





Pinch & Pokes and Rip & Tears

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What's a P & P?

- I'm not sure who invented Pinch and Pokes but I've been using them for the past ten years to build upper body strength, finger dexterity, and hand muscle development with my Y5's ever since I saw one in one of my friend's kindergarten classes.
- I couldn't find them anywhere so I simply draw whatever theme thing I need, number or letter that we are studying and put dots on it.
- My students lie on their tummies on the carpet and poke a hole in the dots with a big thumb tack.
- I explain the two rules: No poking yourself or anyone else or you won't be able to do a P & P.
- They so enjoy doing them that I've never had a problem.
- If you want to do them with really young children use **golf tees** instead of thumb tacks.
- They have a huge array of really big fat colorful ones out now, everything from big balls to lady bugs that are easy for a child to grasp and poke with; perfect for strengthening finger muscles and holding something in the appropriate writing grasp!
- Whatever letter we are studying that week, I have a P&P as a center activity.

What's a Rip & Tear?

- This is another way I strengthen my student's finger muscles and help them learn the letters of the alphabet in a fun way.
- They use the P&P letter masters and simply rip strips of colored paper and glue them on the letter. It's also an opportunity to work on patterning.
- I make this into a booklet for them. It's a nice keepsake that they can take home at the end of the year. Whatever letter we are working on for the day/week they pull out their booklet and do as a center activity. They have a choice of colored strips that they can use, or they can do a multi-colored letter.
- I've included a cover for this if you want to make yours into a booklet, or you can simply have them take their letter home when they finish it. It's a nice independent center activity, or something optional students can do when they are done with other work.













































































