

# Handwriting for Right hander

## **Sitting posture**

Feet flat on the floor, with hips, knees, and ankles at 90° angles.

Desk should be ~5 cm above bent elbows.

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

Forearm rests on the desk, hand on the little finger.

## **Pencil grasp**

Wrist slightly bent back; fingers form an “O” shape around the pencil.

Pencil should point toward the right shoulder.

Keep wrists flat and elbows close to the body to avoid hooking.

## **Positioning of paper**

Turn paper slightly to the left for a natural slant.

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

