WRITING | LEVEL 1 | LESSON 1

Holding a Pencil Correctly

How to use: Print first for the main practice. Then use the device to repeat activities and save progress.

LEARNING OBJECTIVES

1. Hold a pencil correctly using the tripod grip
2. Trace lines and circles neatly with steady, controlled strokes

MINI LESSON

Before you write your first word, you need to hold your pencil the right way. A good grip makes writing easier — and your hand won't get tired!

The tripod grip

- Pinch the pencil with your thumb and pointer finger.
- Let the pencil rest on your middle finger.
- Curl the other fingers in gently underneath.

Just right — not too tight

- Hold the pencil firmly but gently.
- If your knuckles turn white, loosen your grip.
- A relaxed hand writes smoother, neater letters.

Sit up and tilt your paper

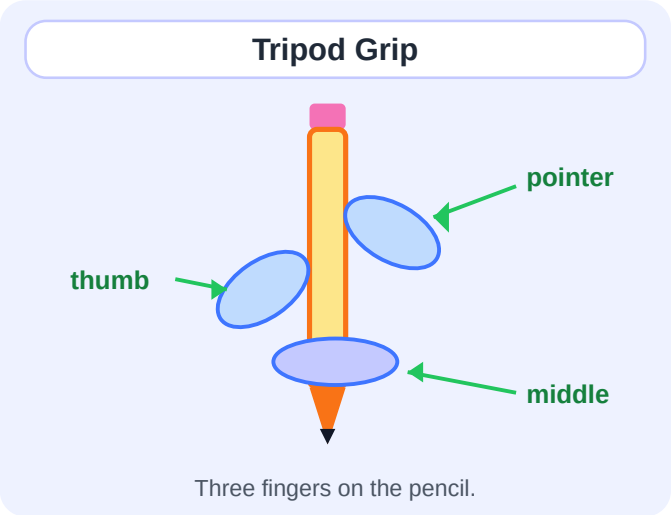
- Sit up straight with both feet on the floor.
- Tilt the paper slightly toward your writing hand.
- Use your other hand to hold the paper still.

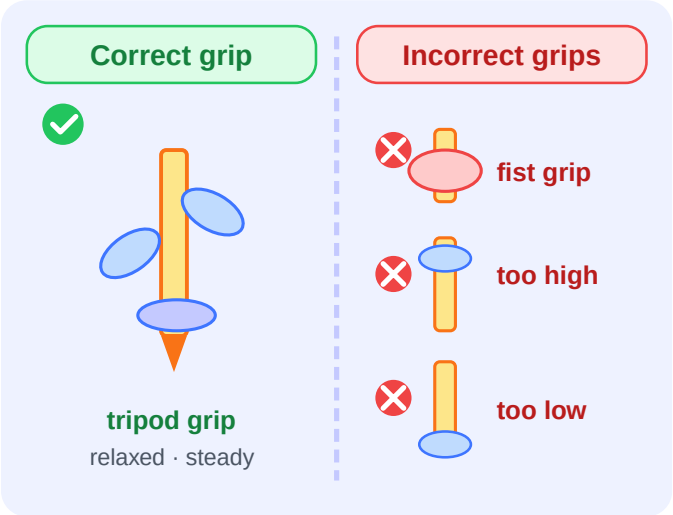
Practice strokes first

- Draw straight lines down the page.
- Draw circles all the way around.
- Go slowly — neatness matters more than speed.

VOCABULARY

Tripod grip	Holding a pencil with three fingers — thumb, pointer, and middle *e.g. the standard way to hold a pencil for writing*
Baseline	The solid bottom line that letters and strokes sit on *e.g. every letter rests on the baseline*





Pencil Practice — What to do on paper

1. Check your grip: thumb + pointer + middle finger on the pencil.
2. Draw a row of straight lines down the page — keep them parallel.
3. Draw a row of circles — keep them round and even.
4. Draw a row of wavy lines across the page.
5. Ask a parent or teacher to check your grip while you write.

! Remember: Slow, steady strokes make the neatest marks.

! Ask yourself: "Are my three fingers on the pencil? Is my grip relaxed?"

TRACING PRACTICE

Trace each shape, then copy it twice on the lines below.

TRACE

COPY 1

COPY 2

TRACE

COPY 1

COPY 2

TRACE

/ / / / /

COPY 1

COPY 2

TRACE

\ \ \ \ \

COPY 1

COPY 2

TRACE

O O O O

COPY 1

COPY 2

TRACE

o o o o

COPY 1

COPY 2

TRACE

C C C C

COPY 1

COPY 2

TRACE

U U U U

COPY 1

COPY 2

Tip: Use three fingers on your pencil and keep your grip relaxed.

EXERCISES — MULTIPLE CHOICE

1. Which fingers form the tripod grip?

- ◯ all five fingers
- ◯ thumb, pointer, and middle finger
- ◯ pointer and middle finger only

2. Which finger does the pencil rest on?

- ◯ the pointer finger
- ◯ the thumb
- ◯ the middle finger

3. How tight should you hold your pencil?

- ◯ firmly but gently — relaxed
- ◯ as tight as you can
- ◯ so loosely it might drop

4. How should you sit when you write?

- ◯ leaning far forward over the desk
- ◯ sitting up straight with feet on the floor
- ◯ lying on your side

5. How should your paper be placed?

- ◯ flat and perfectly straight in front of you
- ◯ tilted away from your writing hand
- ◯ tilted slightly toward your writing hand

6. What is the three-finger pencil hold called?

- ◯ tripod grip
- ◯ power grip
- ◯ fist grip

7. What happens if you hold the pencil too tightly?

- ◯ your letters come out bigger
- ◯ your hand gets tired quickly
- ◯ your pencil writes faster

8. What should your other hand do while you write?

- ◯ hold the paper still
- ◯ hold another pencil
- ◯ rest on your lap

9. Why is it better to write slowly at first?

- ◯ slow writers get extra time to rest
- ◯ fast writing uses up the pencil quickly
- ◯ going slowly gives more control and neatness

10. Why is it important to hold a pencil correctly?

- ◯ so you can write with any finger you like
- ◯ so writing is easier, neater, and more comfortable
- ◯ so you use up pencils faster

ASSESSMENT

PARENT / TEACHER CHECKLIST

- ☐ Holds the pencil with thumb, pointer, and middle finger (tripod grip)
- ☐ Maintains a relaxed grip — knuckles are not white or tense
- ☐ Sits up straight and tilts the paper toward the writing hand
- ☐ Traces lines and circles with steady, controlled strokes