

Pencil grip

The pencil should be held with the middle finger resting underneath the pencil and the first finger (pointy finger) and thumb on top- this is called a 'tripod grasp'.



"snap snap crocodile"

Grab the pencil between the thumb and first finger (pointy finger) near the tip.



"put it to bed"

We say this if the pencil is being held upright. The pencil should be angled slightly back and can 'go to bed' in the gap between the thumb and first finger.



"tuck your fingers under"

The other fingers should be tucked into the palm. The middle finger will eventually, naturally move out to support underneath the pencil.



Some children are given pencil grips to help them with holding their pencil correctly.

The non-writing hand should be holding the paper.

Good sitting position

- Bottom right back on the chair & back touching the back rest of the chair (BBC).
- Feet flat on the floor (where possible).
- Tummy near table (TNT).