumi neenyawo
zingajingi**



**Hold the crayon / pencil well
and keep the paper still with
the other hand / Bamba
ikhrayoni / ipensile kakuhle
ngesinye isandla, ze ubambe
iphepha obhala kulo
lingashukumi ngesinye
isandla**