

# Neat Handwriting Rules

*Remember to practice neat handwriting habits*

## Check your posture.

Sit up straight at a desk or table with good lighting.

*Good posture gives you more hand control.*



## Use your helping hand!

Make sure your "helping" hand is holding the paper still, near where you are writing on the paper. You will readjust it, as you move your pencil.



## Use a sharp pencil and a good eraser.

Mistakes are proof you are learning but make sure you fully erase your mistakes.



## Sit your letters on the line and make them the right size.

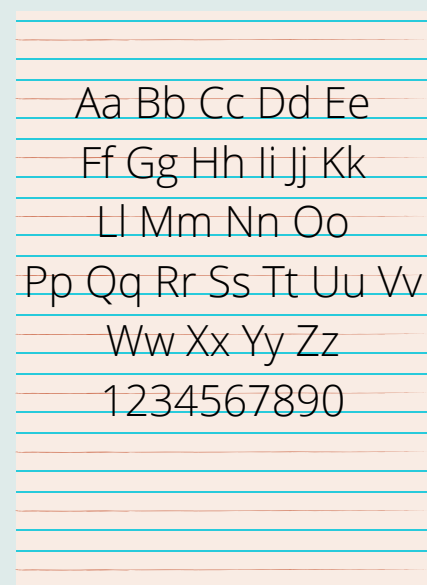
Sit the base of each letter on the line.

**Letters can be:**

**Tall:** b, d, f, h, k, l, t

**Short:** a, c, e, i, m, n, o, r, s, u, v, w, x, z

**Divers :** g, j, p, q, y



## Chose the best lined paper for your needs.

Guidelines help us with sizing, formation, and space. Make sure you sit your letters on the line. Check with your teacher or OT for the best paper for you!

*If using regular lined paper, skipping lines helps a lot!*



## Put spaces between your words.

Put "meatball sized spaces" between each word! If your words aren't bumping into each other then your work will be easier to read.



## Check in with your teacher or OT if you have any questions.

