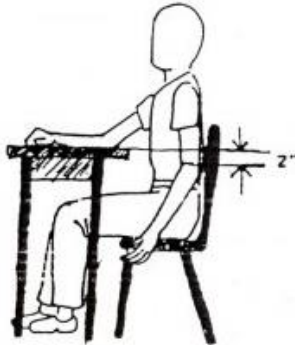


GETTING READY TO WRITE: ARE THEY PREPARED?

Body Position – One size, *doesn't* fit all

- Feet flat on the floor
- Knees and hips are at a 90 degree angle
- Table or printing surface is approximately 2" above the height of the elbows
- **Quick Check:** Have student place bent elbows on desktop and put chin in hand. If the chin points down, the desktop is too low. If the chin points up, the desk is too high. If the chin is straight, the desk is just right.



Paper Position

- Paper is set at an angle that follows the angle of the arm holding the pencil
- On the desk, the paper should be angled. For right handed students, angle it so that the right side of the paper is slightly higher. For left handed students, angle paper so that the left side of paper is slightly higher.
- Make sure non-writing hand is holding paper.
- A line of tape on the desk angled in the proper direction can serve as a guide for students to line up their papers or workbooks on when working. This will reduce the need for verbal reminders.



Left hand - angle 20°-45°



Right hand - angle 30°-45°

GETTING READY TO WRITE: ARE THEY PREPARED?

Warm-Up Activities

- Completed “exercises” prior to handwriting to “warm-up” muscles

EXAMPLES:

- **Chair push-ups** – while sitting, place hands on seat and lift body up by pushing down with arms.
- **Shrug** – shrug shoulders up and down
- **Hugs** – give yourself a hug and **squeeze**
- **Spider push-ups** - place palms together, fingers spread apart. Push fingers against each other, extending the fingers so only the fingertips are touching. While applying pressure, collapse hands together so palm are touching
- **Mickey Mouse ears**-hold hands up near the top of head, palms facing outward, open palms wide and tightly squeeze into a fist
- **Clap hands** – clap hands together following a rhythm pattern.
- **Pencil Walks** – using only one hand at a time, “walk” fingers up/down pencil.

Teach Grasp

- Specifically teach and monitor pencil grasp (*see “Teaching Grip”, Appendix)