

What to do about it and why

- 1 If you are right-handed, try to have the light coming from the left. If you are left-handed have the light coming from your right or you'll be working in the shadow of your hand.
- 2 Make sure that you sit comfortably. If your chair is too low you will be hunched up, with your chin almost on the desk. If your chair is too high or the table is too low, then you may end up sitting sideways because there is no room for your legs.
- 3 Rough dents leave dents in the paper and make your writing jerky. Plastic desks are often too hard. Write on a pad of paper or rest on something that will give slightly.
- 4 If you are right-handed, your paper should always be to your right side. If you are left-handed it should be over to your left. This lets your arms move freely as you write and stops you twisting your wrist to see what you are writing. Once the paper is over to the correct side you can slant it to suit yourself.
- 5 Experiment with different types of pens to find out how they affect your writing and your comfort.
- 6 Ask to see the pages 26 to 30 for information about pen hold.
- 7 If there is too much junk piled up on your desk, you may find yourself twisted over to one side because that is the only flat space for your paper. Remember, a right-hander will need space to the right and a left-hander to the left.



This table is too low and the chair too small. Sitting sideways is bad for handwriting.

If you do not believe all this, do the opposite. See how it feels and what it does to your writing.