

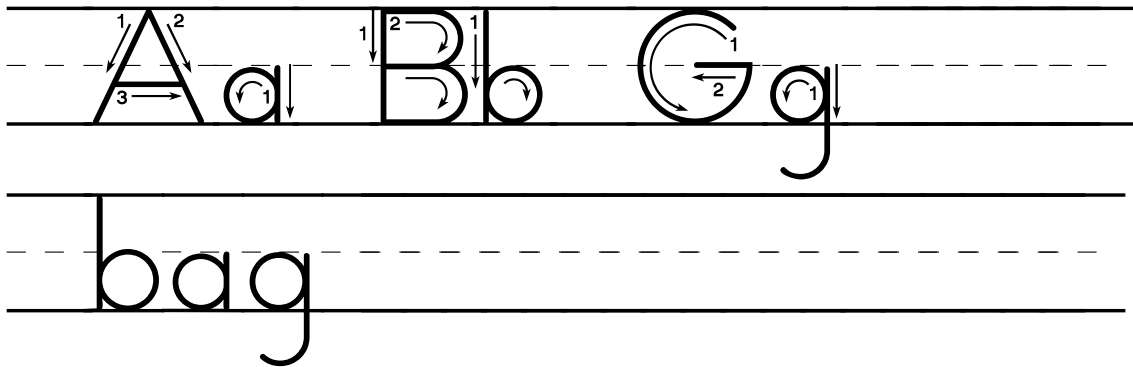
Handwriting Practice

Letter Formation and Spacing

When teaching handwriting, focus on letter formation, letter size, letter and word spacing, and pencil grip and body posture. Begin with teaching the starting and stopping point of each letter. You can model this by tracing the letters with your finger.

For letter size, the following lowercase letters are half the size of letters with ascenders and descenders: **a, c, e, i, m, n, o, r, s, u, v, w, x, z**. Letters with ascenders are **b, d, f, h, k, l**, and **t**. Letters with descenders are **g, j, p, q**, and **y**. Uppercase letters are the same height as ascenders.

The space between each letter in a word should be the same, and the space between each word in a sentence should be consistent. You can use your pinkie finger to measure the correct spacing between words.

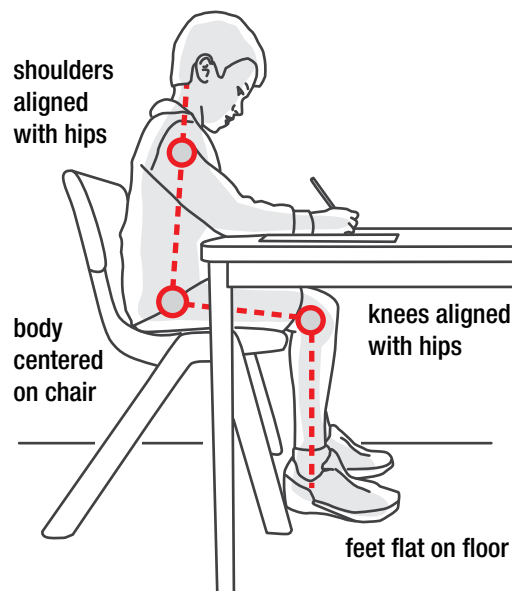


Proper Handwriting Grip and Body Posture



Tripod Grip

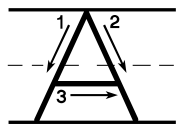
For the tripod grip, hold your pencil with your thumb, index finger, and middle finger.



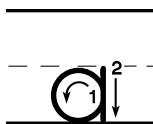
Proper Posture

For good posture while writing, sit with your feet flat on the floor and your bottom in the center of your seat.

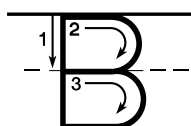
Forming Letters



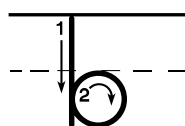
Uppercase **A**: slant left down, lift, slant right down, lift, slide across in the middle



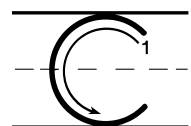
Lowercase **a**: circle back, lift, pull down



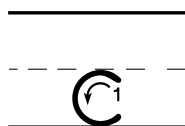
Uppercase **B**: pull down, push up to the top, curve forward, slide left, curve forward, slide left



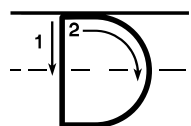
Lowercase **b**: pull down, push up, circle forward



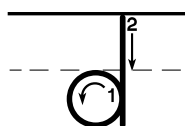
Uppercase **C**: circle back and open



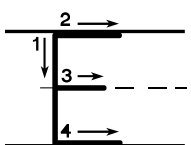
Lowercase **c**: circle back and open



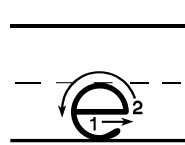
Uppercase **D**: pull down, lift, curve forward



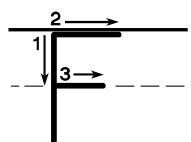
Lowercase **d**: circle back, push up, pull down



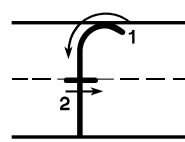
Uppercase **E**: pull down, lift, top slide right, lift, middle slide right, lift, bottom slide right



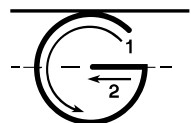
Lowercase **e**: slide right, circle back



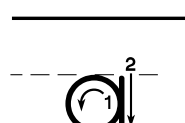
Uppercase **F**: pull down, lift, top slide right, lift, middle slide right



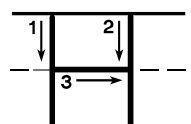
Lowercase **f**: curve back from the top, lift, cross in the middle



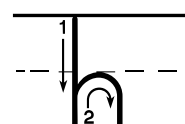
Uppercase **G**: circle back, slide left in the middle



Lowercase **g**: circle back, push up, pull down, curve back

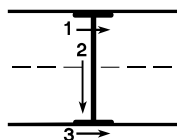


Uppercase **H**: pull down, lift, pull down, lift, slide across in the middle

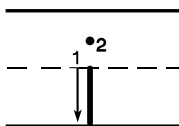


Lowercase **h**: pull down, push up, curve forward, pull down

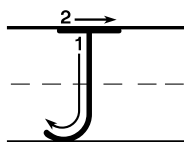
Forming Letters (continued)



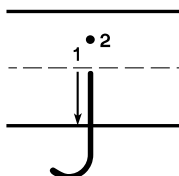
Uppercase **I**: cross the top, pull down, cross the bottom



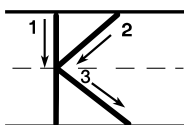
Lowercase **i**: pull down, dot above the top



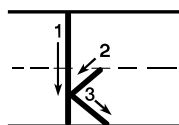
Uppercase **J**: pull down, curve back, lift, cross the top



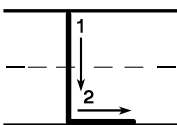
Lowercase **j**: pull down, curve back, dot above the top



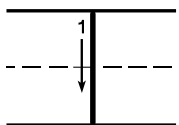
Uppercase **K**: pull down, lift, slant in, slant out



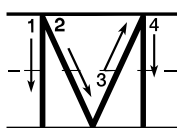
Lowercase **k**: pull down, lift, slant in, slant out



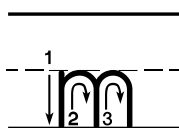
Uppercase **L**: pull down, slide right



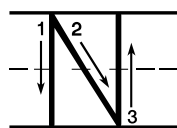
Lowercase **l**: pull down



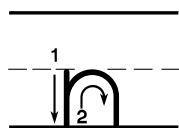
Uppercase **M**: pull down, lift, slant left down, slant up, pull down



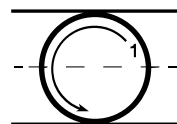
Lowercase **m**: pull down, push up, curve forward, pull down, push up, curve forward, pull down



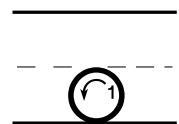
Uppercase **N**: pull down, lift, slant right down, push up



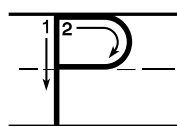
Lowercase **n**: pull down, push up, curve forward, pull down



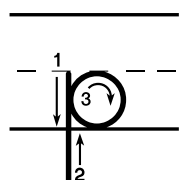
Uppercase **O**: circle around



Lowercase **o**: circle around

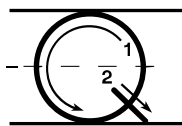


Uppercase **P**: pull down, lift, push up, curve forward, slide left

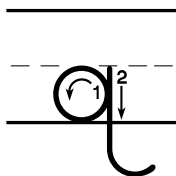


Lowercase **p**: pull down, push up, circle forward

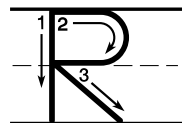
Forming Letters (continued)



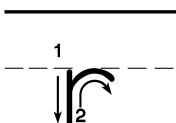
Uppercase **Q**: circle around, lift, slant right



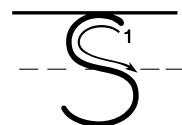
Lowercase **q**: circle back, push up, pull down, curve back



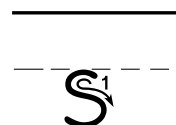
Uppercase **R**: pull down, lift, curve forward, slide left, slant right



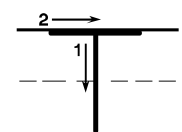
Lowercase **r**: pull down, push up, curve forward



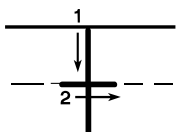
Uppercase **S**: curve back, curve forward



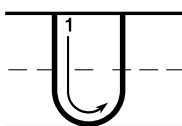
Lowercase **s**: curve back, curve forward



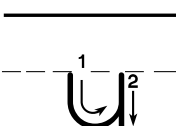
Uppercase **T**: pull down, lift, cross the top



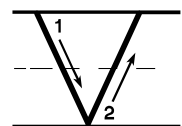
Lowercase **t**: pull down, lift, cross in the middle



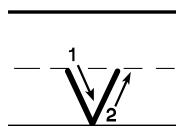
Uppercase **U**: pull down, curve forward, push up



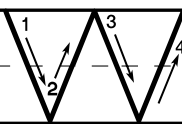
Lowercase **u**: pull down, curve forward, push up, pull down



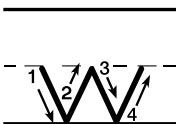
Uppercase **V**: slant right, slant up



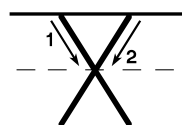
Lowercase **v**: slant right, slant up



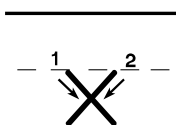
Uppercase **W**: slant right down, slant up, slant right down, slant up



Lowercase **w**: slant right down, slant up, slant right down, slant up

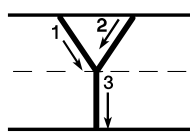


Uppercase **X**: slant right down, lift, slant left down

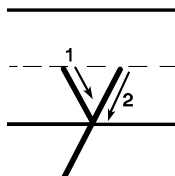


Lowercase **x**: slant right down, lift, slant left down

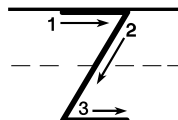
Forming Letters (continued)



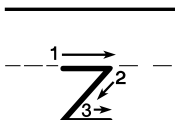
Uppercase **Y**: slant right down to the middle, lift, slide left down to the middle, pull down to the bottom



Lowercase **y**: slant right down, lift, slant left down



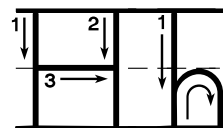
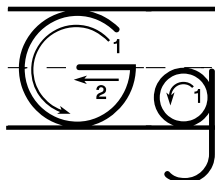
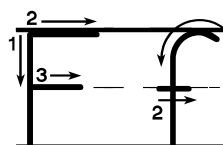
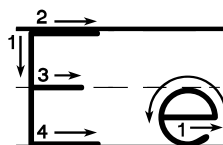
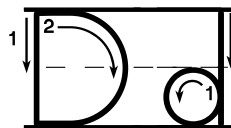
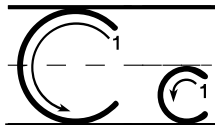
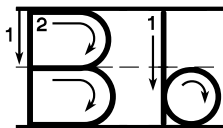
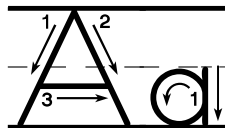
Uppercase **Z**: slide right, slant left down, slide right



Lowercase **z**: slide right, slant left down, slide right

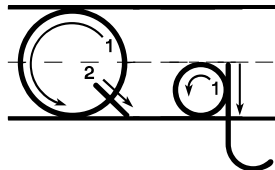
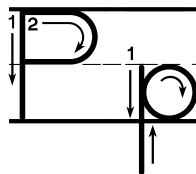
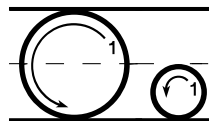
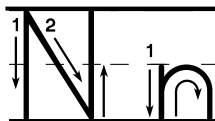
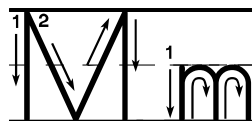
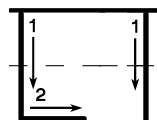
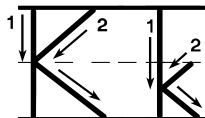
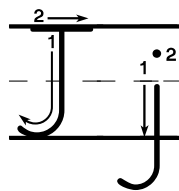
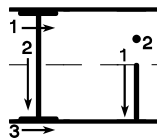
Name: _____ Date: _____

Handwriting Practice: Alphabet



Name: _____ Date: _____

Handwriting Practice: Alphabet (continued)



Name: _____ Date: _____

Handwriting Practice: Alphabet (continued)

R r

S s

T t

U u

V v

W w

X x

Y y

Z z

Name: _____ Date: _____

Handwriting Practice: Numerals

0

1

2

3

4

5

6

7

8

9

Name: _____ Date: _____

Trace the letters.

a a f f S S

Copy the sentence on the lines.

She can follow
the rules.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.

i i r r Y Y

Copy the sentence on the lines.

You can play
with friends.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.

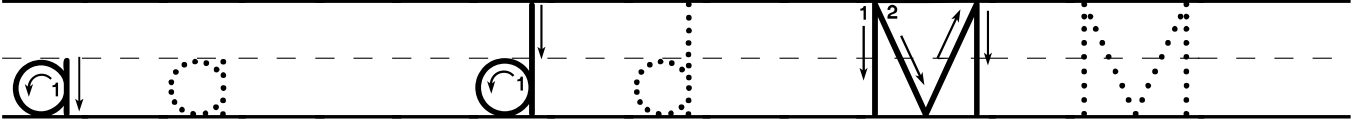
v v p p I I

Copy the sentence on the lines.

I have to mop
the hall.

Write your own sentence.

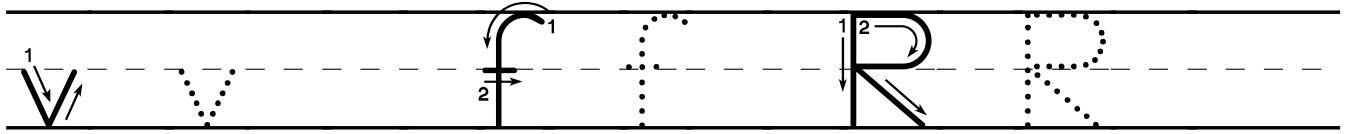
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

My coat is red.

Write your own sentence.

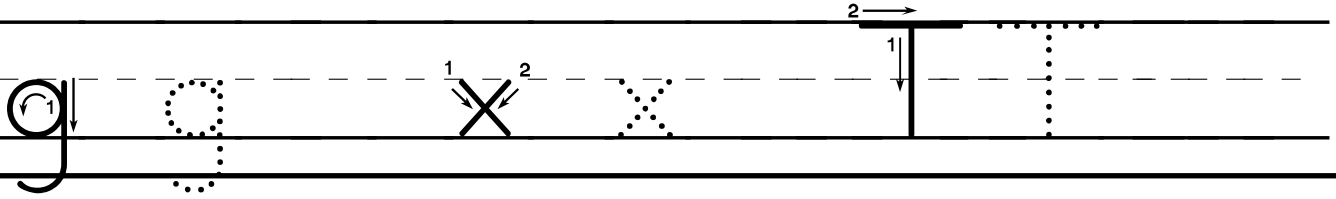
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Rabbits can run
very fast.

Write your own sentence.

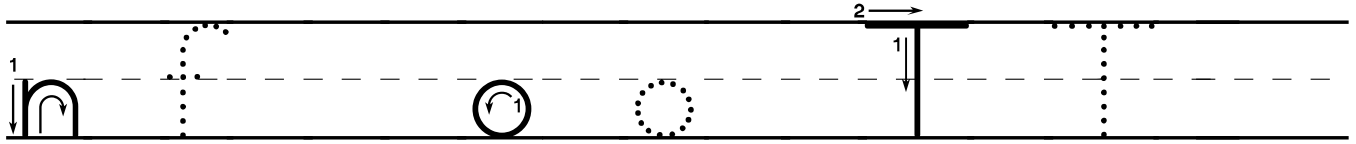
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

The sly fox gets
a treat.

Write your own sentence.

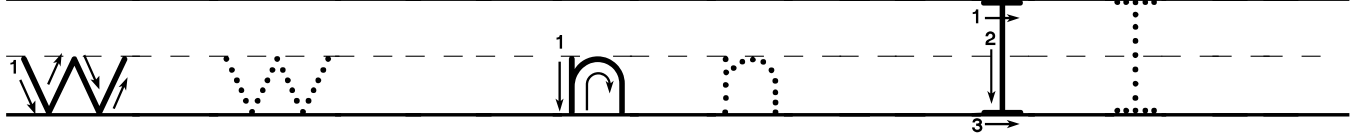
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

The frog's legs
are long.

Write your own sentence.

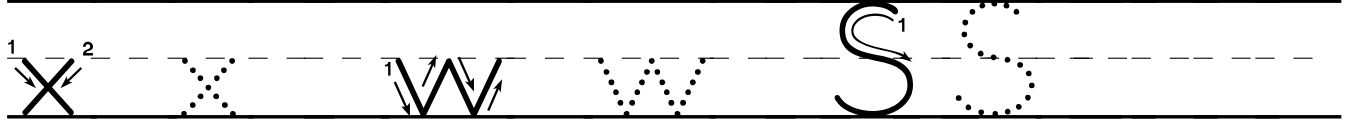
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

It's cold in
the winter.

Write your own sentence.

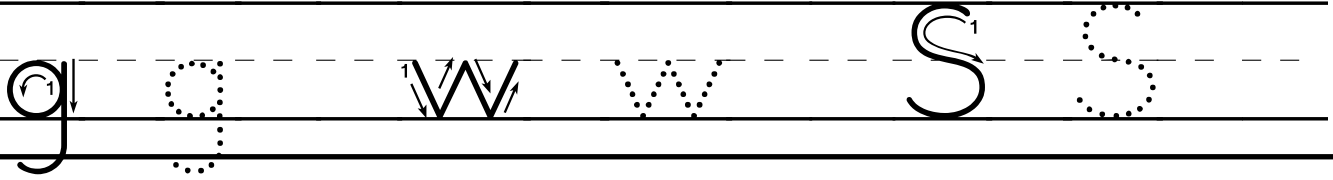
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Six ducks walked
to the pond.

Write your own sentence.

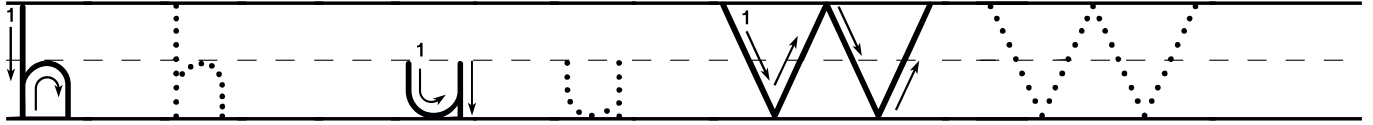
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

She is working
very hard.

Write your own sentence.

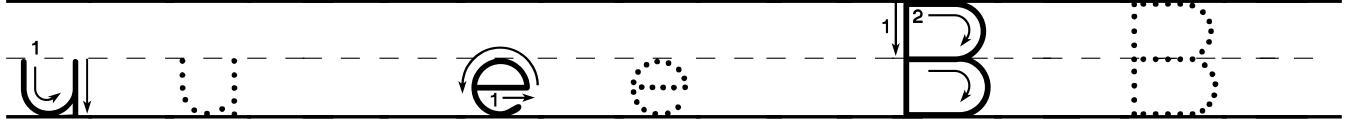
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Watch out for
falling acorns.

Write your own sentence.

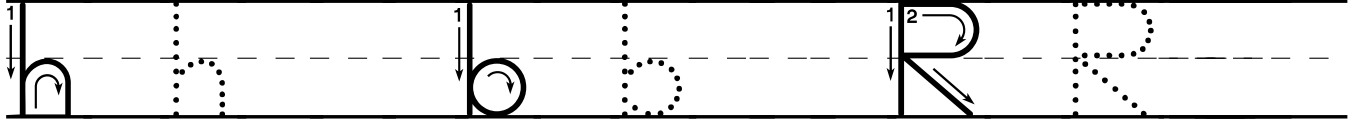
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Buses drive down
the street.

Write your own sentence.

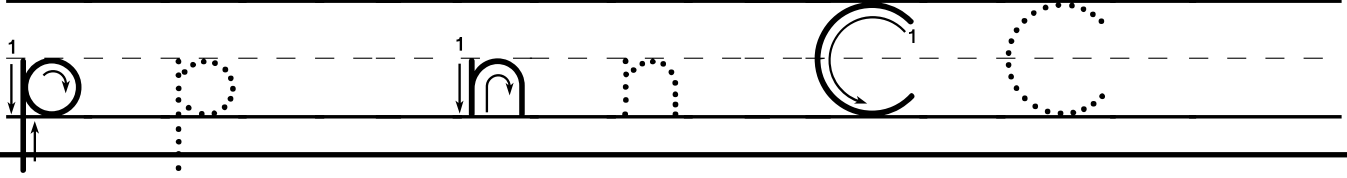
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Robots can help
save lives.

Write your own sentence.

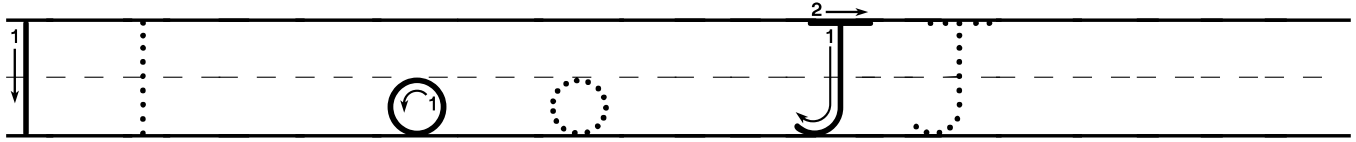
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Call me on
the phone.

Write your own sentence.

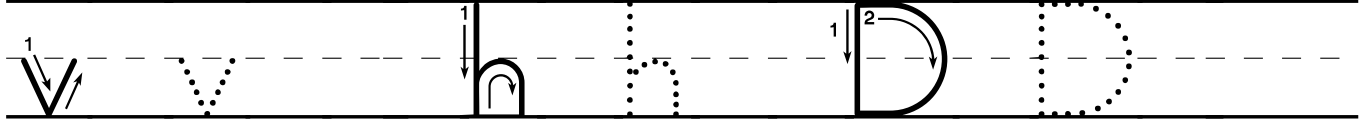
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Jill doesn't live
in the city.

Write your own sentence.

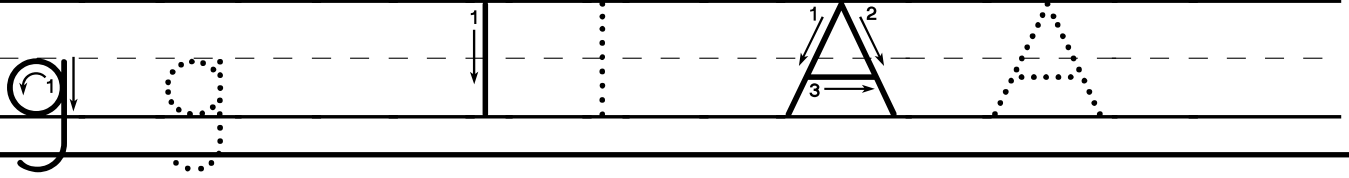
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

David has a very
nice jacket.

Write your own sentence.

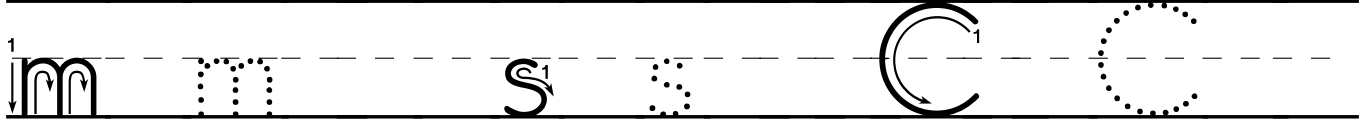
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Alice is smiling
at Steve.

Write your own sentence.

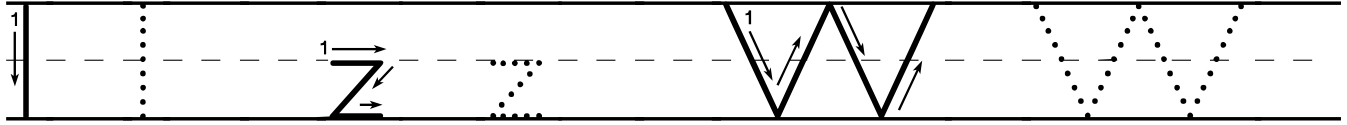
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Can we go
swimming today?

Write your own sentence.

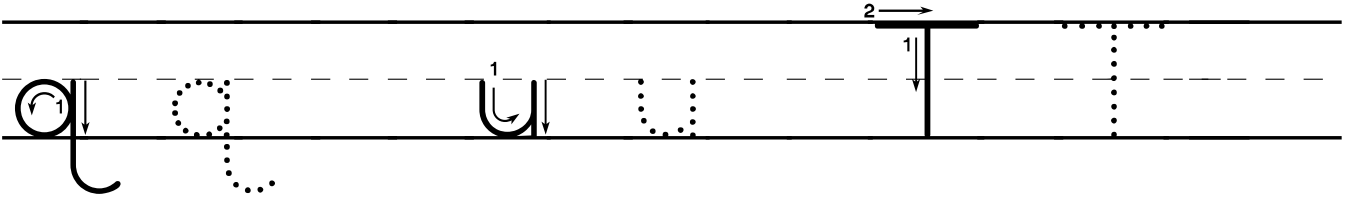
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

We will go to
the zoo.

Write your own sentence.

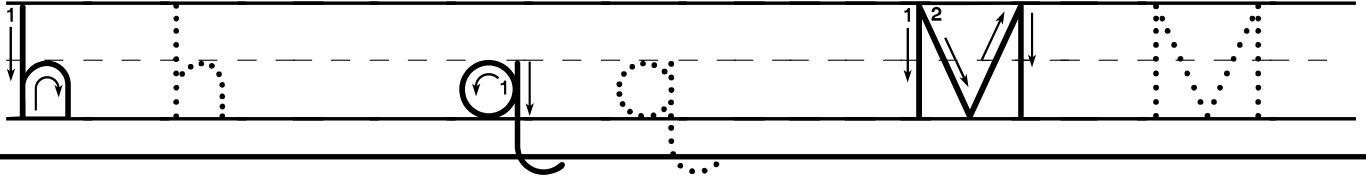
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

The queen is
unhappy.

Write your own sentence.

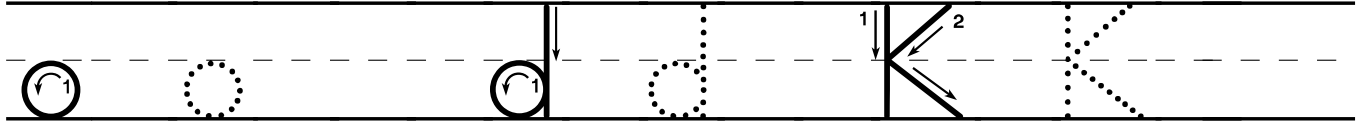
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

My sister has
a question.

Write your own sentence.

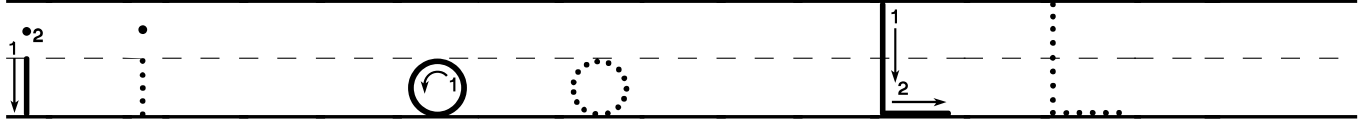
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Ken got a
birthday card.

Write your own sentence.

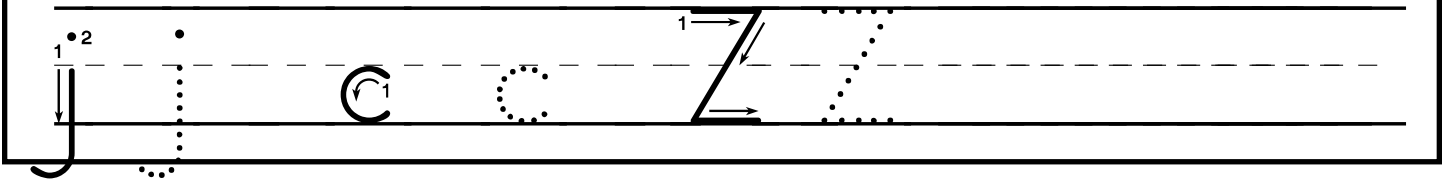
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Listen to the
lion roar.

Write your own sentence.

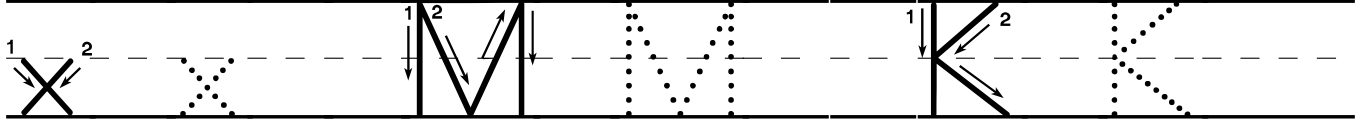
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Zip up your
jacket.

Write your own sentence.

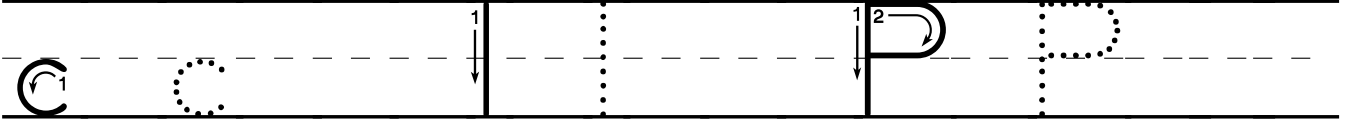
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Kelly is taller
than Max.

Write your own sentence.

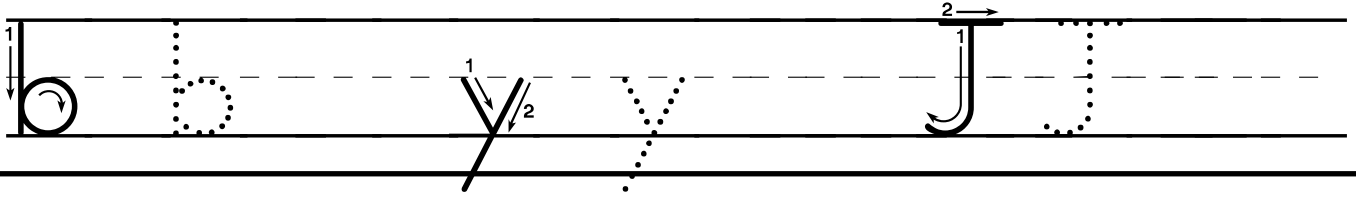
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Pet the cat
softly.

Write your own sentence.

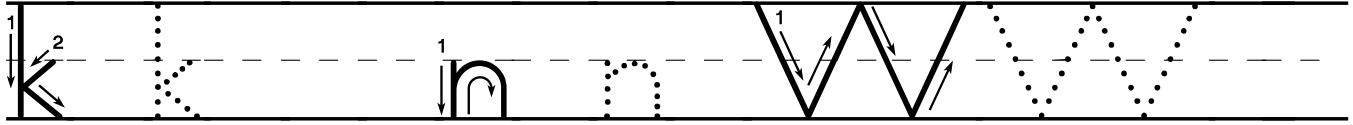
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Jack buys snacks
and juice.

Write your own sentence.

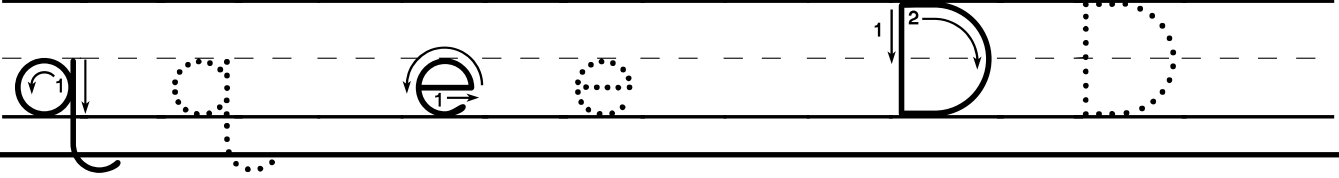
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

We know how
to sing.

Write your own sentence.

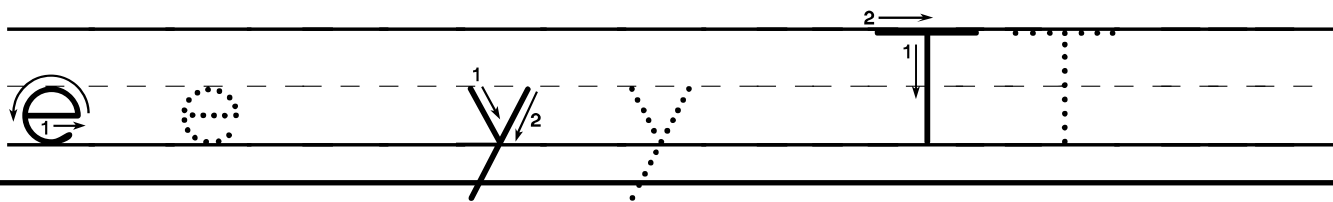
Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

Dawn is quite
helpful.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.**Copy the sentence on the lines.**

The little baby
smiles.

Write your own sentence.