



# Handwriting Tips and Exercises

Everything you need  
for handwriting  
**SUCCESS**

Handwriting is important. If your handwriting isn't legible then it could affect your exam performance.

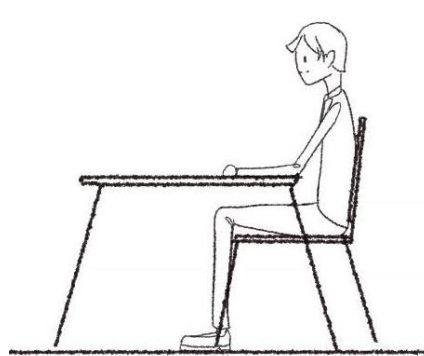
It doesn't matter how messy your handwriting is, there are techniques and tips that can help!

This booklet contains a few tips and exercises to help you improve your handwriting.

## Tip 1: Are you sitting the "Write" way?

Handwriting can be affected by the way you sit.

When you write you should sit up straight in your chair.



Sit up straight

Animation and video produced by George Vary

## Tip 2: Pen action

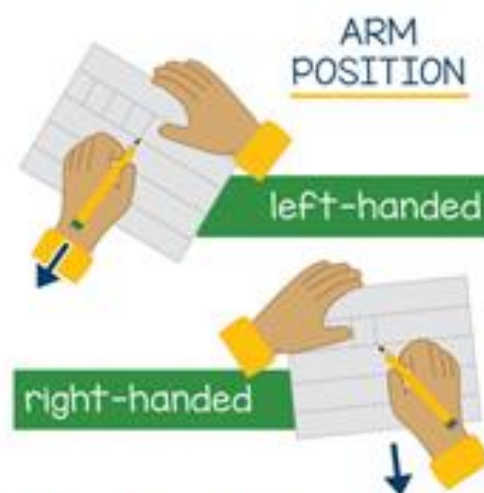
First of all make sure you are using the right pen. Use whatever pen feels most comfortable when writing. The correct pen grip is shown in the diagram below. This position gives you the most mobility.

PENCIL GRIP



## Tip 3: Paper Positioning

The best way to position your paper is at a slight slant. One hand should be holding it in place while the other hand (your dominant hand) writes.



## Tip 4: Go to "The Hand Gym"

See next page...

# The Hand Gym

## Pre-Writing Exercises: Choose one to do before writing

There are some exercises you can do to increase sensory feedback to your hands and fingers. Do one of these immediately before you start writing.

**Finger Fights-** Make rings with fingers, interlace and try to pull them apart.

Press your palms together with elbows pushed out sideways.

Stand up and put palms flat on desk, then bear body weight on palms. You can also do this in a sitting position, bearing weight on palms placed on the seat surface. Do either of these twice.

Rub hands together briskly.

Pretend to put on and take off very tight gloves, one finger at a time. This provides compression and traction on fingers.



## Strengthening Exercises- for hands, fingers and arms

How strong are your hand and finger muscles? If your hand aches when you write then it may mean you need to work those muscles a bit more. These exercises are something you can do to help strengthen those muscles

1. Place both hands flat on the table.
2. Spread fingers and close them together (repeat 6 times).
3. Make a fist with both hands.
4. Alternately make fist and open hands- simultaneously/ alternating each hand.
5. Close fingers into palms one at a time and then stretch them out, one at a time in sequence (one hand at a time/both together).
6. Hands flat (face up)- curl up and stretch each finger in turn.
7. Hands flat (face down) raise and lower each finger in turn- first one hand/then the other/then both together.
8. Turn hands back to back and interlock fingers/bend fingers and turn hands over. Stretch out thumbs and fingers in sequence putting tips of fingers together.



What can you do at home to strengthen your writing muscles and improve your dexterity?

- Opening and closing screw top jars.
- Playing with modelling clay.
- Drawing on a vertical surface such as a whiteboard- why not put some paper on the walls and practise writing like that?
- Threading beads on a piece of string.
- Jigsaw puzzles.
- Pick-a-stick game.
- Tracing pictures.
- Picking up Lego bricks with tongs.
- Pouring from a jug.
- Counting beans or lentils.
- Colouring.
- Dot to dots.
- Copying drawn shapes.
- Putting pegs on a line– why not help your parents with the laundry?

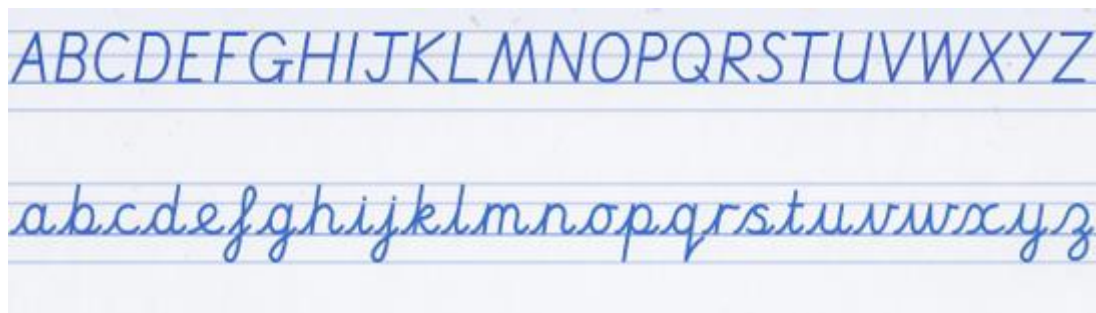


## Tip 5: Practice makes perfect

The most important thing is to practise. Practise writing on lined, blank and handwriting paper. Try varying your speeds. Copy texts out of books. You can also practise joining blocks of letters and **remember** to check you are joining your letters correctly.



Remember, Handwriting Support group is held every Wednesday lunchtime at the back of the Library.



Here you can try out pens, get a bit of advice and complete six sessions to help improve your handwriting.

Everyone is welcome!



The RGS Handwriting Support Programme offers students from all years with support to improve their handwriting through one-to-one or small group sessions. Referral for handwriting support is made by subject teachers initially. However, if you have any enquiries about handwriting support in school, please contact Mrs Marchant by email at [handwriting@rgshw.com](mailto:handwriting@rgshw.com).

Pens recommended by the RGS Handwriting team can be purchased from Resources in School House. Full details of these pens are available on the Royal Grammar School [Online Shop](#).



This image shows a sheet of primary-ruled paper. It features a blue border and 15 sets of horizontal lines. Each set is composed of three lines: a top red line, a middle blue line, and a bottom red line. The lines are evenly spaced and extend across the width of the page, providing a guide for handwriting practice.

This image shows a sheet of primary-ruled paper designed for handwriting practice. The page is enclosed in a blue border and contains 15 sets of horizontal lines. Each set is composed of three lines: a top red line, a middle blue line, and a bottom red line. The sets are arranged vertically down the page, providing a consistent structure for writing practice.

This image shows a sheet of primary-ruled paper. It features 15 sets of horizontal lines. Each set is composed of three lines: a top red line, a middle blue line, and a bottom red line. The lines are evenly spaced and extend across the width of the page. The entire sheet is enclosed in a blue border.

Handwriting practice sheet with 15 sets of lines. Each set consists of a red top line, a blue middle line, and a red bottom line. The lines are evenly spaced and cover most of the page.

