



Handwriting

Our handwriting is unique to each of us. You can experiment with your handwriting and practise the look that suits you best. **The most important thing is that people can read what you write.**

Before writing

Before settling down to write, consider the following:

- Think about where you're going to sit - it's best to place your paper or writing book flat on a table.
- Is the area well lit?
- Are the table and chair at a comfortable height?
- Are you (like many people) comfortable holding a pen between your thumb and first finger and resting it on your middle finger?
- If you're left-handed, put your paper at an angle that will allow you to see your writing rather than covering it with your hand as you write. This also helps avoid smudging the ink with your hand.

When we write fluently, the hand moves the pen across the page and the fingers make the shapes of the letters. It's sometimes helpful to do some exercises to help relax the hand and to practise the movement of joined-up writing. This is particularly good if we tend to hold the pen too tightly. Before practising difficult letters, see the worksheet 'Exercises for handwriting'.

Writing tips

Keeping the letters the right size makes it easier for the reader. These letters are the same height: **a c e i m n o r s u r w x**

These letters are taller: **b d h k l t**

These letters are longer and go below the line: **g j p q y**

Numbers can be difficult to read if they're not formed correctly. This can be a problem if you're writing out a cheque or giving someone an invoice. Try to make all the numbers the same height and evenly spaced.

Joining letters

In joined-up handwriting, some letters join from the bottom of one letter to the top of the next, like the 'c' and 'i' in **city**.

Others join from the top of one letter to the top of the next, like the 'o' and 'd' in **good**.

Some letters, like 'x', are more difficult to join so it may be best not to try to do so. You don't have to join every letter. It's best not to join capital letters.