

Occupational Therapy Tip Sheet

WEIGHTED PENCILS



What is a weighted pencil?

- A weighted pencil has added weight to make it heavier than a regular pencil.



What type of student may benefit from using a weighted pencil?

- Students who print too lightly
- Students who have mild to moderate hand tremors

What are the benefits of using a weighted pencil?

- Darker printing due to increased pencil pressure
- Reduction of hand tremors allowing for smoother letter formations

Why do weighted pencils work?

- The weight of the pencil increases awareness of the hand and fingers, and the child learns to press more firmly into the pencil.
- The additional weight helps to steady the hand so the pencil is controlled with less shaking.

How and when can weighted pencils be used?

- Weighted pencils can be used during printing or drawing tasks.
- They may be a short-term solution.
- They may cause further hand fatigue.
- Consult with your Occupational Therapist for guidance.

Where can you buy weighted pencils?

- There are several Canadian companies that sell weighted pencils.
- Check the resources available at your school.
- Ask your Occupational Therapist for details or to try a weighted pencil.
- Weighted pencils can also be made from supplies at your hardware store: Use two 7/8 inch "O" rings, 3/8 inch coupling nut and any type of pencil grip.

