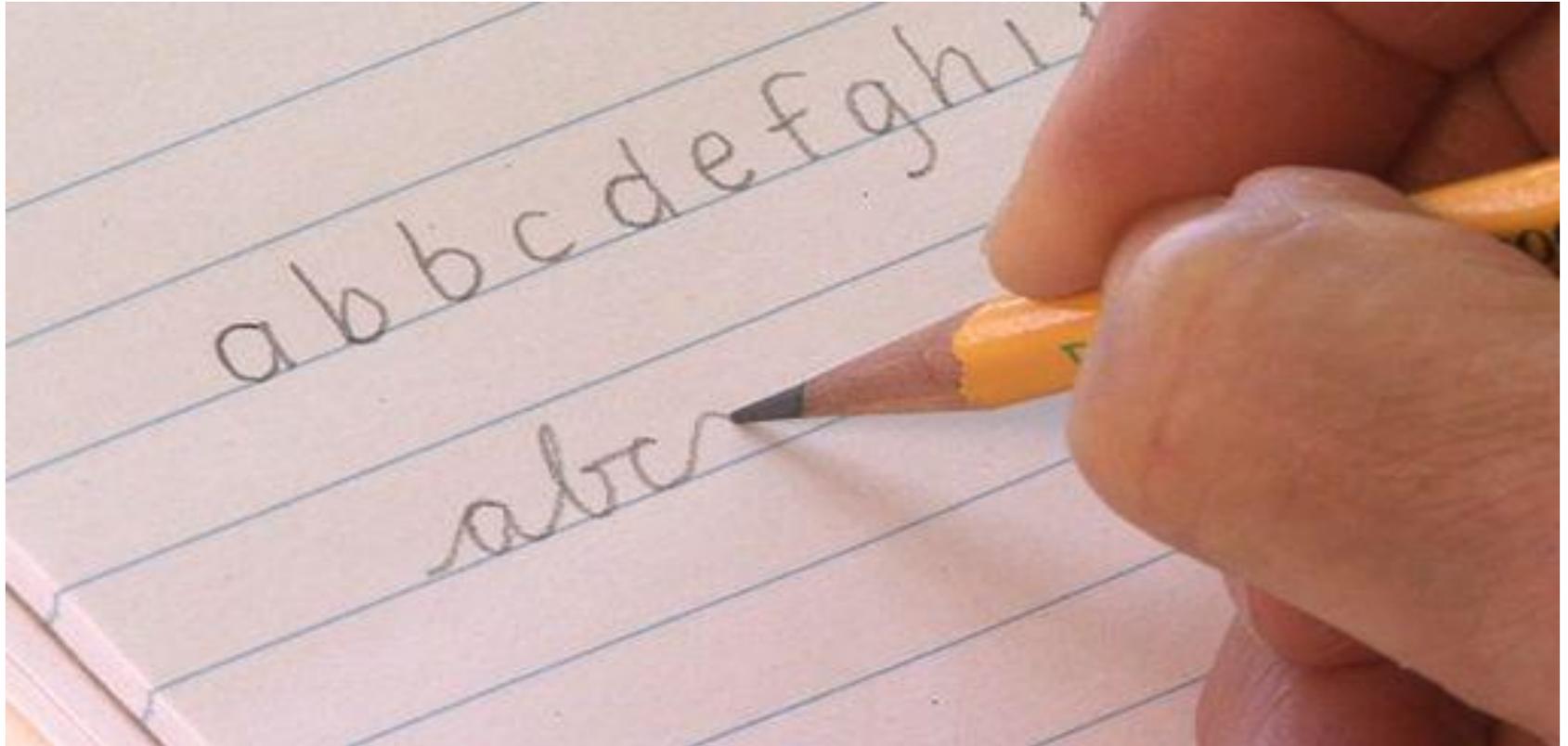


Improving Handwriting



Contents

Part 1

Analysing Your Handwriting

1- Identify the primary shapes

2- Look for a slant

3- Check the alignment

4- Look at the spacing

5- Pay attention to the size

6- Analyse your line quality

7- Determine your flaws

8- Get inspiration

Part 2

Changing Your Handwriting

1- Write in the air

2- Posture

3- Paper position

4- Grip

5- Try a variety of writing utensils

6- Practice the basic shapes

7- Study a directional chart

8- Practice your alphabet

9- Get it down pat

10- Always handwrite things

Introduction

- Having **good** handwriting is **useful** for writing **letters** and **cards** and filling out important **paperwork**.
- In **exams**, you need good HW as it:

- ✓ conveys clarity
- ✓ shows your knowledge
- ✓ makes your paper neat
- ✓ makes it easy to correct your paper

What is handwriting?

A **way** or **style** of **writing** which is **unique** to **individuals**. It has a direct **link** to **personality**.

If you are not satisfied with your handwriting, don't worry, these tips can help you improve it.

Part1

Analysing Your Handwriting

HANDWRITING:

That action of emotion, of thought, and of decision that has recorded the history of mankind, revealed the genius of invention, and disclosed the inmost depths of the heart. Handwriting ties us to the thoughts and deeds of our forebears and serves as an irrevocable link to humanity. No machine or technology can replace the contribution or continuing importance of this skill. It has been necessary in every age and is just as vital to civilization as our next breath.

- Michael R. Lull -

Hello everybody. I'd like to welcome you to my iQ. A famous person once coined a bizarre phrase about a monkey. I said to the future "you and your silly monkey friend don't so home to the zoo!" Now, please analyze me.

Sincerely,

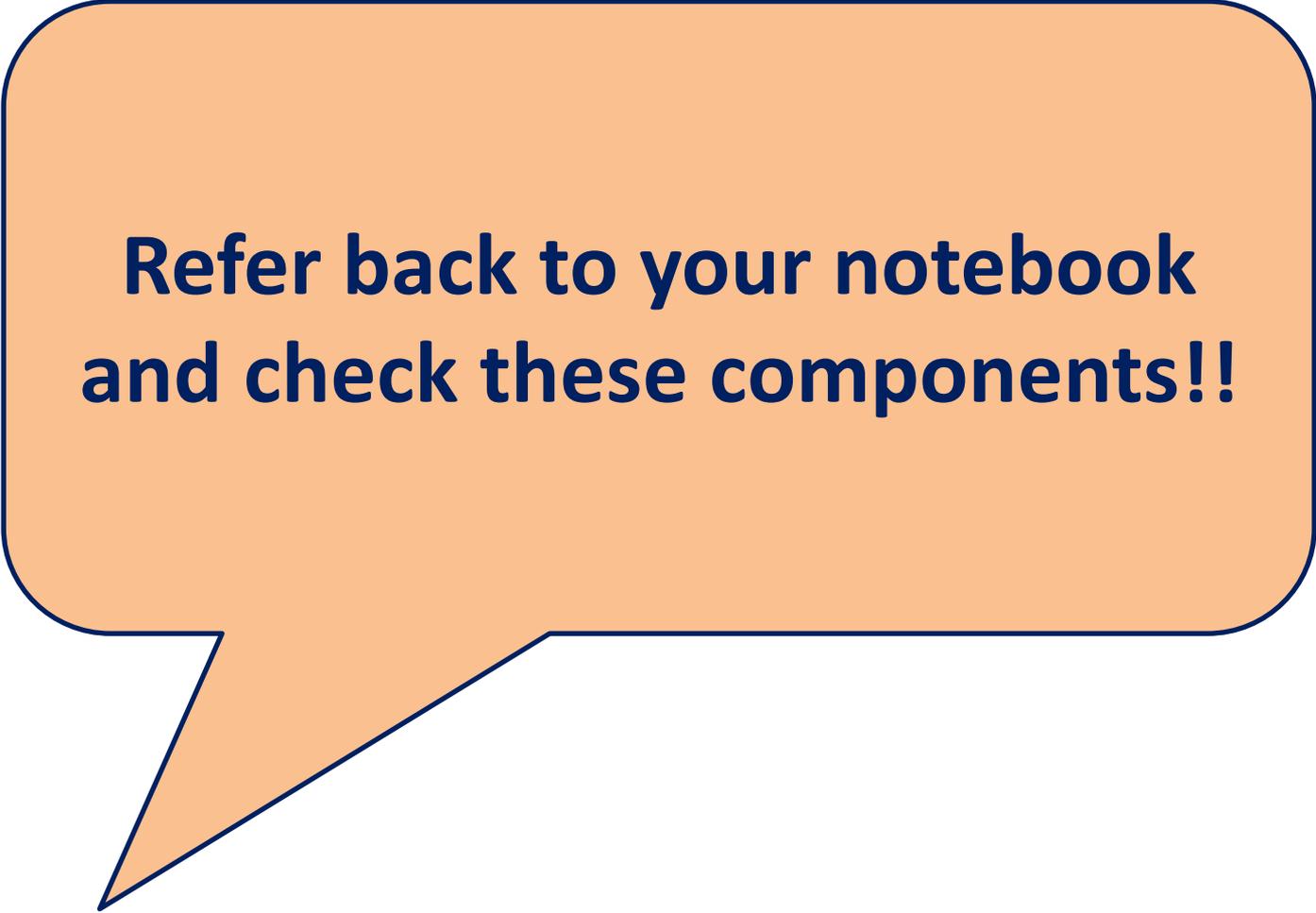
Ramon Alvarez



**There are six components
to good handwriting!!**

Handwriting Analysis Checklist

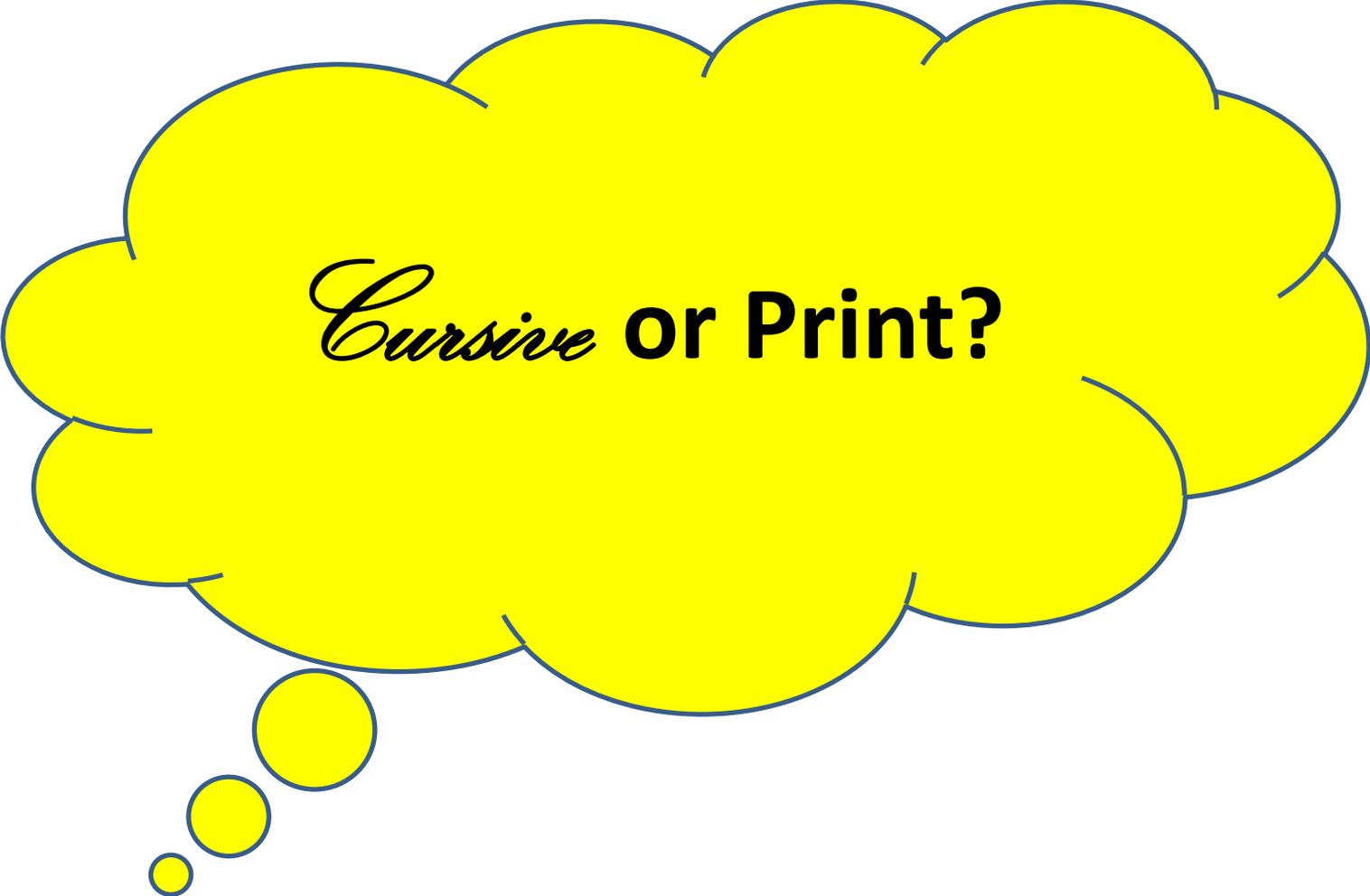
<u>Components</u>	<u>Observation</u> <u>(flaws)</u>	<u>Improvement</u>
Shape of letter		
Slant (inclination)		
Alignment		
Spacing		
Size		
Quality of line		



**Refer back to your notebook
and check these components!!**

□ Write this paragraph.

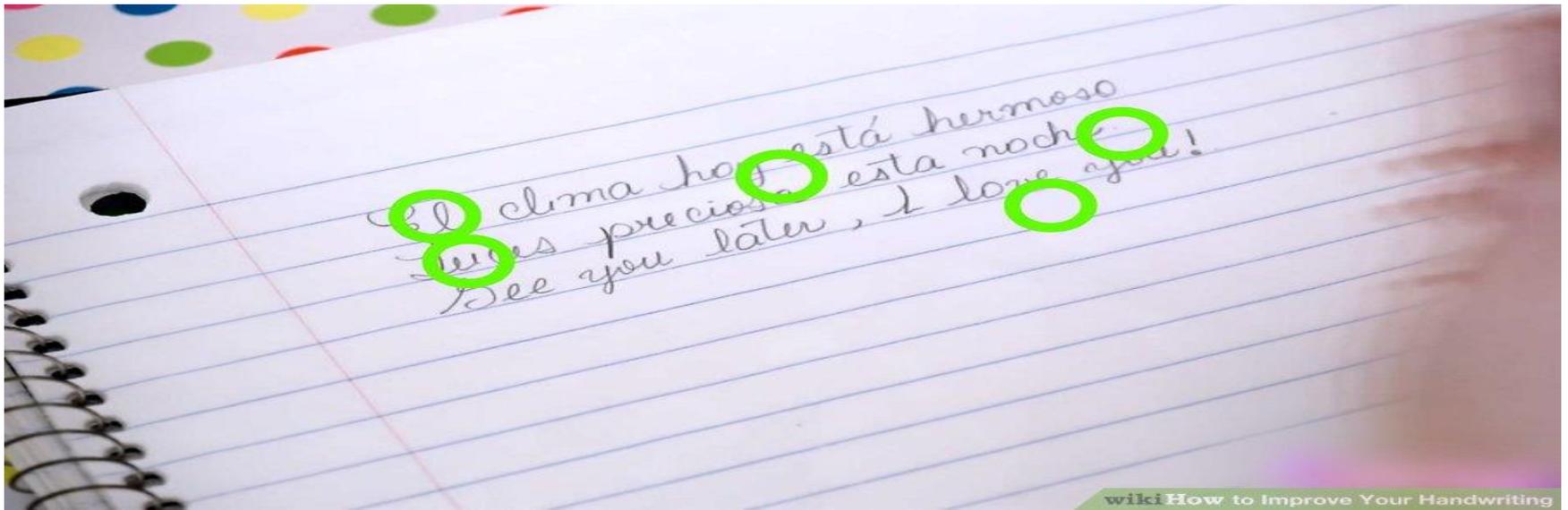
Student life is the happiest period in the life of a person. It is a life, free from all anxieties of the tough world. The mind of the student is full of noble ideas and his eyes are full of dreams. This period of education enables the student to be an influential member of his or her society.



Cursive **or Print?**

1. Identify the primary shapes

- Is your handwriting full of **loops** and **curves**?
- Is it primarily **straight** lines and firm in appearance?
- Do you have hard **corners**, or do your letters **blend** together?



Letter Shapes

cursive

hooks and loops

r d l s a c d e p q s

twists and tunnels

l o u h m n u w

twists and turns

b f g i j k l y o

hooks

r l r t

lines and angles

v - n x z

Letter Shapes

lowercase print

lines and loops

l o c a d b e p

lines and hooks

l o u j r f t y j

lines

l / \ i k l v x z

tunnels

n u n h m u w

loops

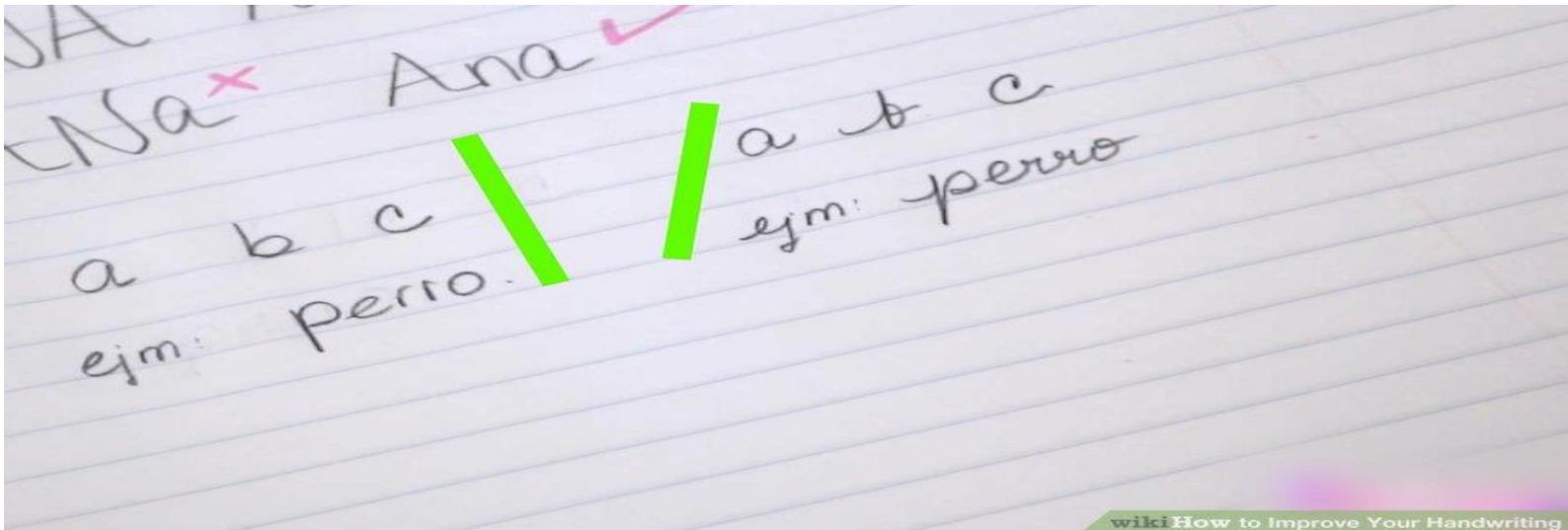
c o c s o

loops and hooks

c j t g q

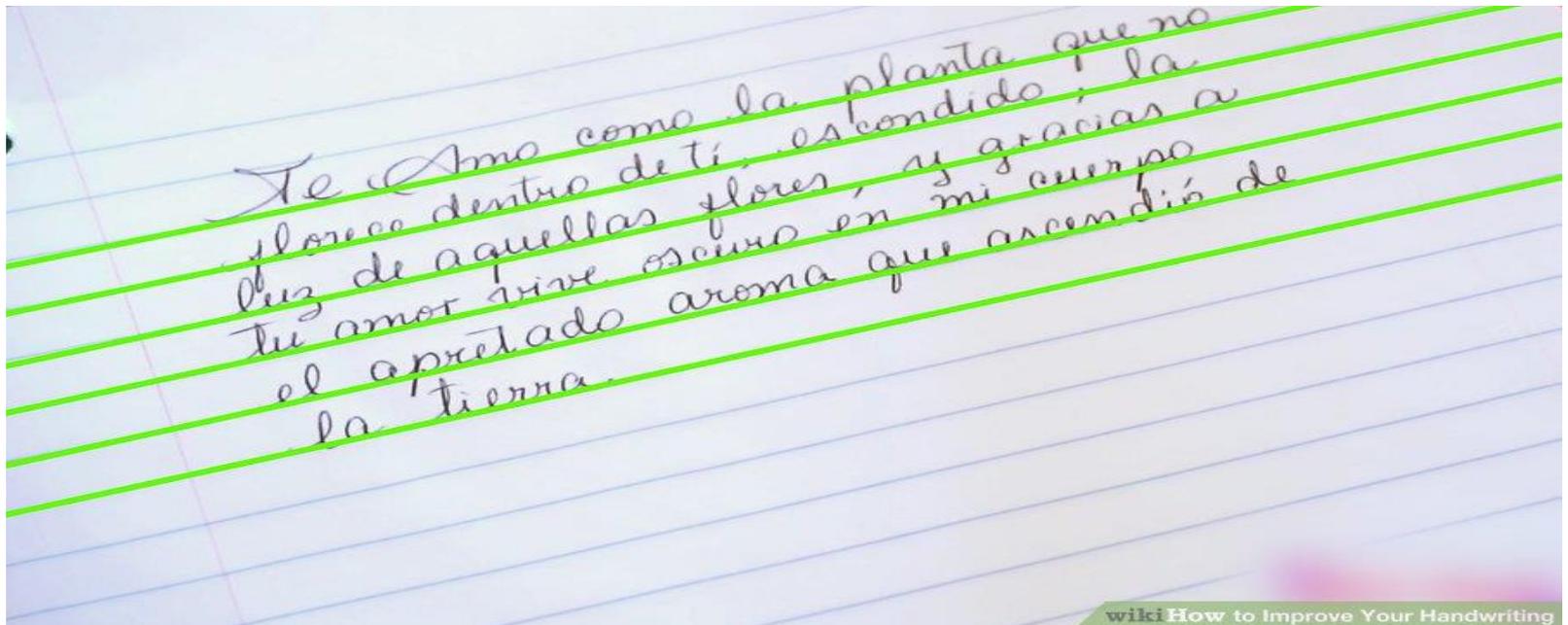
2. Look for a slant

The **angle** at which you write your letters can make or break your handwriting. Is your handwriting **perpendicular** to the lines under it? Does it fall to the **left** or to the **right** significantly? A slight slant is typically not a problem, but too much of one can make reading difficult.



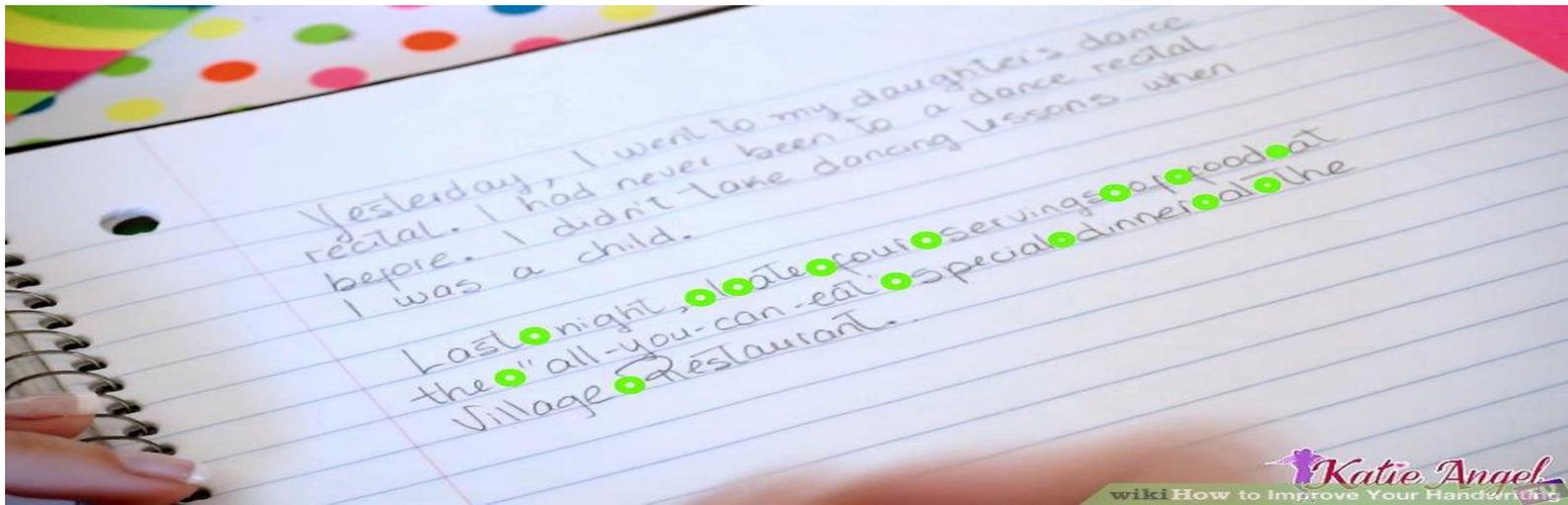
3. Check the alignment

Do your words tend to be written on an **upwards** or **downwards** angle? Do they overlap with the lines on the page? Is every word **individually angled**, or do your **entire lines** of text head in a **similar direction** away from the line?



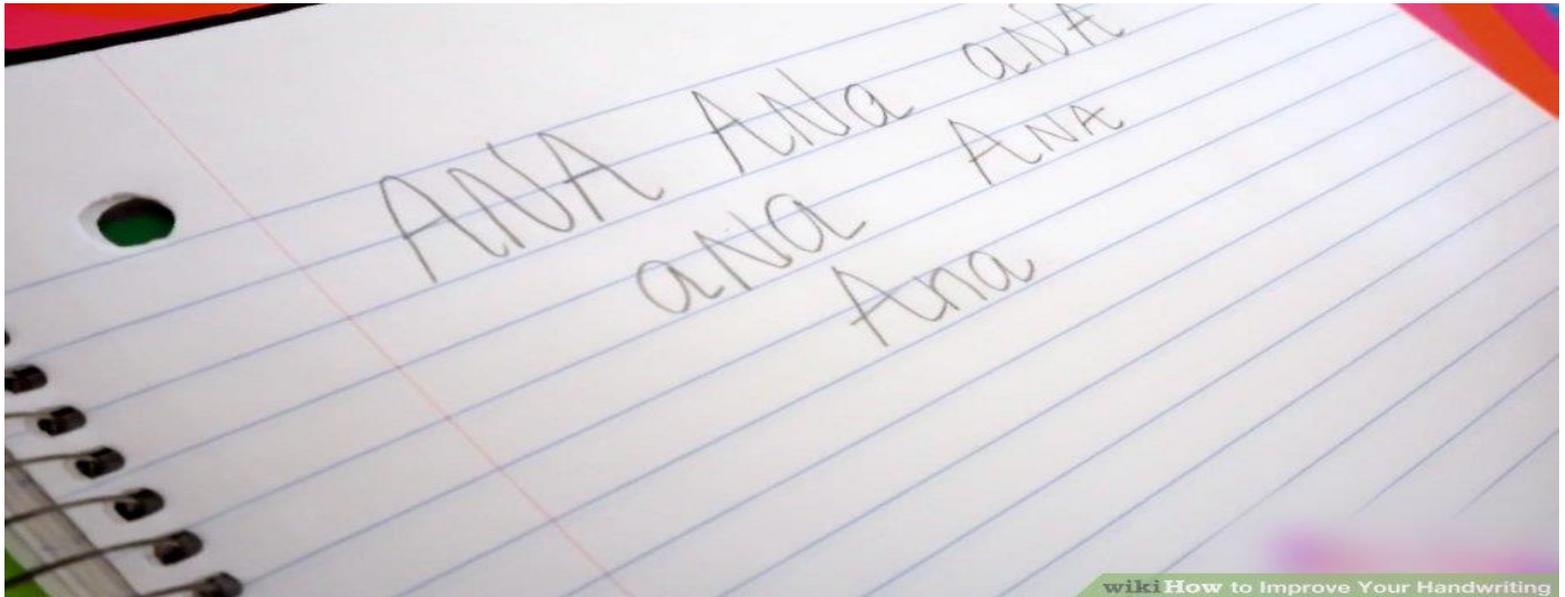
4. Look at the spacing

The **distance** between your **words** and **letters** helps determine the quality of your handwriting. There should be **enough space** between each two words to fit the letter “O.” Using more or less space than this can be an indicator of poor handwriting. Pay attention also to the **closeness** of each **individual letter**. Cramped (narrow) writing or letters that are spaced far apart are also difficult to read (don’t stick letters or space them out/ consistency)



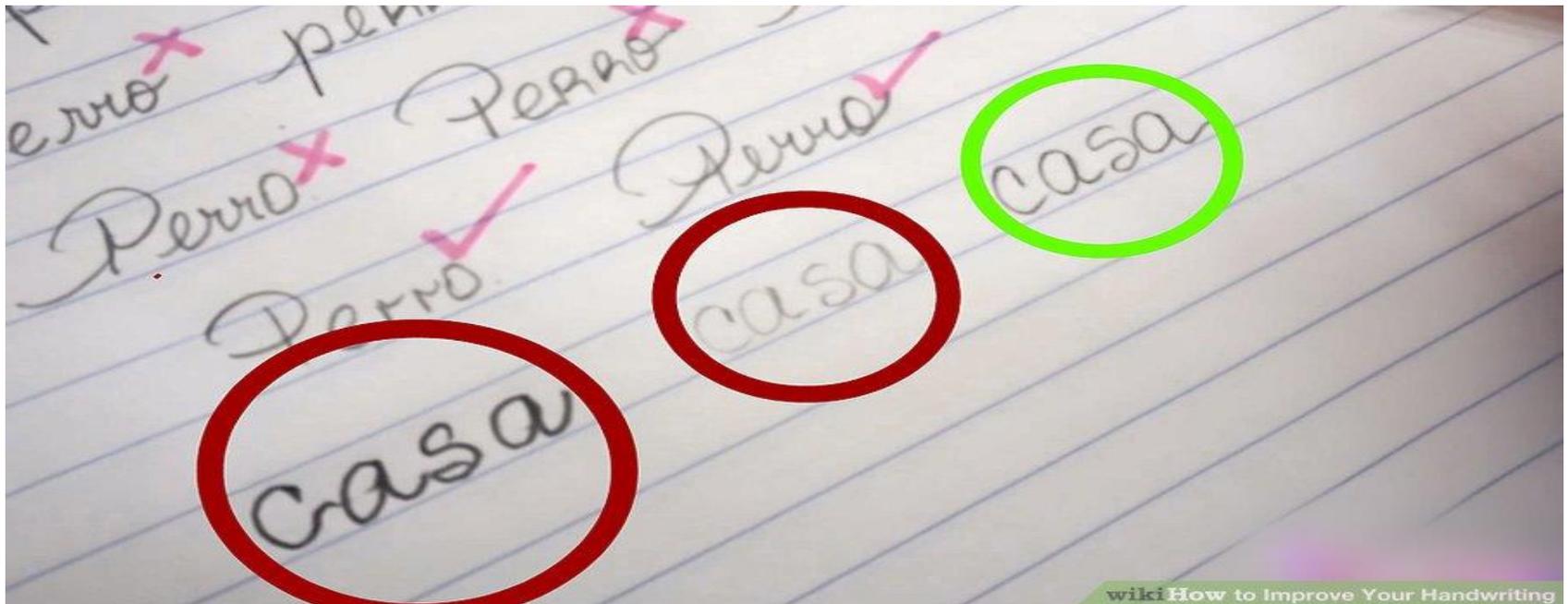
5. Pay attention to the size

Turns out **size** does matter, at least with handwriting. Does your writing fill up the entire space between two lines? Can you write all your words in less than half the space between two lines? Taking up a large amount of space or using too little are both things to avoid.



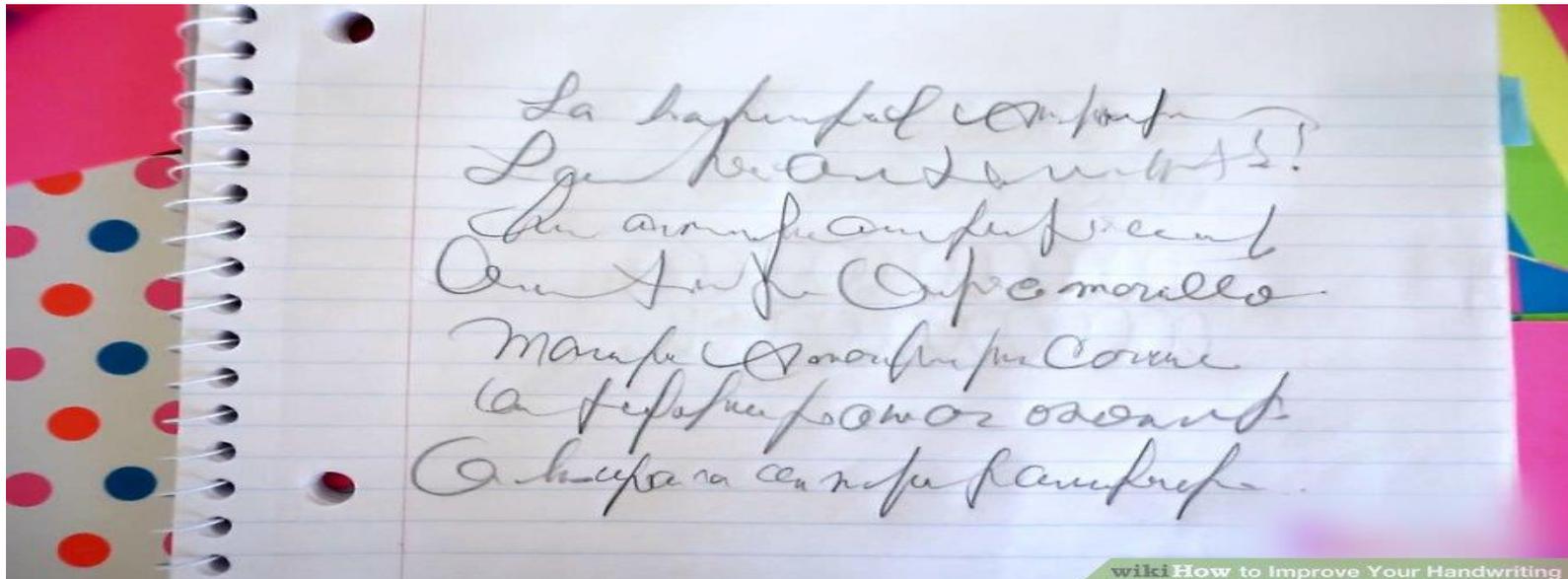
6. Analyse your line quality

Look at the actual lines that comprise your writing. Are they drawn with **heavy pressure**, or are they **faint** and hard to read? Are your lines straight, or are they kind of squiggly (wavy line) and uneven?



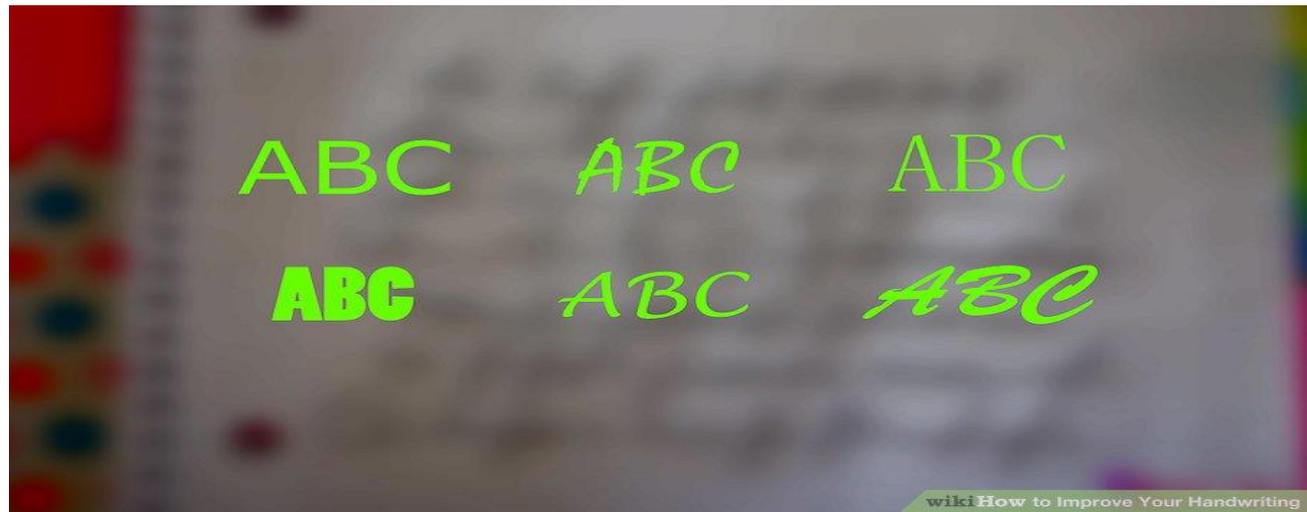
7. Determine your flaws

Considering all of the aforementioned, what is it that your handwriting needs in order to **improve**? Possible changes can be made to the **shape** of letters, your **spacing**, **alignment**, writing **size**, line **quality**, and the **slant** of words. Changing one or more of these will improve your overall handwriting legibility.



8. Get inspiration!!

- Now, you know the flaws of your handwriting.
- Go onto [font websites](#) and look for [handwriting samples](#) that you like.
- Make a [copy](#) of each [style](#) of handwriting that is feasible for you to mimic.
- Look for [samples that might be close](#) to your own handwriting, as you can pick and choose certain aspects of different handwritings rather than adopting an entirely new one.



A B C D E F G H I J K L M N

O P Q R S T U V W X Y Z

a b c d e f g h i j k l m n o p q r s t u v w x y z

A B C D E F G H I J K L M N

O P Q R S T U V W X Y Z

a b c d e f g h i j k l m n o p q r s t u v w x y z

0 1 2 3 4 5 6 7 8 9 · *0 1 2 3 4 5 6 7 8 9*

10 font websites

Google Fonts

FontSpace

Fontasy

DaFont

FontStruct

Abstract Fonts

Abstract Fonts

Neogrey

Free Fonts Project

The League of Moveable Type

Part2

Changing Your Handwriting

Practical Tips

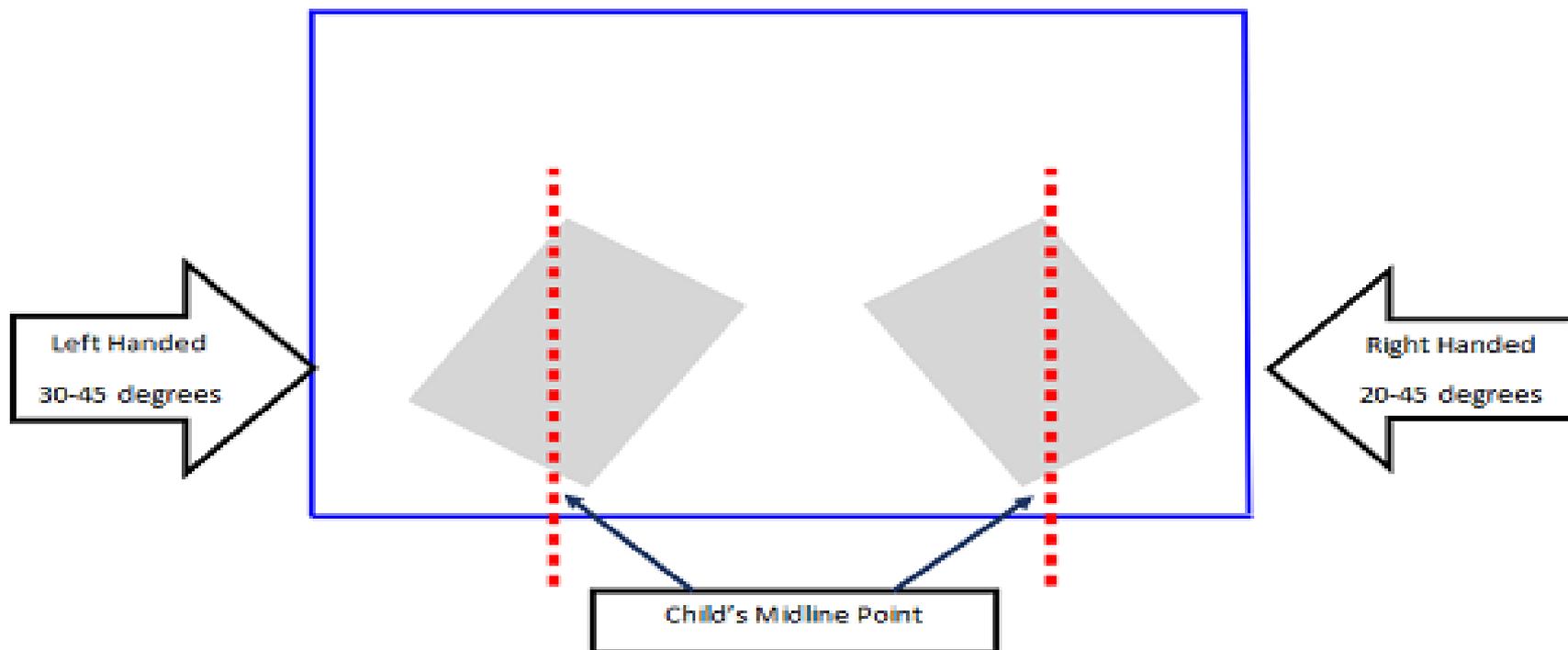
1. Write in the air. Train the correct **muscle groups** in your hands, arms, and shoulders. **Avoid** “drawing” letters with your hand, and instead write by **moving** your entire arm up to the shoulder. **To practice doing this, the easiest thing is to write sentences in the air using your finger.** This forces you to use the **muscle groups** in your **arm** and **shoulder**.



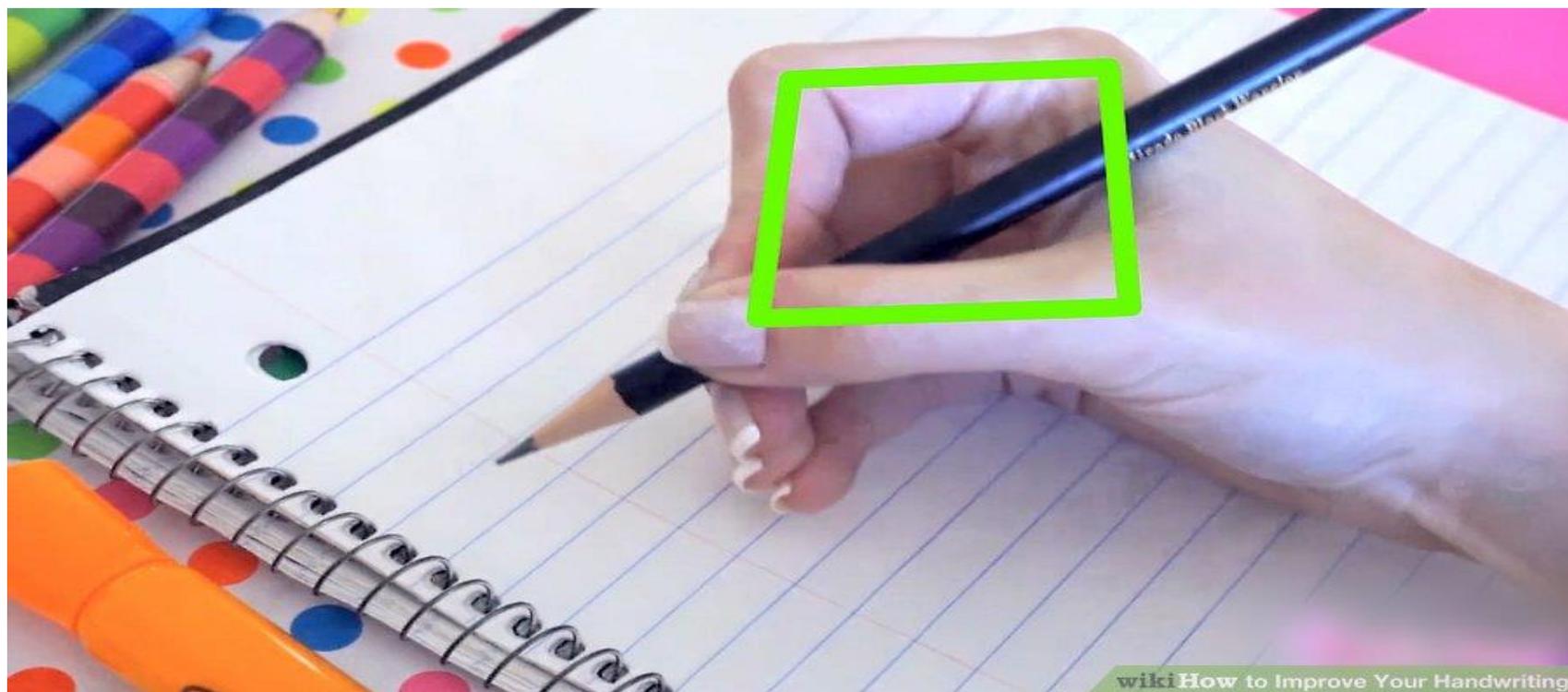
2. Posture. Sitting with good **posture** during handwriting is very **important** as this ensures your body is in good **alignment**, and that **stress** on your **muscles, joints** and **ligaments** is distributed **evenly** across your body



3. Paper position. The paper should be **positioned** according to which **hand** the you **use** for **writing**. The **non-writing** hand should always be used to **stabilise** the paper and **support** the body when writing. Paper should be **slightly tilted** up to the **right** (if right handed) or up to the **left** (if left handed).



4. Grip. Hold your pen with your **thumb, index** and **middle** fingers. The **end** of the writing utensil should **rest** against either the **web** of your **hand** or against the **knuckle** of your **index** finger. **Don't** hold your pencil too **tightly** or **loosely** as this will result in poor handwriting. **Hold** the pencil in the bottom $\frac{1}{3}$ for the best results.



Silicone pencil grips

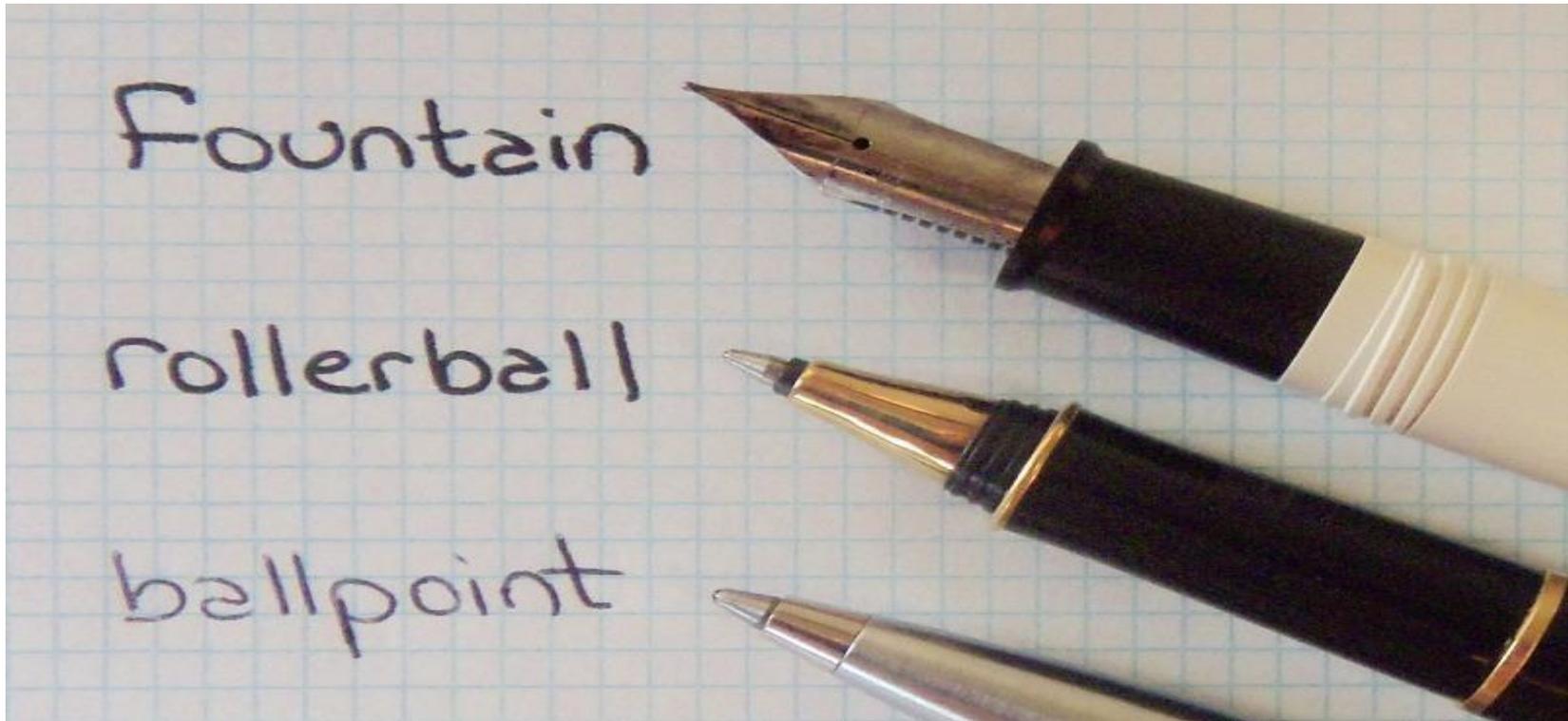


Silicone pencil grips

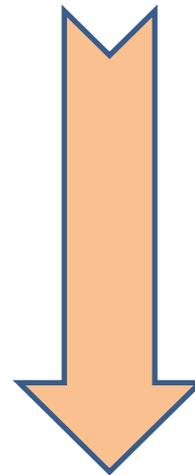


5. Try a variety of writing utensils.

Different people are able to write **better** (or **worse!**) using different writing **utensils**. Try a variety of **tools** including a **ballpoint pen**, **fountain pen**, **gel pen**, **rollerball pen**, **felt pen**, etc. **Find** the right **pen** that you enjoy **writing** with to **improve handwriting**.



6. Practice the basic shapes. Inconsistency between **letters** and **shapes** results in poor handwriting. Letters are made up out of **straight lines** and **circles** or **semi-circles**, so put in some time drawing these. **Fill** an entire sheet of paper with parallel **vertical** lines, parallel **diagonal** lines, 'o' shapes and so on. When you can consistently make the **same** shape over and over, you are **ready** to **move** onto complete **letters**.



Letter Shapes

cursive

hooks and loops

r d l ~ s a c d e p q s

twists and tunnels

*l o u * h m n u w*

twists and turns

b f g i j k l y o

hooks

r l r t

lines and angles

v - N x z

Letter Shapes

lowercase print

lines and loops

l o c a d b e p

lines and hooks

l o u j r f t y j

lines

l / \ i k l v x z

tunnels

n u n h m u w

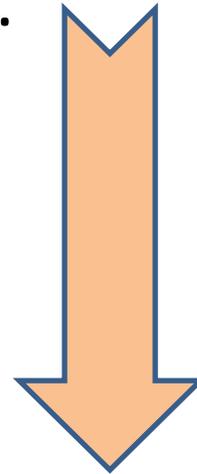
loops

c o c s o

loops and hooks

c j t g q

7. Study a directional chart. There is a certain **way** to write each **letter** of the alphabet. Following the correct **direction** of the line that forms each letter can greatly **improve** your handwriting. For example, rather than starting a lowercase **'a'** with the **tail**, begin at the **top** of the loop. **Practice** writing every letter in the correct **direction** using a **directional chart** .



Aa Bb Cc Dd Ee Ff

Gg Hh Ii Jj Kk Ll

Mm Nn Oo Pp Qq

Rr Ss Tt Uu Vv

Ww Xx Yy Zz

1 2 3 4 5 6 7 8 9 10

a b c d e f g h i j k

l m n o p q r s t

u v w x y z , . ? " ' !

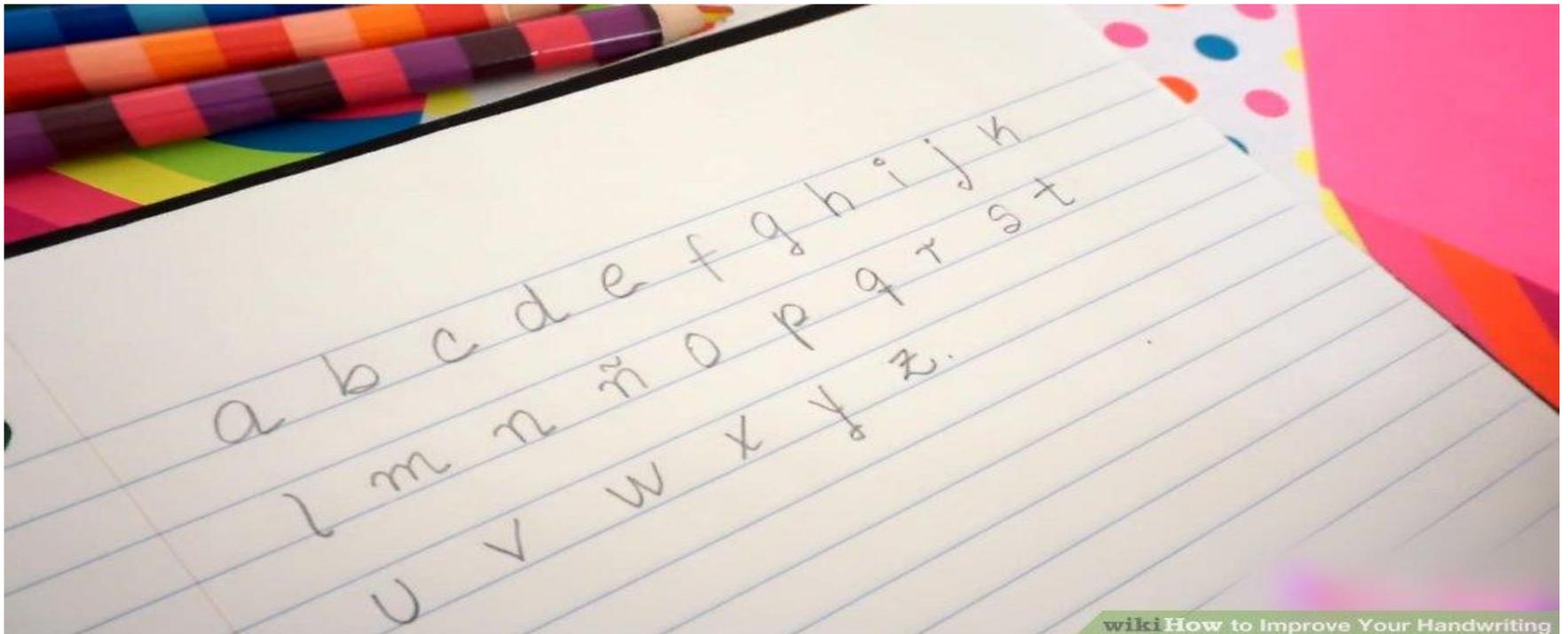
A B C D E F G H I

J K L M N O P Q R

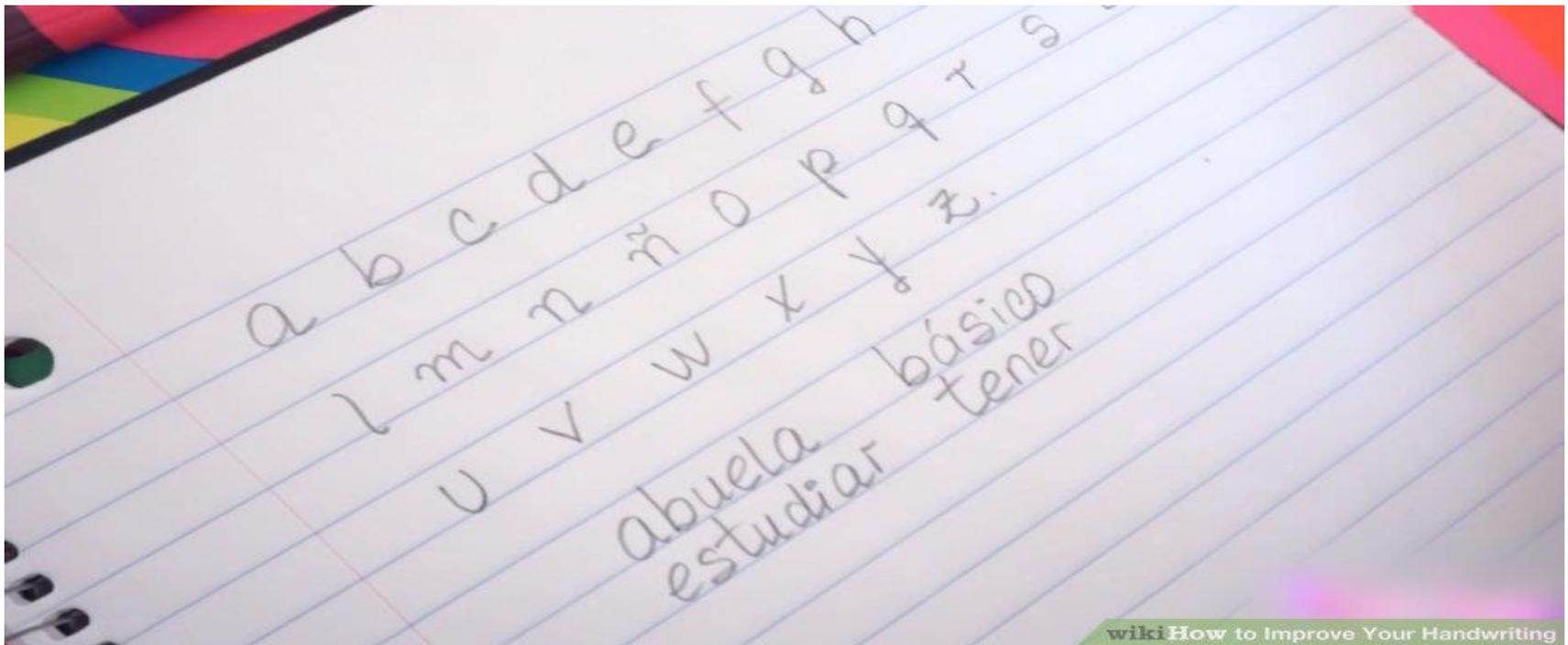
S T U V W X Y Z

1 2 3 4 5 6 7 8 9 10

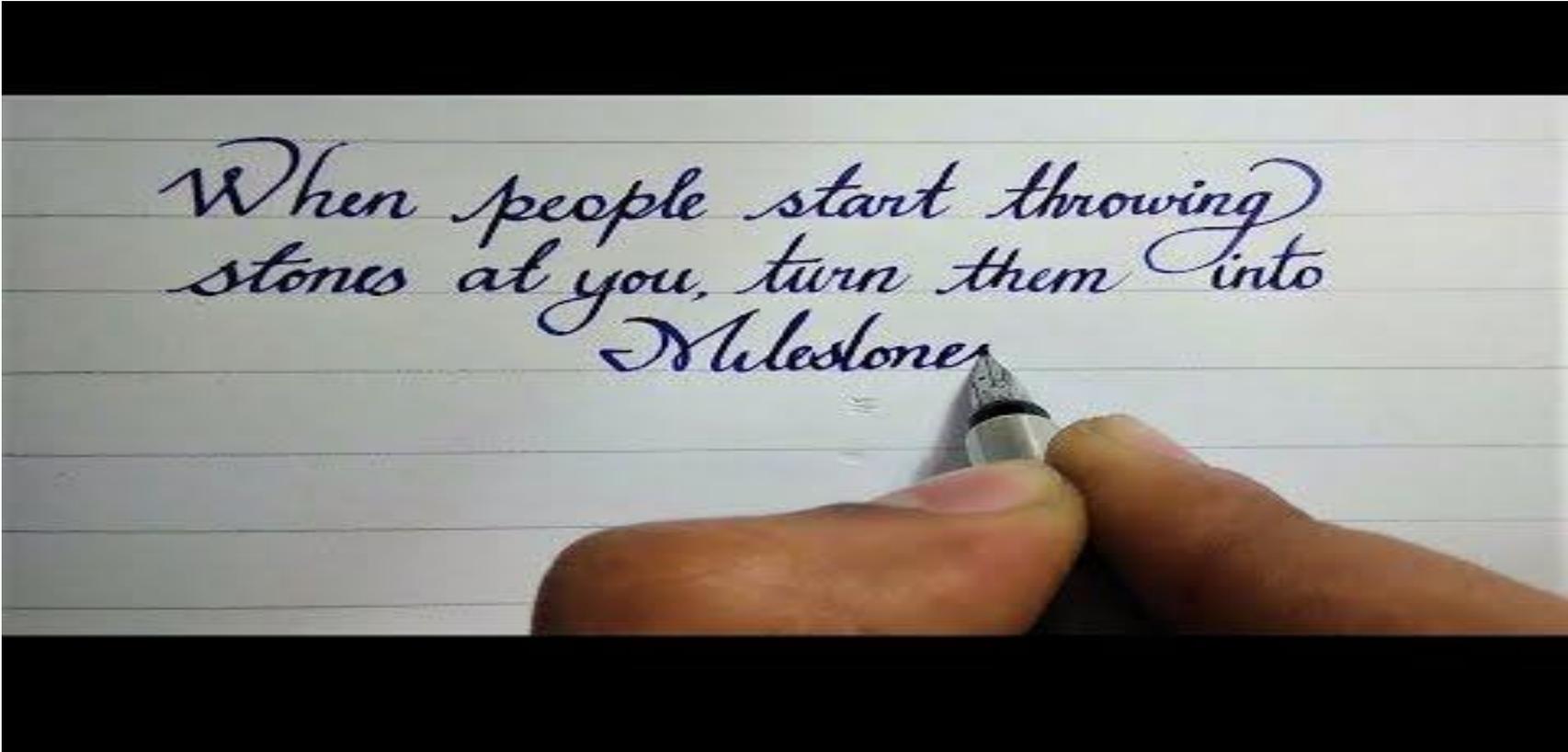
8. Practice your alphabet. After you practice the shapes of letters and their direction, **fill up** rows of **lines** with each **letter** of the alphabet in **lower** and **uppercase**. Use your **font inspiration** that you gathered as well as your handwriting **analysis** to **focus** on what you need to **change** in order to **correct** your **flaws**.



9. Get it down pat. When you are **certain** of your every **letter's perfection, practice** writing them in full **words** and **sentences**. Write the phrase **“The quick brown fox jumps over the lazy dog”** over and over again—this particular sentence contains every letter of the alphabet, giving you ample practice time. **“Practice makes perfect”**



10. Always handwrite things. Pass up the option to **type** and **instead** try to **handwrite** your work. Taking the **opportunity** to **write** things by **hand** whenever **possible** will be the most **beneficial practice** in **improving** your **handwriting** and **building up** the **muscles** that are necessary for **easy** and **smooth** writing.

A close-up photograph of a hand holding a silver pen, writing on a sheet of white lined paper. The text is written in a cursive, blue-inked script. The quote reads: "When people start throwing stones at you, turn them into Milestones". The word "Milestones" is written on a separate line, starting with a large, decorative capital 'M'. The hand is positioned at the bottom of the frame, with the pen tip resting on the paper.

When people start throwing
stones at you, turn them into
Milestones



**Handwriting
Samples
for
Inspiration**

intermolecular forces are attractions between neutral molecules. They hold molecules together in groups called aggregates to make liquids or solids. They are the forces we break when we melt or boil a substance. They are not the same as intramolecular forces which are the covalent bonds that hold the atoms in a single molecule together. There are several kinds of intermolecular force and they are sometimes collectively referred to as van der Waals forces.

All van der Waals forces are weak compared to ionic bonds, covalent bonds, and metallic bonds. However, there is a wide range of strength in van der Waals forces depending upon the type of molecules they are holding together. London forces are the weakest type of van der Waals force, and are the only type of force that holds nonpolar aggregates together. Dipole-dipole attractions are stronger than London forces and attract polar molecules to each other in a molecular aggregate. Finally, hydrogen bonds (kind of an extreme dipole-dipole attraction) are found in aggregates containing particular types of polar molecules and are particularly strong for an intermolecular force.

molecular attractions between polar molecules; dipole-dipole attractions are molecules that have a permanent electrical charge (or regions of different electrical charge) of the molecule is particularly strong for an

...was a little...
...and dad don't wa...
...make me happy. What's why...
...I did some research, talked to some gr...
...I went to the Portshowlio 2015 of Seattle...
...THEY LOVE THEIR JOB! Which makes me...
...I saw so many portfolios and talked to some sta...
...but they said this is what they want to do, that th...
...themselves doing something else. And a teacher came. He was...
...me more confidence to apply to this program. He was...
...program for me. It focuses more in gro...
...me. I've seen the description of...
...THEY LOVE THEIR JOB!

Hi Reddit,
I came across this subreddit today and since I love to handwrite, I thought I'd share my own penmanship! This is my normal, everyday handwriting I've written in this style for several years now. I like that it's quick to write, neat, and easy to read.

Sometimes I like to write in cursive. It's definitely not as neat and more difficult to write. But still, it's fun and pretty! Now my hand is starting to hurt, so I'll stop here. 😊

Sincerely,
ellechon

It is possible

You can do it

START RIGHT NOW

Thank You!

