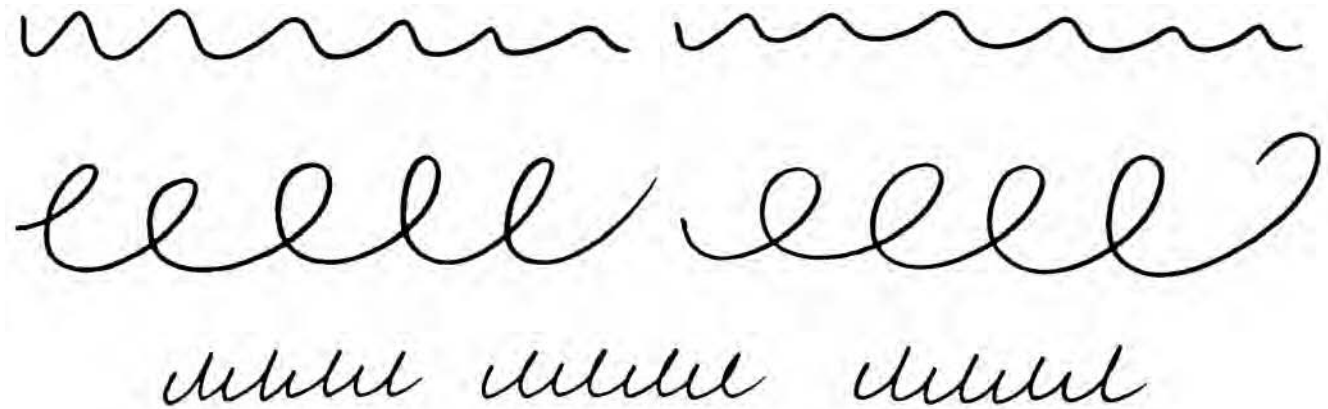


# Relaxing scribbles

Try these relaxing scribbles. They make you loosen up and realise that you can write this way all the time. You can learn a lot about your writing problems by looking closely at your own efforts. Do them until your pen is skimming across the page. This how it should feel when you are writing.



Can you do both the rounded movements and the joining strokes between the long and short lines? Do you hesitate anywhere? If so try changing your pen hold to help your fingers move more freely.

Do you feel that your pen is holding you up, perhaps not moving as smoothly as it ought? If so, it is time you used a more flowing point. What about trying a fibre-tip or gel pen?

When you started did you press so hard that you could feel the bumpy shapes through the back of the paper? If so, you are using too much force. You do not need to keep turning over the paper to check whether you are improving as you relax. As you put less pressure on the pen the lines get fainter.