Do the **PENPALS 7 point check**!

Are you ready for handwriting? Relax!

- Are your elbows off the desk?
- Sit up and lean slightly forward
- Is your body a fist width away from the desk?
- Are your feet flat on the floor?
- Are all chair legs touching the ground?

**Left Handers**

- Is there a circle gap between your thumb and finger?
- Is your paper tilted at a slight angle?

**Right Handers**

Supported by the National Handwriting Association

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