

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.

