Warm-Up Strokes

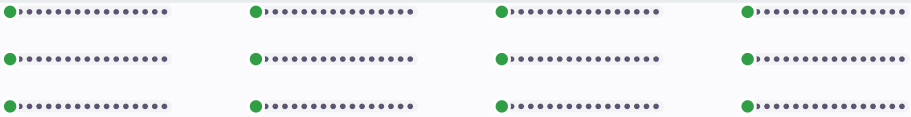
Name _____ **Date** _____

Start at the green dot and trace each pattern.

Standing lines
top to bottom



Sleeping lines
left to right



Slanting lines
start at the top



Zigzag
up and down



Hills
up and over



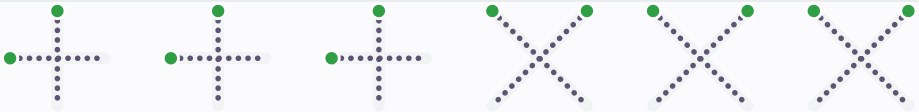
Valleys
down and up



Circles
start at the top



Plus and cross
down, then across



Handwriting checklist for kids

- Sit tall with both feet flat on the floor and tilt the paper a little.
- Hold the pencil with thumb and two fingers (a tripod grip).
- Use the other hand to hold the paper still.
- Start at the top and say each stroke aloud: down, across, around.

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