

A left-handed writing setup

Try these small adjustments with a familiar pencil. Comfort matters more than matching a picture of a grip.

- ☐ Place the paper a little to the left of your body.

- ☐ Turn it clockwise a little; let your forearm follow its edge.

- ☐ Keep your hand below the line so you can see your writing.

- ☐ Try holding the pencil slightly farther from its tip.

- ☐ Use your right hand to steady the paper, away from the writing.

- ☐ Leave elbow room on your left. Pause if your hand becomes sore.

One adjustment to try next time _____

Change one thing at a time. Keep a comfortable grip that works; ask a teacher or occupational therapist about ongoing pain or difficulty.

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