Tired hands

Name _____

LetterSchool worksheet pack · free to print and share

After a few lines your child shakes their hand, complains it hurts, or the writing falls apart. Writing takes strength and stamina. Short practice with rests, a lighter touch and less copying help.

How to use this pack

1. **Warm up: One minute of hand warm-ups before every session.**
2. **Write and rest: Three letters, then rest the hand.**
3. **Lighter touch: Find a comfortable pressure.**

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.

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

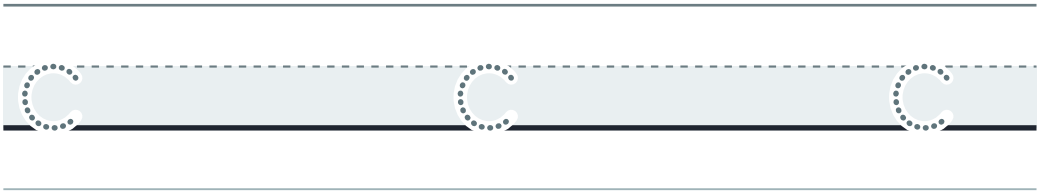
Done on paper? Now play it.
Scan to trace words in the LetterSchool app.

3 and rest: magic c letters

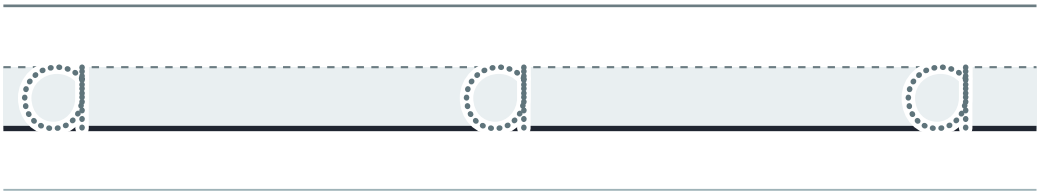
Name _____

Handwriting · Short rows with rests

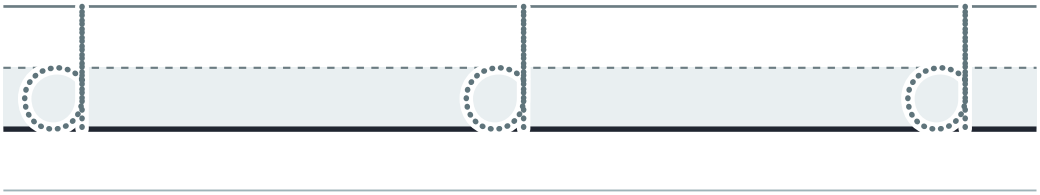
1 **Trace three, then rest: shake your hands, press your palms together and count to five. Then do the next row.**



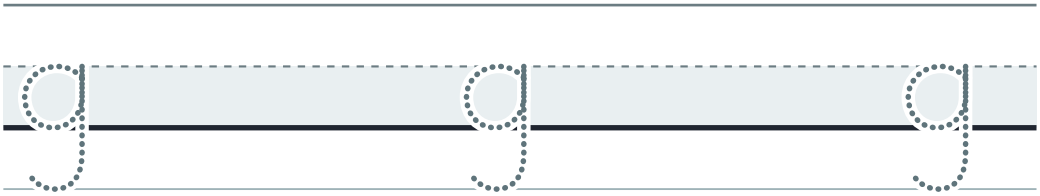
Rest
shake · press · 5



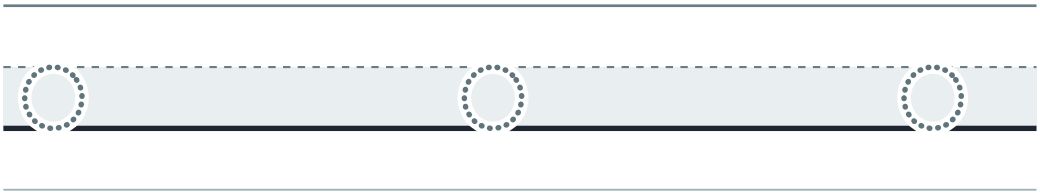
Rest
shake · press · 5



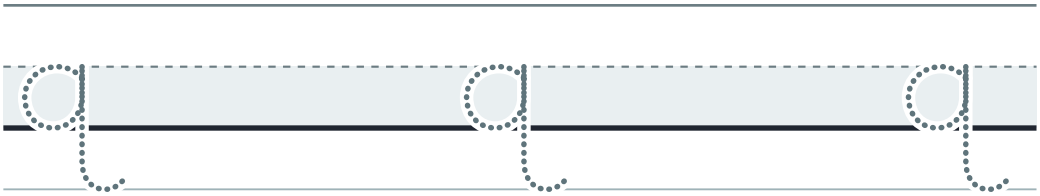
Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5



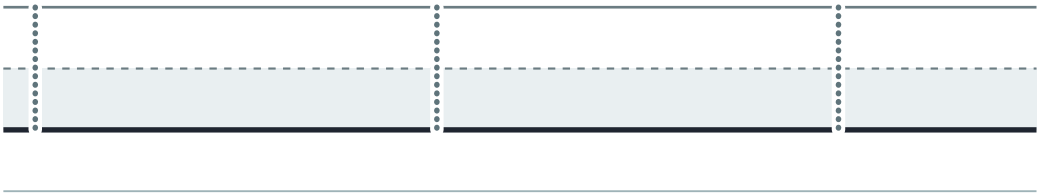
Rest
shake · press · 5

3 and rest: down letters

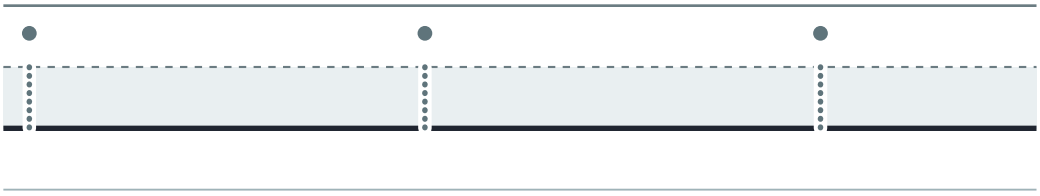
Name _____

Handwriting · Short rows with rests

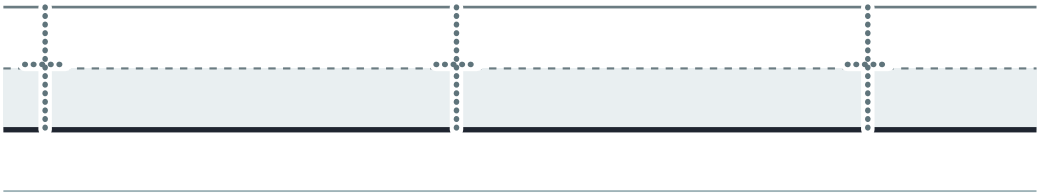
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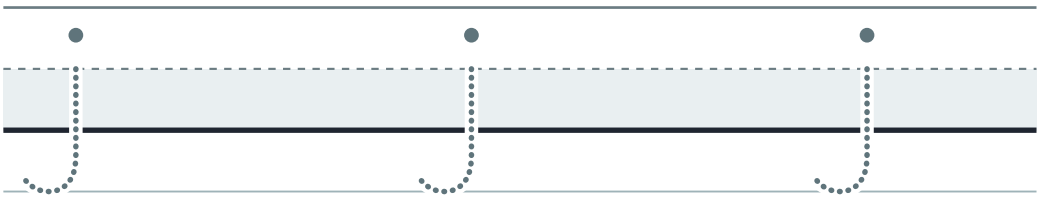
Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5



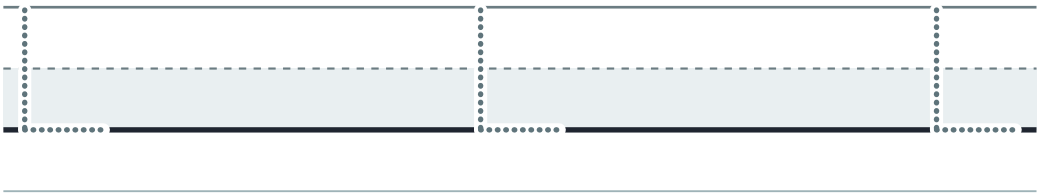
Rest
shake · press · 5

3 and rest: straight line capitals

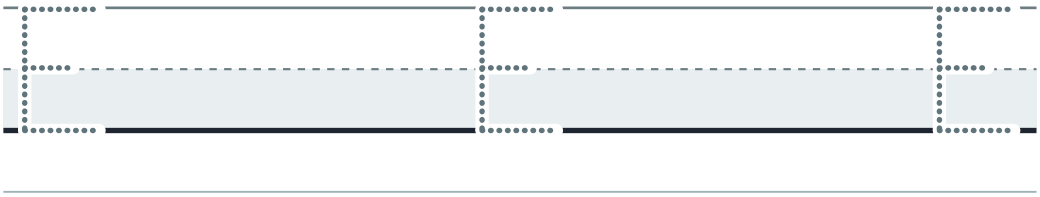
Name _____

Handwriting · Short rows with rests

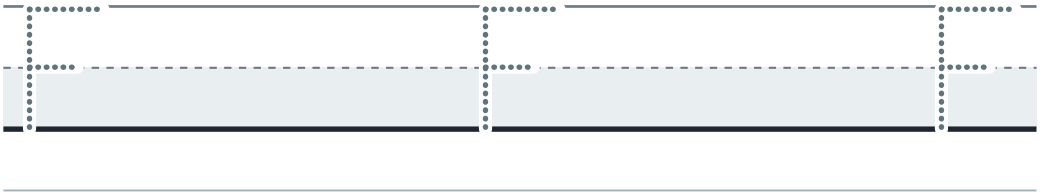
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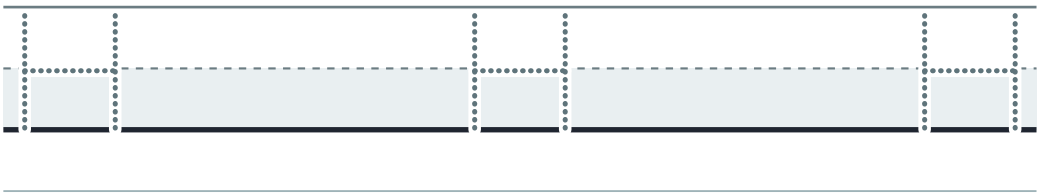
Rest
shake · press · 5



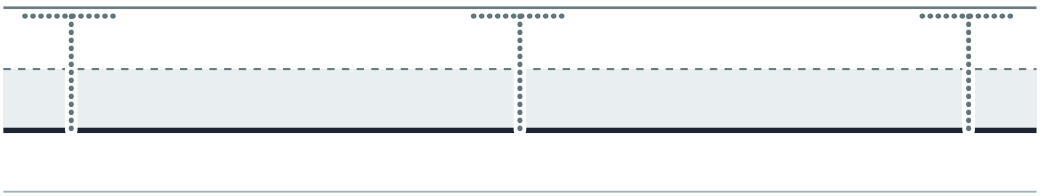
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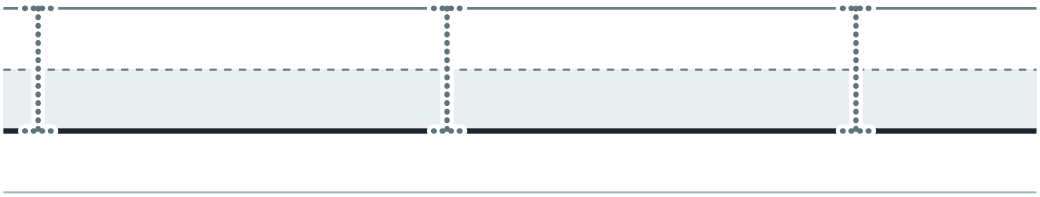
Rest
shake · press · 5



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

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