Pencil pressure

Name _____

LetterSchool worksheet pack · free to print and share

Your child presses so hard the pencil breaks or the paper tears, or writes so lightly it is hard to see. Pressure depends on feeling the pencil and paper, and on muscle control.

How to use this pack

1. **Three pressures: Dark, light and just right.**
2. **Warm up: Hand warm-ups before writing.**
3. **Short rows: Write three, check the pressure, rest.**

In this pack

Pencil pressure practice (sheet 1)	page 2
Pencil pressure practice (sheet 2)	page 3
Hand warm-ups before writing	page 4
Sitting and pencil grip check	page 5
3-and-rest handwriting: short words	page 6

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

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

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 dog dog dog dog

Just right dog dog dog dog

Shout dog dog dog dog

Whisper hat hat hat hat

Just right hat hat hat hat

Shout hat hat hat hat

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.

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.

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