



## Writing Tips

- Wrap some rubber bands around the pencil to help with the grip
- Make sure your posture is stable with your feet on the ground, or put telephone books under your feet
- Try different shape and thickness pens to see what feels right
- Try using a gel pen or a softer lead pencil as these may flow easier across the page
- Turn an A4 folder so it's spine is facing away from you to use as an angle board
- Try some 'hand-warm-up' activities before handwriting, such as:
  - squeezing a stress ball or a balloon filled with flour,
  - shaking your hands,
  - massaging moisturiser into your hands,
  - pressing your palms together in front of your body.
- Take regular breaks from writing to shake your hands or try some of the hand-warm-up activities suggested above
- Angle the paper at about 45 degrees to the right if you are right-handed, or to the left if you are left-handed.
- If the paper slips, use a piece of non-slip mat such as Dycem underneath the paper. Or you could use a small piece of sticky-tape or blu-tak.

