Name: _____ Date: _____

Typing Posture Check

Use the word bank to complete each sentence about good typing posture.

Word bank: straight · feet · home row · wrists · eyes · arm's length · break

1. Sit up _____ with your back against the chair.
2. Keep both _____ flat on the floor.
3. Rest your fingers on the _____ keys.
4. Keep your _____ up. Do not rest them on the keyboard.
5. Keep your _____ on the screen, not on your hands.
6. Sit about an _____ away from the screen.
7. Take a short _____ every 20 minutes to stretch.

True or False?

1. You should look at your fingers while you type. _____
2. Your thumbs press the space bar. _____
3. Pressing keys as hard as you can makes you type faster. _____

My before-I-type checklist

☐ Back straight ☐ Feet flat ☐ Fingers on home row

☐ Wrists up ☐ Eyes on screen ☐ Screen an arm's length away

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