Low tone and hypermobility

Name _____

LetterSchool worksheet pack · free to print and share

Your child has very bendy fingers or low muscle tone. Holding a pencil steady takes extra work, so the hand tires and may hurt. Short practice, good seating and the right tools help.

How to use this pack

1. **Set up: Seating and hand warm-ups.**
2. **Write and rest: Three letters, then rest.**
3. **Light touch: Pressure practice.**

In this pack

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Print the whole pack or only the pages you need. Every sheet is also on letterschool.com with tips and other handwriting styles.

Sitting and pencil grip check

Name _____

Card for parents and teachers

A quick check before writing. Comfort and control matter more than one “correct” grip.

1. **Feet flat** ☐
   Both feet flat on the floor or on a box, knees and hips at about a right angle.

2. **Table height** ☐
   The table about at elbow height when sitting; forearms resting on the table.

3. **Helper hand** ☐
   The other hand holds the paper still.

4. **Paper tilt** ☐
   Paper tilted a little: to the left for right-handers, to the right for left-handers.

5. **Relaxed grip** ☐
   The pencil held between thumb and fingers, without white knuckles. Short pencils and broken crayons make this easier.

Research shows several grips can give good, fast handwriting. If a grip causes pain or real trouble, ask an occupational therapist.

LetterSchool · letterschool.com
Free worksheets for every letter

Done on paper? Now play it.
Scan to trace words in the LetterSchool app.

Hand warm-ups before writing

Name _____

Card for parents and teachers

One or two minutes before writing. Do them together; make it a game.

1. **Shake it out** ☐
   Shake your hands like you are drying them, fast and then slow.

2. **Palm press** ☐
   Press your palms together in front of your chest and count to five. Relax. Do it three times.

3. **Finger walk** ☐
   Walk your fingers up a pencil from the end to the tip, then back down.

4. **Spider push-ups** ☐
   Fingertips together, push and relax five times.

5. **Roll a ball** ☐
   Roll a small ball of playdough between thumb and two fingers.

Warm-ups are a fun start, not a treatment. Real handwriting progress comes from practising letters. If writing hurts, talk to your doctor or an occupational therapist.

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Free worksheets for every letter

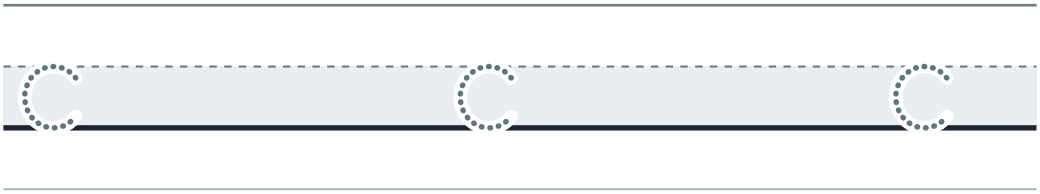
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3 and rest: magic c letters

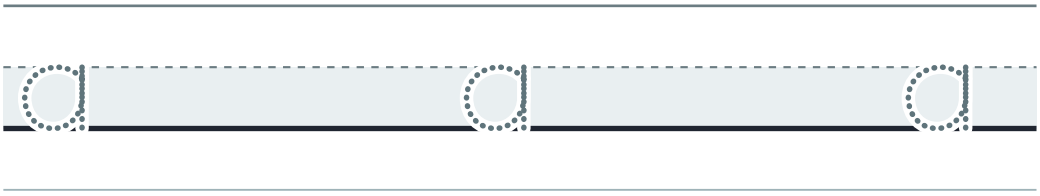
Name _____

Handwriting · Short rows with rests

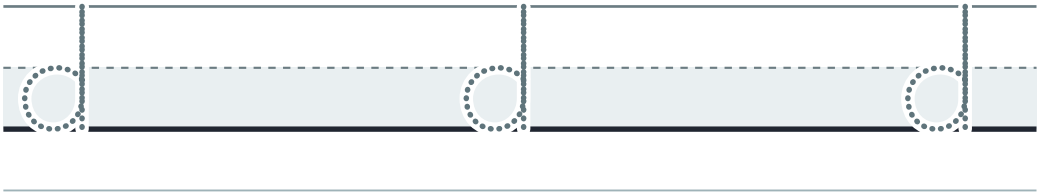
1 **Trace three, then rest: shake your hands, press your palms together and count to five. Then do the next row.**



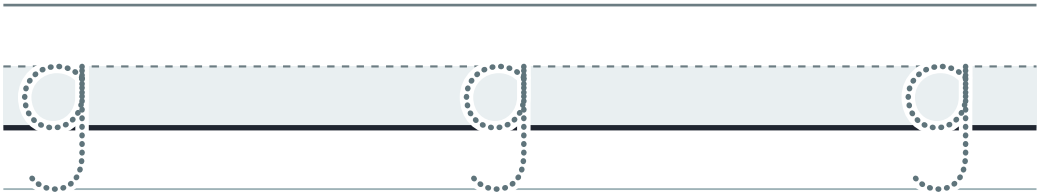
Rest
shake · press · 5



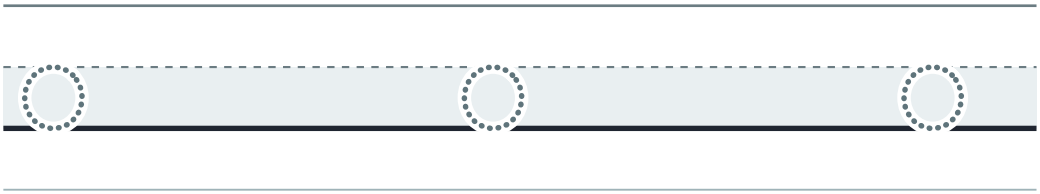
Rest
shake · press · 5



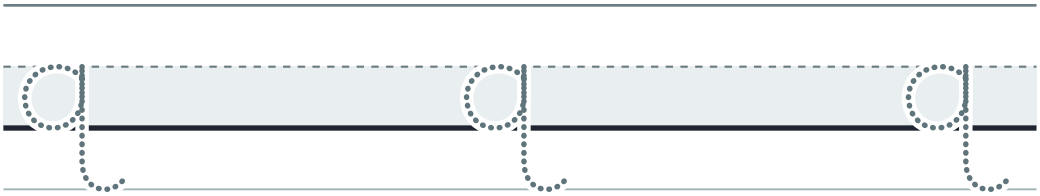
Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5



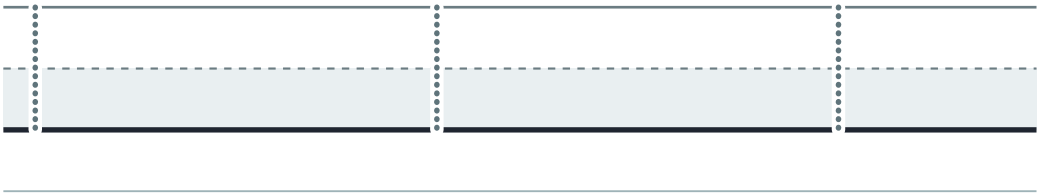
Rest
shake · press · 5

3 and rest: down letters

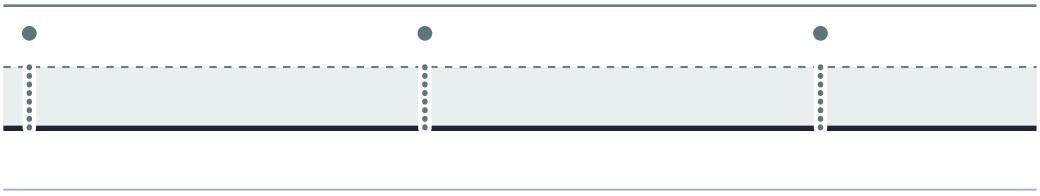
Name _____

Handwriting · Short rows with rests

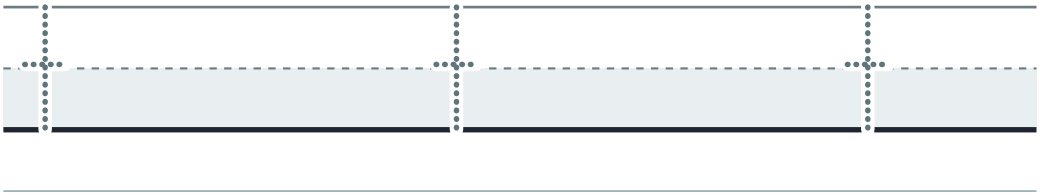
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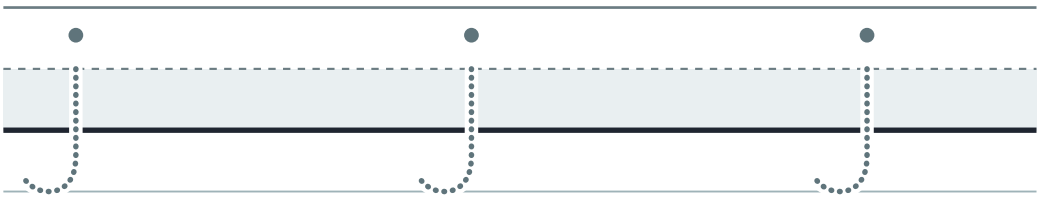
Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5

3 and rest: short words

Name _____

Handwriting · Short rows with rests

1 **Trace three, then rest: shake your hands, press your palms together and count to five. Then do the next row.**

cat cat cat

Rest
shake · press · 5

dog dog dog

Rest
shake · press · 5

sun sun sun

Rest
shake · press · 5

hat hat hat

Rest
shake · press · 5

mop mop mop

Rest
shake · press · 5

Pencil pressure

Name _____

Handwriting · Pencil pressure

1 **Color the boxes from very light to very dark. Which one is “just right” for writing? Circle it.**



very light | light | just right | dark | very dark

2 **Trace each word three ways: a whisper (very light), just right, and a shout (dark). Feel the difference.**

Whisper sun sun sun sun

Just right sun sun sun sun

Shout sun sun sun sun

Whisper cat cat cat cat

Just right cat cat cat cat

Shout cat cat cat cat