Name _____ Date _____

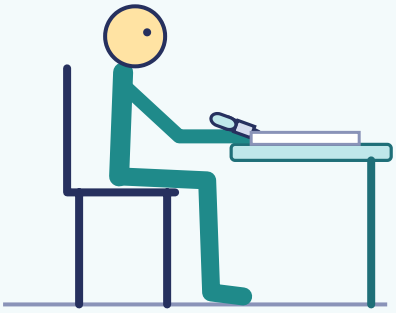
# Ready to write

How to sit at a table and hold a pencil so writing feels easy.

## 1 Learn

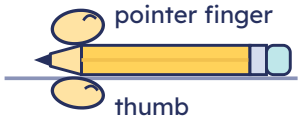


Good writing starts **before** the pencil touches the paper. Sit tall, then pinch your pencil near the point.



1. **Feet flat** on the floor
2. **Back tall** against the chair
3. **Other hand** holds the paper
4. **Pinch, flip, rest** the pencil

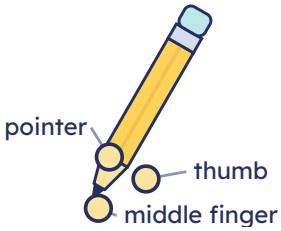
**Pinch, flip, rest:** lay the pencil on the table, pointing at your tummy.




**1. Pinch just above the sharp part**



**2. Flip it up and over**




**3. Rest it on your middle finger**

**Flip's tip:** hold the pencil **gently**. If your hand aches, loosen your pinch.

**Warm up:** sit ready, then trace these lines. Start at the green dot.



**Grown-ups:** read the steps aloud and do them together. A comfortable grip matters more than a perfect one: thumb and pointer finger pinch near the point, and the pencil rests on the middle finger.

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## 2 Try it together

a child and a grown-up, about 10 minutes



### Ready, steady, write!

**You need:** a table and chair, a pencil, some paper, and a small bowl of dry pasta pieces.

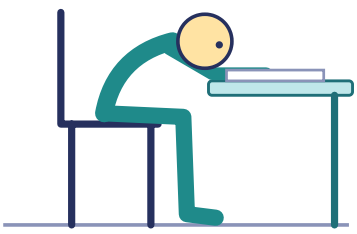
1. **Pinch practice:** pick up the pasta pieces one at a time with just your **thumb and pointer finger**. Move 10 pieces out of the bowl.
2. The grown-up calls **"Ready!"** Put your feet flat and sit back tall.
3. **"Steady!"** Put your other hand flat on the paper. Pinch, flip and rest your pencil.
4. **"Write!"** Draw a big wavy line across the paper. Then swap: you call it, and the grown-up gets ready!
5. Play once a day and tick what you remembered.

| Day | Feet flat | Back tall | Other hand on paper | Pinch near the point |
|---|---|---|---|---|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |

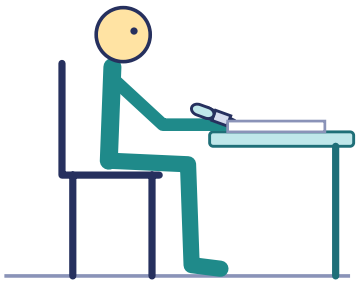
**Grown-ups:** if your child's feet don't reach the floor, put a box or a pile of books under them. Children who are left-handed tilt the paper the other way and hold the pencil a little further up: that's fine.

## 3 Practise

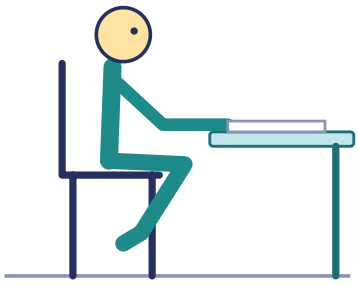
**A.** Who is **ready to write**? Draw a ring round them.



**Ava**



**Leo**



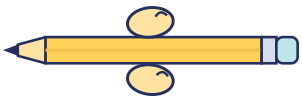
**Mia**

Can you say what Ava and Mia need to change?

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**B.** Which fingers are pinching in the **right place**? Tick the box.





**C.** Put the steps in order. Write **1, 2, 3, 4** in the boxes.

- ☐ Pinch, flip and rest the pencil
- ☐ Feet flat on the floor
- ☐ Other hand holds the paper
- ☐ Back tall against the chair

**D.** Sit ready. Trace each pattern from the green dot.

**Zig-zags**



**Hills**



**Loops**



## Challenge

Sam holds his pencil in his **fist**, like a spoon for stirring. He says, "It's the best way, it holds tight!" Is he right? What could he try?

_____

## I can… Tick when you can.

- ☐ sit with my feet flat and my back tall
- ☐ pinch, flip and rest my pencil
- ☐ hold my pencil just above the sharp part