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.