

Parent Instructions - Metal Insets I

Materials: Objects with 2-dimensions shapes
Paper
Colored pencils

Purposes: Mastery of the hand in using and controlling a writing instrument, both in keeping within limits and lightness of touch.
Refinement of the hand for writing
To develop a sense of geometric design
To stimulate the artistic sense

Steps:

1. Invite your child and gather all the materials.
2. Place the shape on the paper, take a color pencil with subdominant hand and lay it on the dominant hand to hold it correctly. Hold it a little bit higher than usual and trace the frame. Put the pencil in the pencil holder and the frame on the upper- left side of the table.
3. Trace around the shape.
4. With the other color trace continuous vertical lines somewhat close together, in serpentine motion (up and down) starting in the lower-left corner touching inside the line of the shape. The movement gets generated in your shoulder.
5. Write your name in the bottom-right side of the paper, in cursive.
6. Take your paper with you.
7. Transfer the work to the child.
8. Fade and observe.
9. Come back when he is done and suggest him to write his name if he hasn't. Mention that he can practice more and trade shapes or colors.

Notes:

- Another day, when your child has mastered the previous exercise, you may present the following:
 - Fill in the spaces completely with the same amount of pressure. Make a continuous line, pretty much straight up and down so close together so no white spaces show on. It takes time and effort to have a beautiful inset work.
- Some of the children, when they are starting out, in the beginning they may benefit from just tracing the frames.
- Encourage the child to make the lines straight up and down. When he can make those vertical lines, he can make any line. This helps strengthen his control.
- The child may bring three pencils at a time to the table, whatever fits on the pencil rest. If he wants a different color, he can take them back to trade for other colors.

- Another limit can be one paper at a time. He can make as many papers as he wants, using both sides, but he needs to only have one paper at a time.
- These exercises have geometric shapes as their bases. As the children work with them, they experience a more analytical observation of those shapes (size, angles, and sides) and the relationships between the shapes.
- These exercises are also sowing an artistic seed.
- The children may not create pictures with this work. If they do draw pictures, redirect to an activity that is more conducive for drawing pictures, such as art.
- The metal insets colored pencils are only for metal insets, not other work. Use hand sharpeners rather than electric sharpeners.
- This exercise changes the structure of the brain. If you can make straight up and down lines, you can make any lines.
- Upright hold the pencil to have a small and equidistant space.