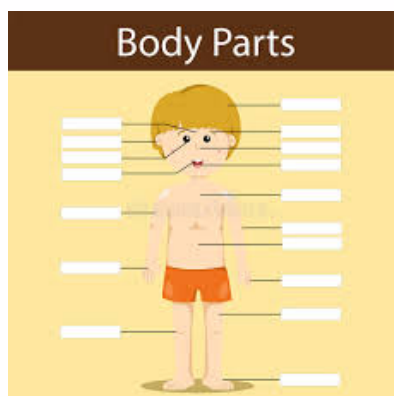


# HOW TO HELP 4 TO 6-YEAR-OLD CHILDREN GET BETTER AT DRAWING THEMSELVES, WRITING THEIR NAME AND CUTTING WITH SCISSORS / UNGABANCEDISA NJANI ABANTWANA ABANEMINYAKA EMINE UKUYA KWEMITHANDATHU UKUFUNDA UKUZIZOBA, UKUBHALA AMAGAMA ABO NOKUSIKA NGESIKERE

## Know their body / Mabayazi imizimba yabo:

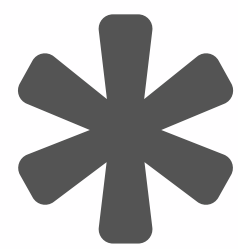
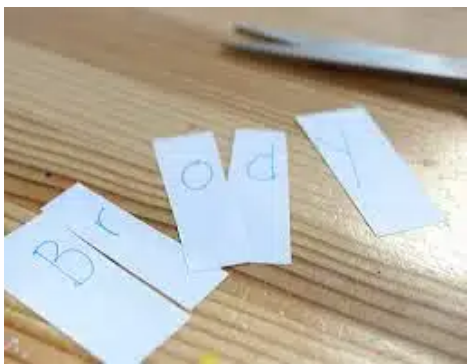


Name and count body parts / Mabakwazi ukubiza nokubala amalungu omzimba

Discuss the position of body parts (e.g. eyebrows above eyes, feet below knees) / Xoxa ngesikhundla samalungu omzimba (umzekelo: amashiya ngentla kwamehlo, iinyawo ngezantsi kwamadolo)

Help them add extra body parts to their drawing / Bancedise bongeze amanye amalungu omzimba kwimizobo yabo

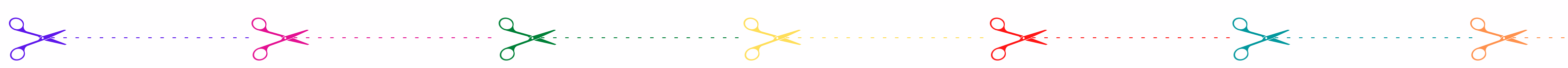
## Understand direction / Qonda ulwalathiso:



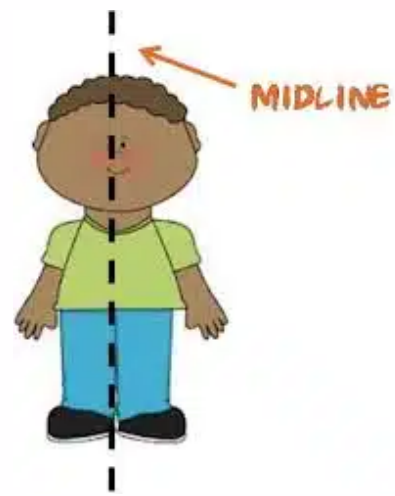
Put the letters of their name from left to right / Beka oonobumba begama labo ukusuka ngasekhohlo ukuya ekunene

Help them trace their name using the correct letter formation / Bancedise ukulandela-ngqo amagama abo ngendlela elungileyo yobhalo nolwakhiwo loonobumba

Draw a star on the left of the page if they forget where to start writing their name / Zoba inkwenkwezi ekhohlo phezulu apho kuqala khona iphepha ukuze bangalibali apho kuqalwa khona ukubhala.



Use both sides of the body together /  
Sebenzisa amacala omabini omzimba ngaxesha nye:



Play midline crossing games e.g. touch your right ear with your left hand / Dlala imidlalo yokohlula kumgca ophakathi umzekelo: bamba indlebe yakho yasekunene ngesandla sakho sasekhohlo



Make obstacle courses e.g. climb over the chair, climb through the box, jump on the tyre / Yakha imidlalo yezithintelo umzekelo: khwela uye kwelinye icala lesitulo, ngena ebhokisini uphumele kwelinye icala, xhumela kwivili



Practise "thumbs up" cutting with scissors (there are scissors for left-handed children) / Sika ngesikere "oobhontsi phezulu" (kukho uhlobo oluthile lwesikere esilungele abantu abasika ngesandla sasekhohlo)

See well / Jonga ubone kakuhle:



Notice if your child can see far and near. Ask the clinic to check their vision / Qaphela umntwana wakho ukuba unako na ukubona kude okanye kufutshane. Ucele oonompilo bamxilongwe amehlo