

WRITING RAP

A Rap to help children sit correctly when writing

1, 2, 3, 4

Are your feet flat on the floor?



5, 6, 7, 8

Is your back nice and straight?



9, 10, 11, 12

Check the way your pencil's held

13, 14, 15, 16

Is your paper correctly seen?

17, 18, 19, 20

Now you're ready to write aplenty



Adapted from Ann Markee, Paediatric Physiotherapist,
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