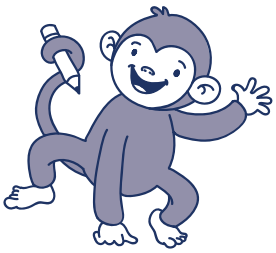
P checks reminder

Use the **P checks** to make sure your body is in a comfortable position for writing.



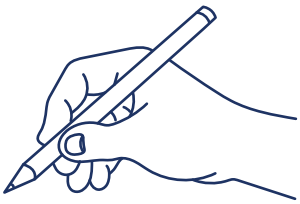
Before you start, check your **posture**, **pencil grip** and **paper position**. As you write, check that you are applying the right amount of **pressure** through your pencil.

Posture



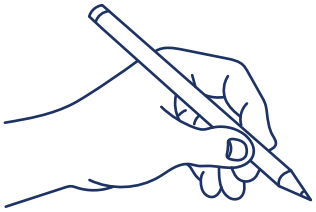
Sit back in your chair, face forwards and place both feet flat on the floor.

Pencil grip



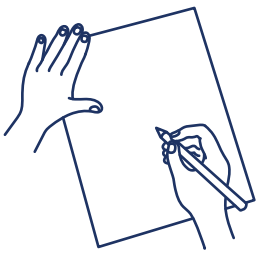
right-hand pencil grip

Hold your pencil between your thumb and index finger while it rests on your middle finger. Don't hold the pencil too tightly!



left-hand pencil grip

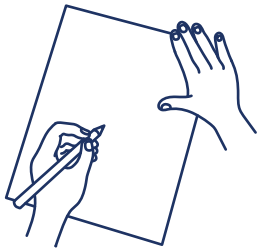
Paper position



right-handers

- Place your paper slightly to your right.
- Tilt the top left-hand corner downwards.
- Use your non-writing hand to hold it still.

- Place your paper slightly to your left.
- Tilt the top right-hand corner downwards.
- Use your non-writing hand to hold it still.



left-handers

Pressure

Make sure you don't press the pencil too hard or too lightly when writing.

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