

# Handwriting for Left hander

## **Sitting posture**

Chair height: feet flat, hips/knees/ankles at 90°.

Desk should be ~5 cm above bent elbows.

Too high = raised shoulders; too low = slouching or leaning.

Forearm rests on desk; hand on little finger.

## **Pencil grasp**

Wrist slightly bent back; fingers form a relaxed "O" shape.

Hold pencil ~3 cm higher than right-handers.

Pencil should point toward the left shoulder.

Keep wrist flat and elbows close to the body—avoid "hooking."

## **Positioning of paper**

Turn paper slightly to the right for better visibility and control.

Place paper to the left side of the desk, angled comfortably.

Use masking tape to mark the ideal angle as a guide.

