

# Determining Hand Preference

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## MATERIALS

- 2 pieces of paper
- Pencil

## DIRECTIONS

1. Sit *across* the table from the child.
2. Offer the child a pencil. Pass it to towards the center of her chest. Which hand does the child uses to accept the pencil?
3. Ask the child to write her name. Observe.
4. Now ask the child to switch hands and write her name again. Observe.
  - How does the child hold the pencil?
  - Does the child switch hands?
  - What it is the quality of her writing?
  - How quickly does the child complete the task?
5. Ask the child put down the pencil.
6. Offer the child the pencil again. Pass it to towards the center of her chest. Did she use the same hand to accept the pencil?
7. Ask her to draw a house. Observe.
8. Now ask the child to switch hands and draw another house. Observe.
  - How does the child hold the pencil?
  - Does the child switch hands?
  - What it is the quality of the drawing?
  - How well organized is the drawing?
  - How quickly does the child complete the task?
9. Compare the house and the child's name side-by-side. It's usually clear which hand the child uses more effectively.
10. Ask the child which hand she preferred using. Many know right away.

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Berninger, V. W., & Wolf, B. J. (2009). *Teaching students with dyslexia and dysgraphia: Lessons from teaching and science*. Baltimore: Paul H. Brookes Publishing Co.