

Tips for Bigger Writing

If possible **sit comfortably** and in an **upright position**, at a table, with **good lighting** from behind or above you.

Try using a **fibre tip pen**, or a modern Gel ink pen, as these 'flow' most smoothly.

Use **lined paper**, or a heavy lined sheet below a plain page (as often found in a block of writing paper).

Concentrate when you write and **avoid distractions** such as TV, radio etc.

Think "BIG, SLOW and SMOOTH" to yourself often while you write.

Pay **close attention** to forming each letter as you write.

Aim up to the line **above**, on each **upward** pen stroke.

Follow the **line to guide** you **straight** along.

Remember to keep **saying "BIG"** to yourself often.

Stop to stretch from time to time

Press palms together...

Open arms out wide....

And then return to your writing

Do this regularly during long pieces of writing