

TMCSEA

TAZEWELL-MASON COUNTIES SPECIAL EDUCATION ASSOCIATION

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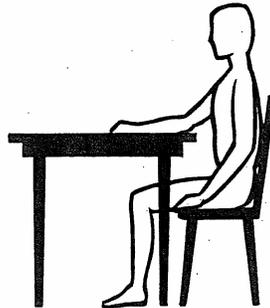
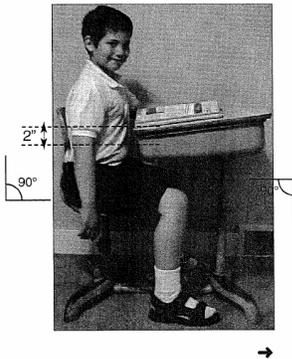
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Optimal Handwriting Position

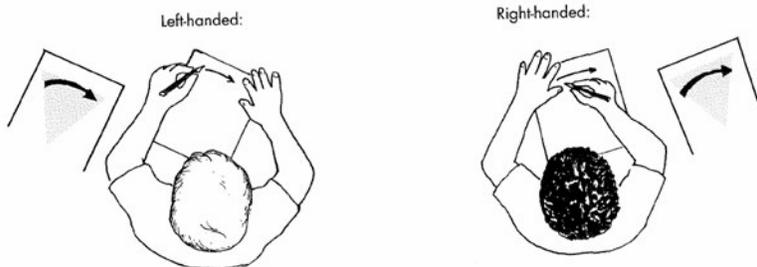
Body positioning

The most optimal position for writing includes the ankle, knee and hip at right (90 degrees) angles with the forearms resting on the desk. The top of the desk should be approximately 2 inches above the elbows when the arms are at the student's side.



Paper positioning

The angle or tilt should follow the natural arc of the writing hand.



Tripod Grasping The pencil is held between the thumb and index finger, with the pencil resting on the middle finger.



Research has shown

- Poor positioning has been related with low handwriting performance scores.
- With proper position improvements were noted in attention to task, handwriting legibility, behaviors and Math tests scores.
- Third and fourth graders are expected to remain seated for two thirds of the school day.