



A Note About Pinch & Pokes

What's a P&P?

- ❖ I had never heard of a thumb tack exercise paper 'til I walked into a kindergarten class and the teacher had several children lying on their tummies poking holes in a paper with a thumb tack.
- ❖ When I asked what they were doing she said they were strengthening their finger muscles. I thought what a great idea. Where do I buy those? "You don't, I just make them up. Here's one. I don't have many tho."
- ❖ Well, that's all I needed to hear. Thus the Pinch & Poke was born and I made them for each unit.
- ❖ My students LOVE doing P&P's.
- ❖ You preface doing them with: *"You will NOT poke anyone with the poker. It's an automatic "Time Out in the Think Chair." And...*
- ❖ *You will NOT poke yourself. "and..."*
- ❖ *"If you abuse the priviledge you will NOT get to do P&P's."*

- ❖ In the 10 years I have done them I have only had one



little stinker who had to sit in time out; he decided to poke himself so no real harm done.

- ❖ I bought tacks with the huge brightly colored balls on the ends.
- ❖ I keep them in a clear plastic container.
- ❖ I set up a TV card table with the container and the stack of pinch & pokes for the day as a mini-center.
- ❖ The children are building upper body strength by being on their tummies.
- ❖ The children are building finger muscle strength as well as hanging on to the tac in the correct pencil holding position!
- ❖ This is great hand-eye coordination practice.
- ❖ They are listening and following directions.
- ❖ They are following a pattern related to a theme.
- ❖ They are counting the dots as they go.
- ❖ The dots are usually in a shape that we need to know.
- ❖ There are letters and words and often numbers on the paper, and all of the above are report card standards or things that help us achieve them! ☺
- ❖ They enjoy doing them and are having fun!