

Writing Center



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PARENT EDITION

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Idea Flow and Fluency

Dear Parent/Guardian: This month in the writing center we are focusing on idea flow and fluency. Idea flow is just as it sounds – the generation of ideas for writing. Fluency is the ability to perform a motor act with good rhythm and timing while performing a cognitive skill (writing while thinking). These are the skills necessary for coming up with and producing unique and descriptive stories/written projects in a timely manner.

Each week will focus on a different aspect of these skills. A great resource for developing beginning written expression is **Idea Builders™**.

Here are some activities you can encourage at home to reinforce what your child is learning in the writing center:



Week 1 – Motor Fluency and Idea Flow

- Jump Rope -Focusing on a steady rhythm, have the child jump rope to familiar songs, categories, etc (ABC's, months, days of the week, "The Wheels on the Bus", etc) – One letter or one month per jump!
- Jumping Jacks- Focusing on a steady rhythm, have the child complete jumping jacks up to certain number or as many as he/she can in a given period of time (such as 30 seconds). You can also have your child do them with a metronome on 54 beats per minute (try onlinemetronome.com for a free metronome beat over your computer monitor).



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- **Word Association** - start with a word and have your child say the first word that comes to their mind, then it is your turn. Keep going and see where that one word takes you! Make sure the word is related to the one you just said (not the one two turns ago). An example of word association would be: DOG – CAT - SOFT - PILLOW – BED – NIGHT – DARK – CHOCOLATE – MILK
- **Categories** – Say items in a given category (animals, food, items need for school, etc.). See how many your child can think of and beat his/her score the next time!
- **Abstract thinking** - What Can This Be? Think of 10 uses for a common object (paper, plastic bag, cotton ball, ball, paper bag, etc.). For example: A STICK – use it as a sword, make a house, draw with it in the dirt, make a camp fire, etc.

Week 2 – Combine motor fluency and idea flow

- Make up a pattern that uses 2-4 movements (for example, clap, lap, clap, lap) and come up with a category. Ask your child to maintain the pattern while naming as many items in the category.
- Once this is easy with a 2-part pattern, increase the number of parts to the pattern.
- Also, taking turns with someone else or others in a group increases the challenge of this game.
- This can be done while jump roping or doing jumping jacks as well. Name an animal with each jump! How many can you think of? Try not to stop jumping while you are thinking.
- Try writing items in categories or from the What Can this Be? game from last week.



Week 3 – Visualization

- Ask your child to close his eyes. Give him a scene (summertime at the beach, running through a meadow of flowers, being in outer space, etc.). Ask him to describe everything he would see, hear, feel, smell, and taste in that scene. This is a great alternative to a bedtime story every once in a while. Turn the scene into a story and take turns adding sentences to the story.
- Have your child close their eyes and describe a familiar room in the house. Encourage him/her to come up with as many details as possible.
- Blind Man's Hunt – place a small object somewhere in a familiar room. Allow your child to see the item. Then blindfold your child and have him/her find the object.
- Complete the writing homework sent home by your child's teacher or write about one of the above experiences.

Week 4 – Continue with activities from the above three weeks. Keep trying to increase skills in these areas. Complete writing homework sent home by your child's teacher.

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These activities are meant to be fun and motivating. Daily practice will help to improve your child's writing success. Happy Writing!