

Pencil grip and letter formation

Nip, flip, grip

Pinch near the tip



Flip into the hand



Hold with thumb and first finger, resting on the middle finger.



Letter formation

Start at the top

Use formation rhymes



All around the apple and down the leaf



Keep it short, positive and fun: don't stick to pencils only!



Grip development

1-2 Years



Palmar (Fisted) Grip
Movement comes from the shoulder

3-5 Years



Static Tripod/Quadropod
Movement comes from the wrist

5-7 Years



Dynamic Tripod
Precise movement from the fingertips