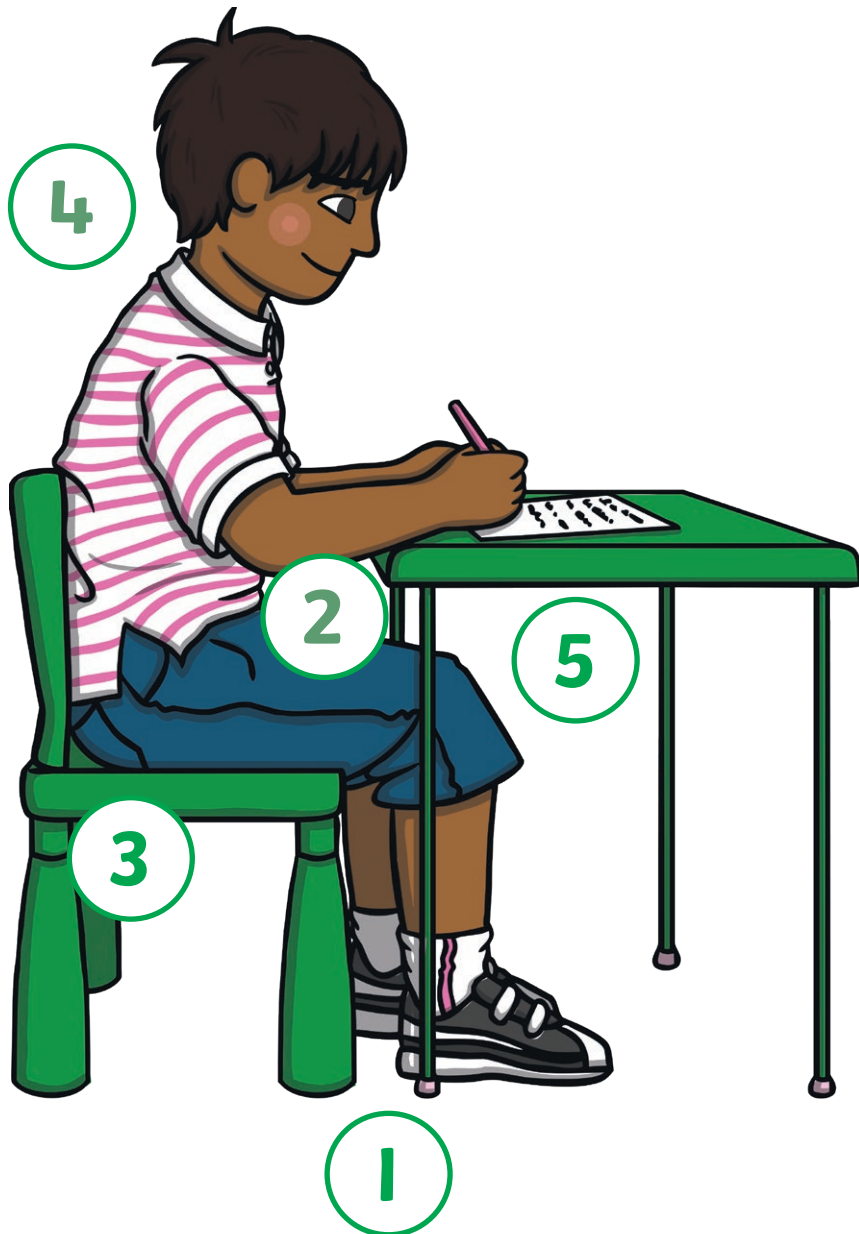


Let's Look Ready to Write



1

Place both feet flat on the floor.

2

Move your elbows so they're resting off the edge of the desk.

3

Move your bottom to the back of the chair.

4

Lean your head and shoulders slightly forward.

5

Keep your knees bent at a 90° angle.

