



HANDS UP FOR



HANDWRITING!

FUNdamentals of Handwriting



KINDERGARTEN
THROUGH
2ND GRADE

- Handwriting is fundamental to **early writing development**¹, the act of turning simple letter writing into complex written expression.
- It's crucial for reading, too. Handwriting **increases brain activity** and leads to better letter perception than typing or viewing text.²

3RD GRADE
THROUGH
MIDDLE SCHOOL

- Mastering handwriting fluency helps kids keep up with their developing minds³, leading to **better academic performance**.⁴
- Kids **write more, write faster and write better** when they handwrite essays compared to typing.⁵

HIGH SCHOOL
THROUGH
COLLEGE

- **Test performance improves** when study notes are handwritten rather than typed.⁶
- Music played at a low volume can help students focus and **improve fluency** of handwriting.⁷

ADULTHOOD,
PARENTHOOD
& BEYOND

- Handwritten notes **boost memory** and lead to better long-term recall than typing.⁶
- More moms said they would **prefer a hand-made card** from their kids over a professional massage.⁸

GET WRITING

Simple ways to put pen to paper



MAKE IT FUN

Inspire and excite young kids to love handwriting by keeping an assortment of colorful pens, pencils and markers on hand.



MAKE IT UNIQUE

Encourage older kids to express their creativity by writing stories and how-to guides about their favorite sport, fictional character, hobby or dance craze.



MAKE IT LAST

Write down goals in a planner. A recent study showed that adults who wrote down their goals accomplished significantly more than those who didn't.⁹



Join BIC on our mission to celebrate handwriting and Fight For Your Write. Writing is an important vehicle for communication because it distinguishes us and promotes individuality. Did you know that writing is also a critical learning tool for children? Writing helps kids become better readers, boosts their confidence and sparks their creativity. Together we want to show children just how great writing can be... and how great they can be!

¹Source: Reading and Writing scholarly journal (2012). Examining the contribution of handwriting and spelling to written expression in kindergarten children. By Cynthia S. Puranik and Stephanie Alotaiba.

²Source: Trends in Neuroscience and Education scholarly journal (2012). The effects of handwriting experience on functional brain development in pre-literate children. By Karin H. James and Laura Engelhardt.

³Source: Teaching Exceptional Children (2000). Extra handwriting instruction: prevent writing difficulties right from the start. By Steve Graham, Karen Harris, and Barbara Fink.

⁴Source: Developmental Medicine & Child Neurology (2007). By Katya P. Feder and Annette Majnemer.

⁵Source: Learning Disabilities Research and Practice (2009). Highlights of Programmatic, Interdisciplinary Research on Writing. By Virginia W. Beminger.

⁶Source: Psychological Science (2014). The Pen Is Mightier Than the Keyboard: Advantages of Longhand Over Laptop Note Taking. By Pam A. Mueller and Daniel M. Oppenheimer.

⁷Source: Handwriting Pocketbook (2007). By Julie Bennett.

⁸Source: Today.com (May 2, 2016). What do moms REALLY want on Mother's Day? Take the survey.

⁹Dominican University Department of Psychology (2011). Goals Research Summary. By Dr. Gail Matthews.