Use the **P checks** to make sure your body is in a comfortable position for writing.

Before you start, check your **posture, pencil grip** and **paper position**. As you write, check that you are applying the right amount of **pressure** through your pencil.

**Posture**

Sit back in your chair, face forwards and place both feet flat on the floor.

**Pencil grip**

Hold your pencil between your thumb and index finger while it rests on your middle finger. Don’t hold the pencil too tightly!

**Paper position**

- Place your paper slightly to your right.
- Place your paper slightly to your left.
- Tilt the top left-hand corner downwards.
- Tilt the top right-hand corner downwards.
- Use your non-writing hand to hold it still.
- Use your non-writing hand to hold it still.

**Pressure**

Make sure you don’t press the pencil too hard or too lightly when writing.