

Before your first line

A quick check of paper angle, grip and pressure before cursive practice. Tick what feels comfortable today.

☐ Support your feet and let your shoulders relax.

☐ Rest your forearm on the desk; keep room for it to move.

☐ Turn the paper a little until your wrist feels comfortable.

☐ Hold the pencil lightly enough to move your fingers.

☐ Write a short line. Ease the pressure if the paper dents.

☐ Pause if your hand hurts. Ask an adult for help if pain continues.

One adjustment to try next time _____

There is no single pen angle for every writer. Try a small adjustment, write again, and keep the position that feels easier.