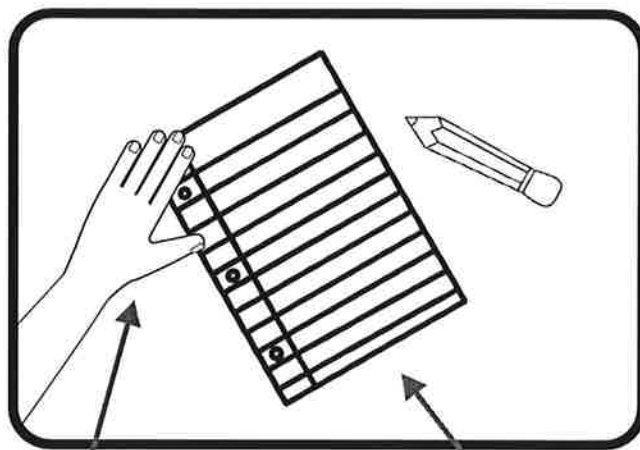
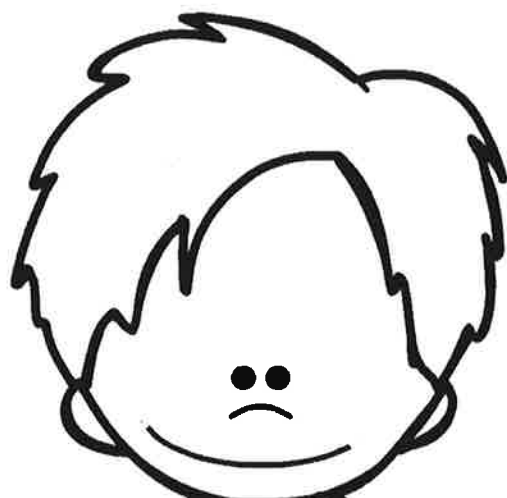


# PROPER POSTURE

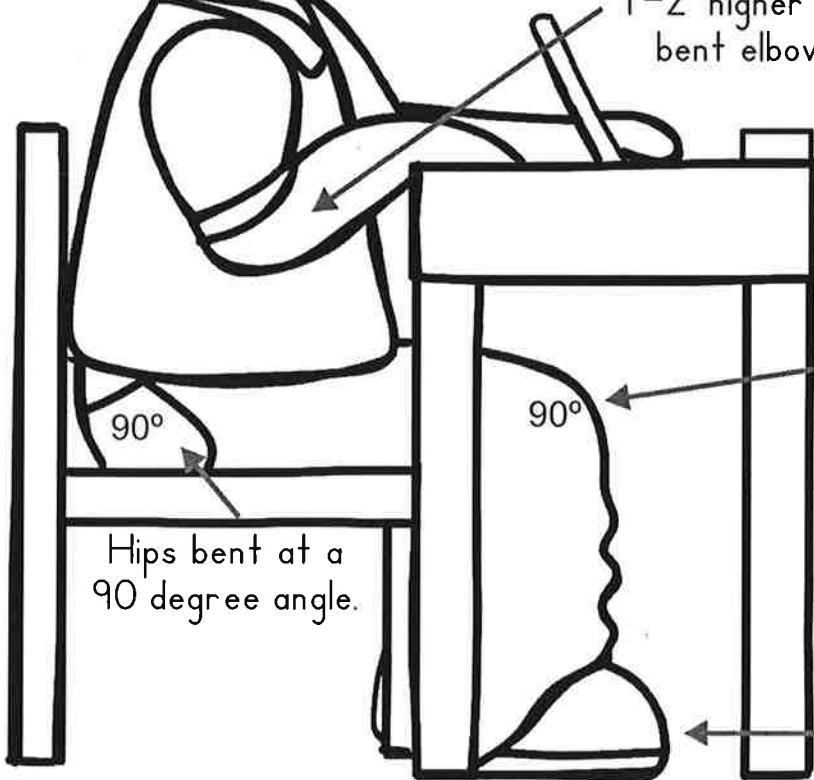


Stabilize the paper with your non-dominant hand.

On the desk, the paper should be angled. Angle it so that the right side of the paper is slightly higher for right handed students.



Desk should be 1-2" higher than bent elbows.



Hips bent at a 90 degree angle.

Knees bent at a 90 degree angle.

Feet flat on the floor.