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.

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