

## Cooking! A Fun Way to Help Improve Handwriting



Cooking is a great, fun way to practise getting both hands to work together. This helps to develop coordination, hand and finger strength and dexterity skills.

So why not make a fruit crumble?

It is a great time of year for harvesting fruit; the hedgerows are full of blackberries ripe and ready for picking. Many gardeners have had an over-abundance of fruit this year so are selling it off cheaply or even just giving it away rather than wasting it.

Your child may not be able to prepare the fruit but they can definitely help to make the crumble topping. With clean hands get them to rub the flour and butter together through their thumb and fingers using both hands at the same time, until the mixture looks like bread crumbs. Then add the sugar, gently sift the mixture through the fingers of both hand to mix it in. That's your basic crumble topping ready!

Happy Baking!!!