Pencil grip

Name _____

LetterSchool worksheet pack · free to print and share

Your child holds the pencil in a fist, with all fingers, or with the thumb wrapped over. Grips develop slowly from age 2 to about 6, and many unusual grips still work well. What matters is whether writing is readable, comfortable and fast enough.

How to use this pack

1. **Check the setup: Sitting, paper and grip check with the card.**
2. **Control, not letters: Wide paths with the new grip.**
3. **Short letter practice: Three letters, then a rest: the hand does not get tired.**

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.

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.

LetterSchool · letterschool.com
Free worksheets for every letter

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

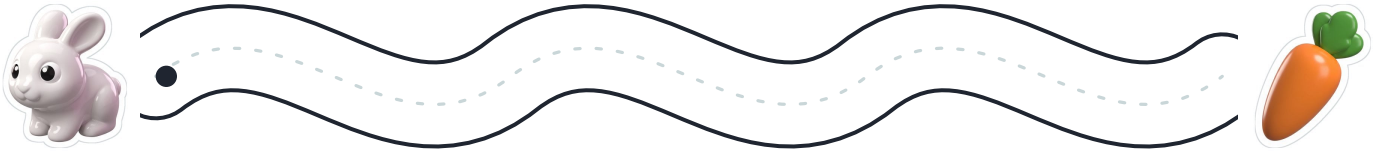
Wide roads 1

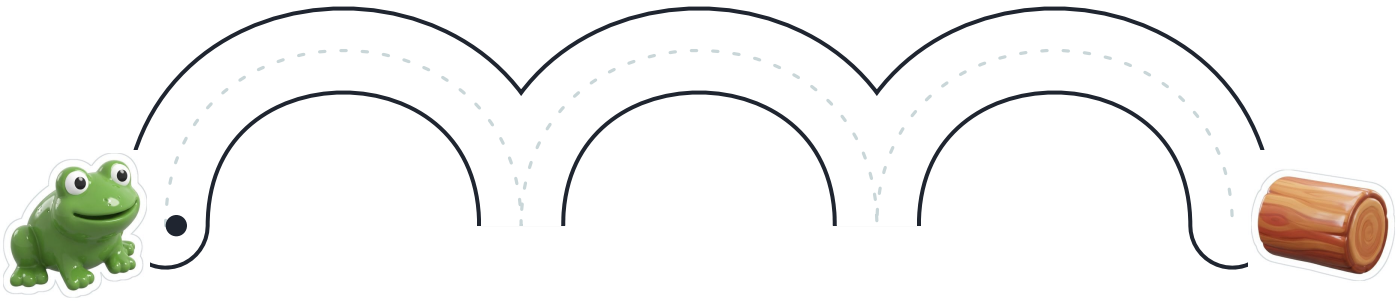
Name _____

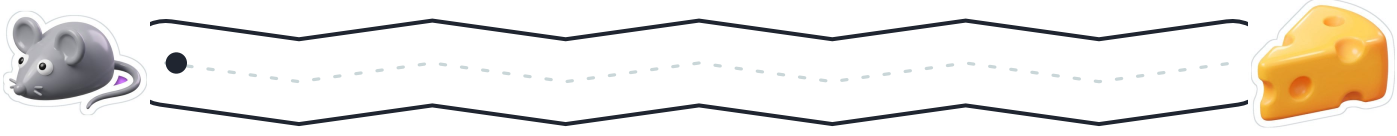
Handwriting · Pencil control

1 **Help each one get to the other side. Draw a line inside the road without touching the edges.**







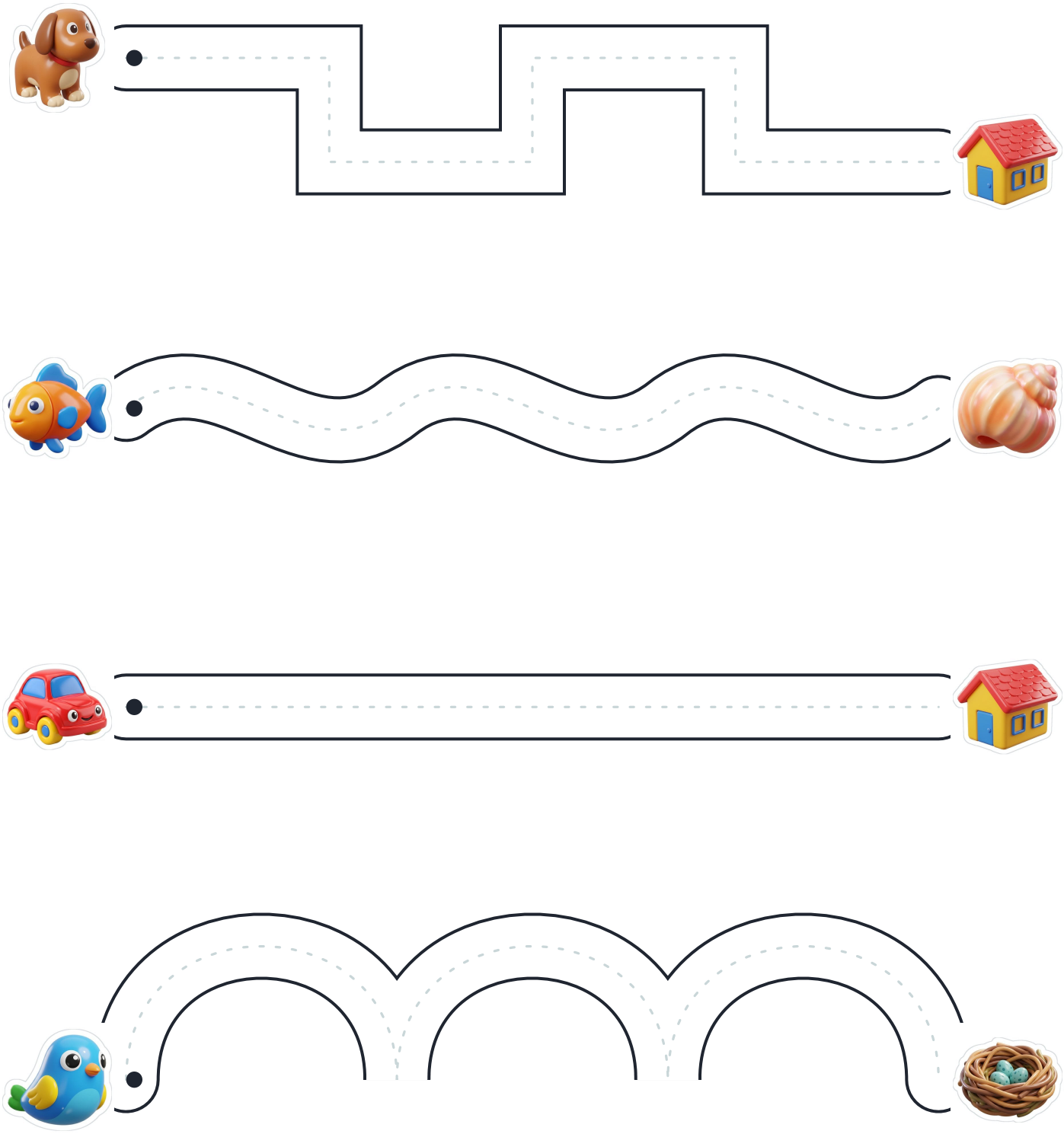


Wide roads 2

Handwriting · Pencil control

Name _____

1 **Help each one get to the other side. Draw a line inside the road without touching the edges.**

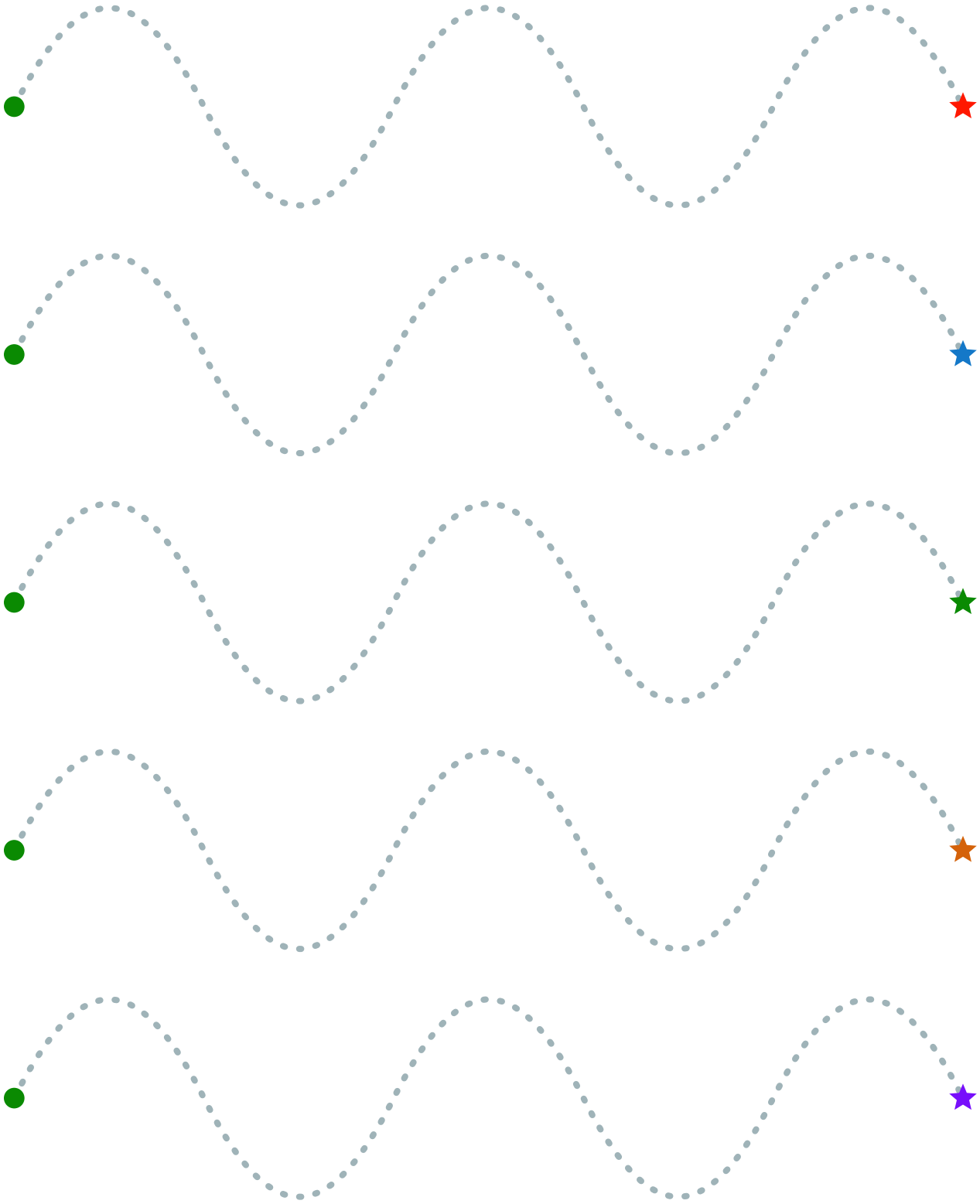


Wavy lines

Handwriting · Pre-writing · Pre-K

Name _____

1 **Start at the green dot. Trace the waves without lifting your pencil.**



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.**



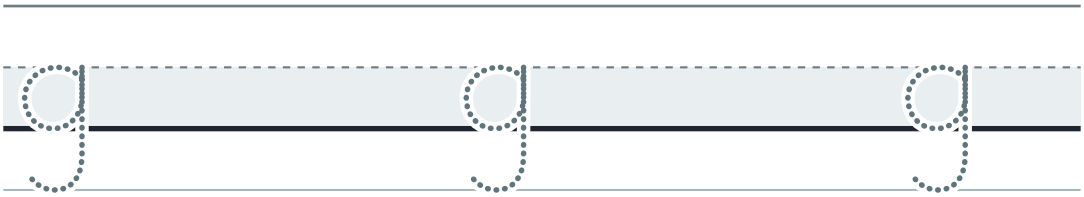
Rest
shake · press · 5



Rest
shake · press · 5



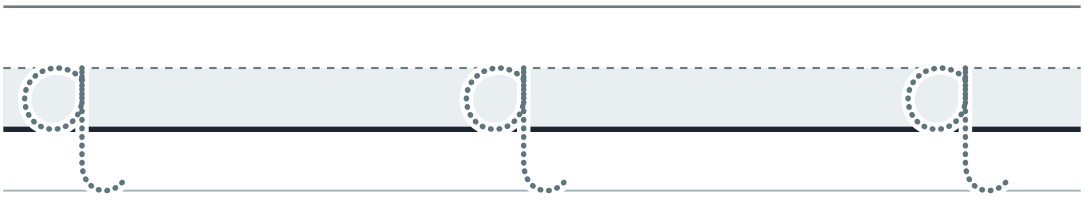
Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5

3 and rest: down letters

Name _____

Handwriting · Short rows with rests

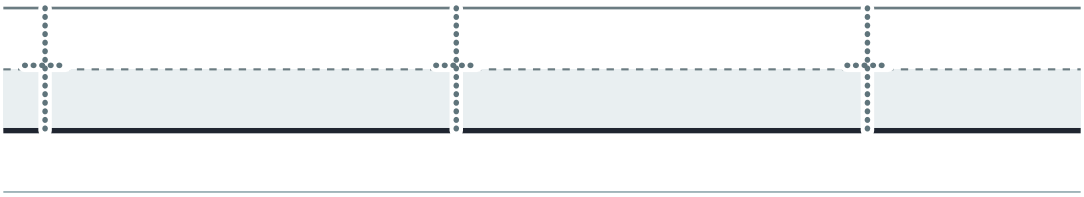
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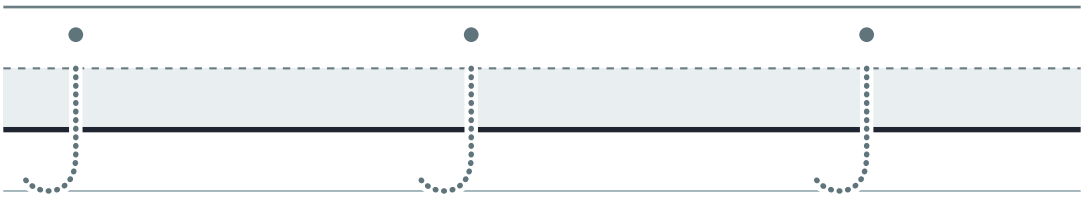
Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5