



### Pencil Grip and Handwriting Tips

#### Pencil Grip

The above picture shows a proper tripod pencil grasp. This is the correct way to hold a pencil.

Notice:

- the pencil rests relaxed back in the webspace,
- the pencil is resting on the side of the middle finger
- the thumb and index are side by side on the pencil
- the thumb and index are flexed creating a circle shape
- the ring and pinky are relaxed with no contact on the pencil
- this grip is the same for both right- and left-handed people

Make sure the webspace stays open and the thumb is on the pencil not on top of the other fingers. When the thumb rests on the other fingers it immobilizes the fine motor muscles and then the gross motor (shoulder) muscles must engage. Gross motor muscles are not designed for writing.

#### Handwriting

Please see the attached sheet for correct letter formation.

Notice:

- all capital letters start from the top
- all lowercase letters start from the top; except the 'e' which begins in the middle
- the lowercase letters a,c,d,g,o,q all start by making a c; they are called "magic c letters"
- the lowercase letters b,h,m,n,p,r are called "diver letters" because they start at the top and dive down and come straight back up and over
- correct letter formation is important because when children start writing more quickly in 2<sup>nd</sup> grade they will lose legibility if they are making their letters all "willy-nilly." The letter formation guidelines provided here are the simplest way to form letters to ensure legibility regardless of speed.
- NOW is the time to correct formation while they are still writing more slowly and haven't yet solidified any bad habits.