

# St. Jude's Global School

Kottayam – 11



*Writing without Torturing - You and Your Letters*

Tips for improving the Handwriting

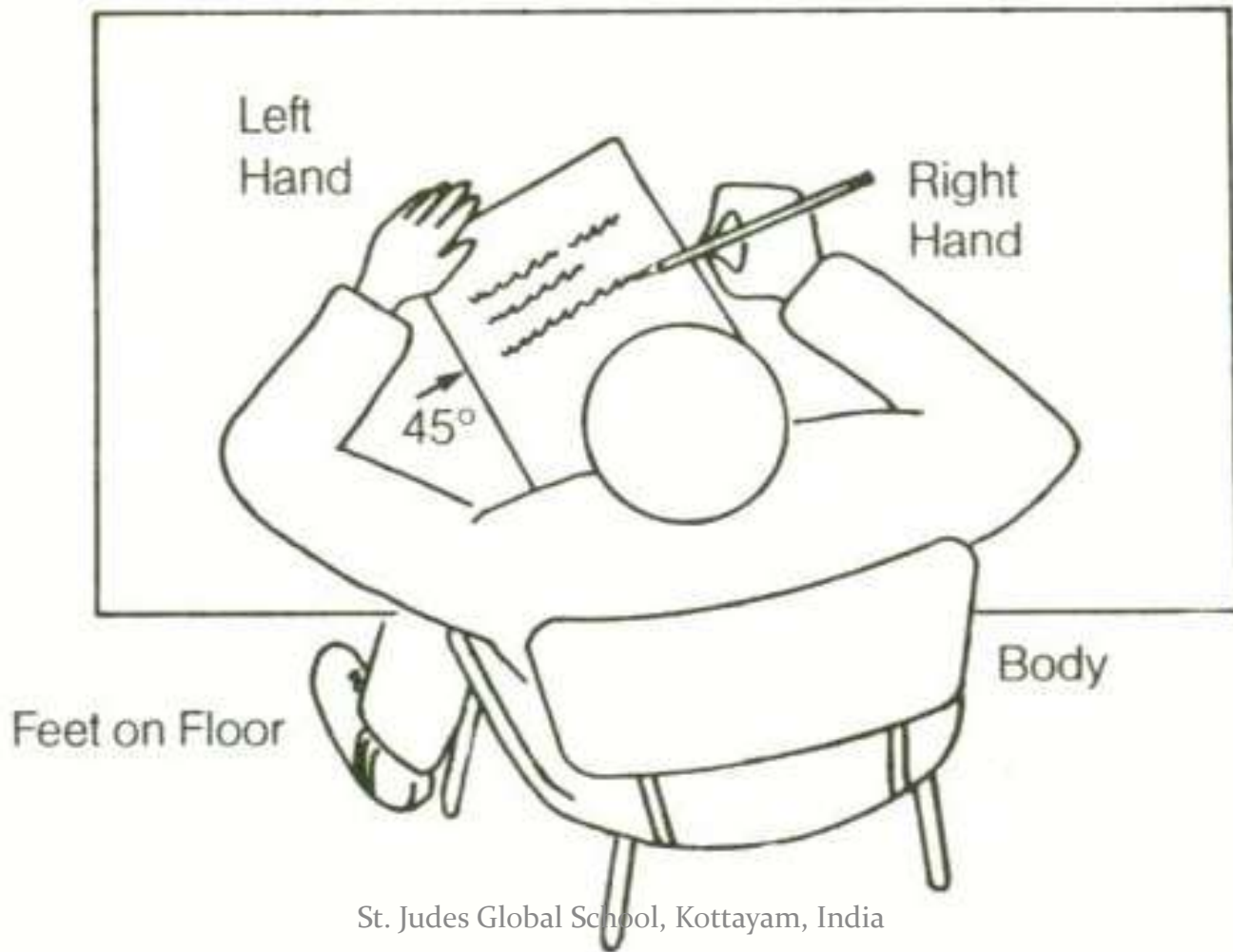


# Is Handwriting All In Your Hands???

- Handwriting is a complex perceptual and intellectual skill.
- It requires many underlying skills:
  - posture and balance to provide a basis for adequate arm and hand control,
  - grasp strength and finger control for appropriate grip on a writing tool,
  - Ocular-motor control along with visual, perceptual and memory skills to learn formations and placement.

# Posture

- Posture yourself comfortably @ zero strain (energy spent) level clear your table and ensure enough space to move your arm freely.
- Try a variety of different angles that prevent need to exert more pressure and your arm often raised
- Keep the book at 45 degree angle (The posture of the body should help you read what you are writing).
- Good posture is that with feet firmly anchored on the floor with appropriate height of table/chair.
- Get your hands supported by the writing surface. This causes less fatigue over time.
- You must be able to move the tip across paper as smoothly and easily as possible



# "Hooked" writing

- *This is an example of bad writing posture. The hand has a "death grip" on the pen, and the arm is curled inwards in a way that limits mobility.*



- *This is an example of good writing posture. The pen rests between the index and middle fingers, and is held in place by the thumb. Notice how the hand is a comfortable distance from the body. The writer can use her arm, rather than her hand, to write.*



# Selecting the right pencil or pen

- Once good posture has been established, the right pen can go a long way towards relieving any remaining hand fatigue.
- Generally, pens that are long, thick, light, and balanced are considered more ergonomic.
- The pen needs to be long enough for the hand to comfortably grasp, and thick -- especially at the grip section



A larger **grip**, or contact point for your fingers, means that you can exert less force on the pen to write. Remember high school physics? *Pressure = force / area*? Well, you can finally apply the formula here!

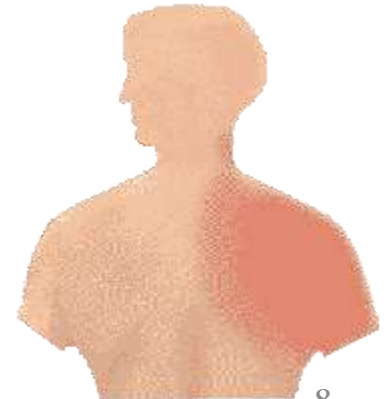
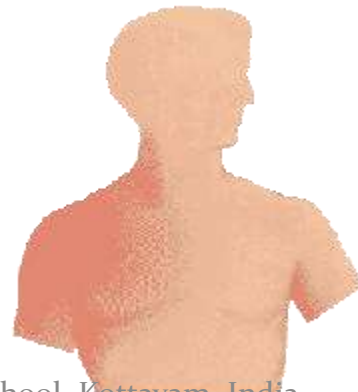
# Use the right muscle groups

- Crampy, uneven letters are often the result of drawing the letters with the fingers rather than using the whole arm to write

*tight and cramped*

- If you use the right muscle groups, your writing will have a smooth, easy flow and not look tortured.

*relaxed, free and easy*





- Keep the non dominant hand on the book to prevent it from moving
- Hold the pencil between the three fingers – Thumb, Index and middle finger
- Use a good quality HB pencil or a pen with gripper and a narrow nib
- Consistent ink flow with smooth and skip-free ink is important.
- Make sure you don't strain or exert only least pressure that won't affect the other side of the page and leave it with the new page look unaffected with impressions of writing on the previous page .

- Give adequate breathing spacing between the letters
- Give adequate space (not less than the width of the little finger in between the words)
- The letters must be legible (you must be able to spell the word easily). Eg. e and i must be easily distinguishable

# Straight trees

- Make sure your letters are either perfect straight OR slightly angled to the right. In any case it must not be angled to the left.
- All letters like b, d, f, h, j, k, l, p, q, t, y have parallel lines



- The top of the pen should rest on or just in front of the base knuckle, rather than in the gully formed between index finger and thumb. (*See the photo*)



- Your shoulder and forearm may also move as you write, not your wrist and fingers. This helps you write in a more fluid, efficient style. It takes practice, and feels weird at first, but these muscles don't get tired as quickly as your wrist and fingers.
- Writing on a vertical surface means you automatically use the correct muscle groups. Resist the temptation to get close and rest your hand on the wall, because this means you are writing with your fingers again
- Really concentrate on moving from the shoulder, holding your wrist steady, and using your fingers just as a guide. Focus on producing nice, smooth shapes, and use lined paper to help with consistent size and spacing.

- Most of us hold the pen between the thumb and index finger, resting the barrel on the middle finger (fig. 1). This works better than holding it between the thumb and the index and middle fingers, with the whole assembly resting on the ring finger (fig. 2). If you do it the first way, you're off to a good start. If the second, you'll be okay. In both, the remaining fingers are curled under the hand.



This is the most common pen-holding position, with pen between first and middle fingers, held in place by the thumb.

- People always look puzzled about the importance of the shoulder girdle. If you raise your hand in the air and make large circles, note the muscles you use in doing so (here, shown in darker pink). That's the shoulder girdle.

Interpretations:  
From the observations I can deduce that grand Rapids lettuce grows best with a fluorescent lamp and a red filter. Looking at Chart A, you can see that a fluorescent light with a red filter is equal to about 5800-6800 Å. Since the lettuce

- *Do not draw these strokes and figures!* Use the same shoulder-forearm muscles you've been practicing with. Make your lines, loops, circles and spirals freely. Work into a rhythm and make it a habit.
- When you start making slashes and circles, they'll be uneven. With practice, they'll become more uniform, and uniformity is your objective.
- Your goal is smooth, uniform, evenly spaced lines, loops, circles and spirals, without drawing them.



- Let the Lines Be Your Guide
- Lined paper is your friend! Those lines can help you create letters that are the right size and proportion. Proportion means that one thing is the right size compared with the other. So your lowercase "a" should be half the height of a capital "A."
- Slow Down if you are not happy about your handwriting
- Use good quality erasers – that do not darken or rip a hole in the paper

October 2

I truly appreciate everything you do for my campaign. Your support has made the difference, and I'm so grateful to you for it. I hope to see you out on the Campaign trail!

Hillary

P.S. If you want to see what your support is helping us achieve, please [click here](#) to take a look at some of our favorite moments from the Campaign.

Hillary Rodham Clinton

# More tips

- If your position is uncomfortable, don't hesitate to modify you and your environment! Objects can be moved and tweaked to accommodate you.
- For an example, as you fill a page with notes, you might be inclined to slowly bring your hand down and closer to your body, to follow the paper. Instead, try moving the paper up.
- A lot of tips like this may seem obvious now, but are difficult to apply against a lifetime of bad habits
- There is no such thing as a one-size-fits-all solution, since ergonomics vary from person to person
- The end goal of writing is to produce legible, smooth, and attractive letters or characters.

# Create a spirit in your handwriting

Do this by holding your pen with conscious feeling and as you write, visualize the essence of your inner spirit flowing from your hands into your fingers, then into your pen/pencil. When you practise doing this consciously, you will find your written word getting clearer and visually sharper

# Left-handed child

The paper should be positioned left of the child's midline, and tilted so that the top right corner of the paper is closer to the child than the top left corner.

It is placed so that the child's hand is to the left of, and away from, the body at the start of the writing line, and ends the line with the hand closer and in front of the body or slightly to the left of midline.

The angle that the paper is tilted will vary according to individual children -- the important thing for the child to remember is to keep the arm perpendicular to the bottom of the page or slate writing tablet

The wrist should be straight (not bent). And the writing hand should be *below* the writing line.

Teach left-handed children to remember three things as they learn to write :

**Grip the pencil ~ 2.5 cm (1 inch) to 3.8 cm (1.5 inches) from the point,  
Tilt paper so that arm is at right-angle to bottom edge of paper / slate  
(and the top right corner of page is toward writer)**

**Write with the hand below the writing line and the wrist straight.**

**THANK YOU**