



Am I Ready to Handwrite?

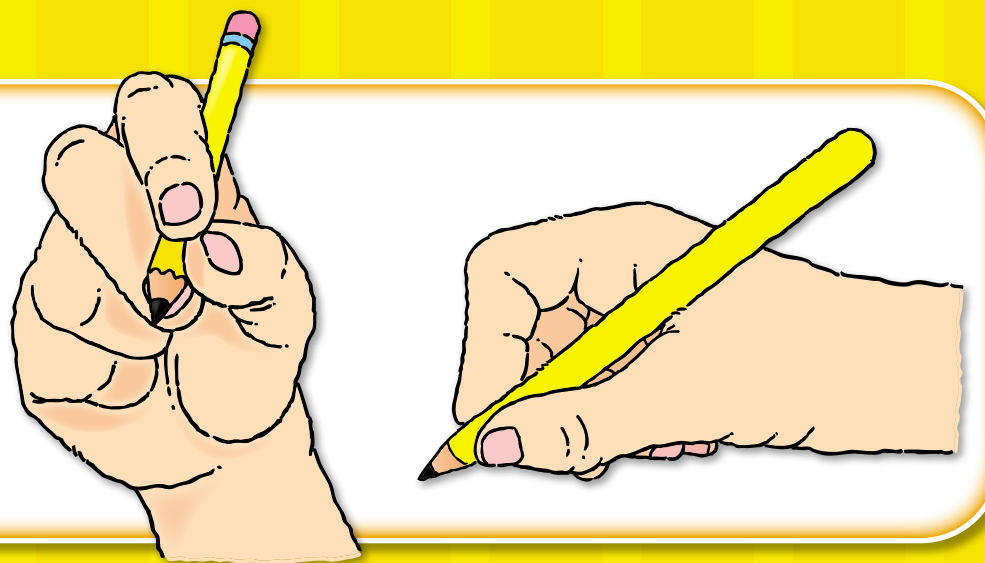
Do I have good posture?

- Sitting back in my chair.
- Back straight and leaning slightly forward.
- Feet are flat on the floor.



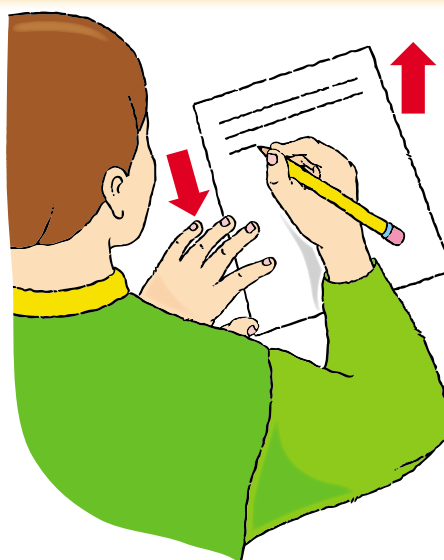
Do I have good pencil grip?

The pencil is held between the pads of my index finger and thumb (of my writing hand).

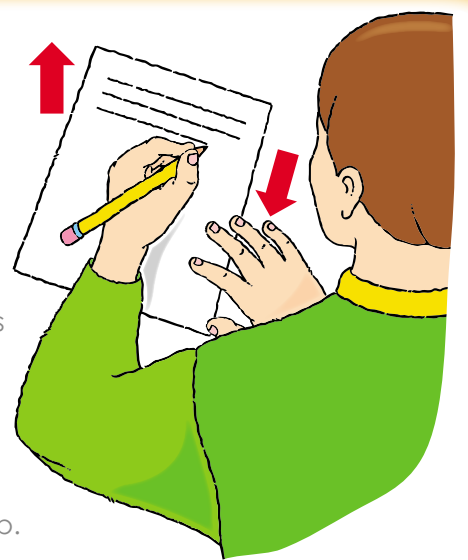


Do I have the paper ready to write on?

The paper is tilted and held steady with my non-writing hand.



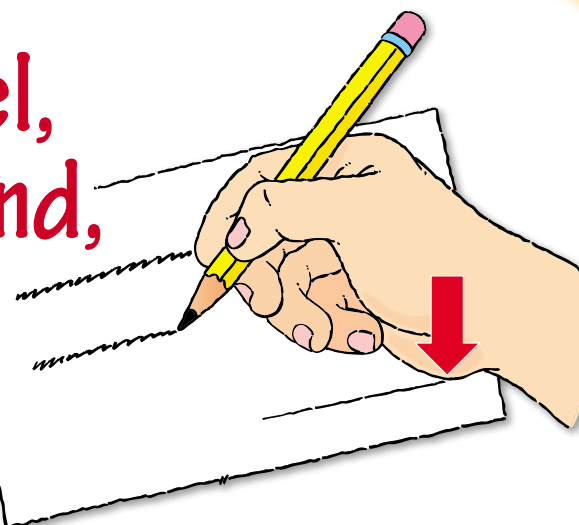
Right handed writers tilt the top, right, corner of the page up.



Left handed writers tilt the top, left, corner of the page up.

Do I have the heel, of my writing hand, on the paper?

This keeps my hand steady so that my fingers can do the work.



Now I am ready to **handwrite**.



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