Warm-Up Strokes

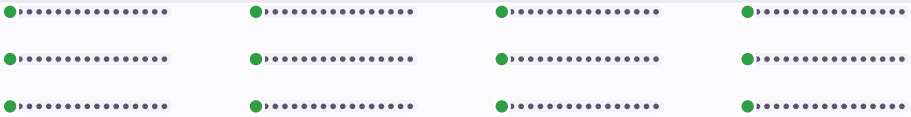
Name _____ **Date** _____

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



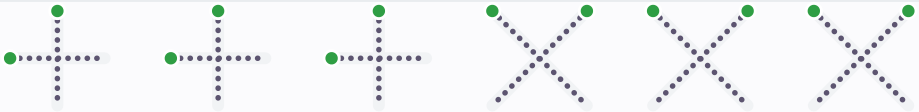
Valleys
down and up



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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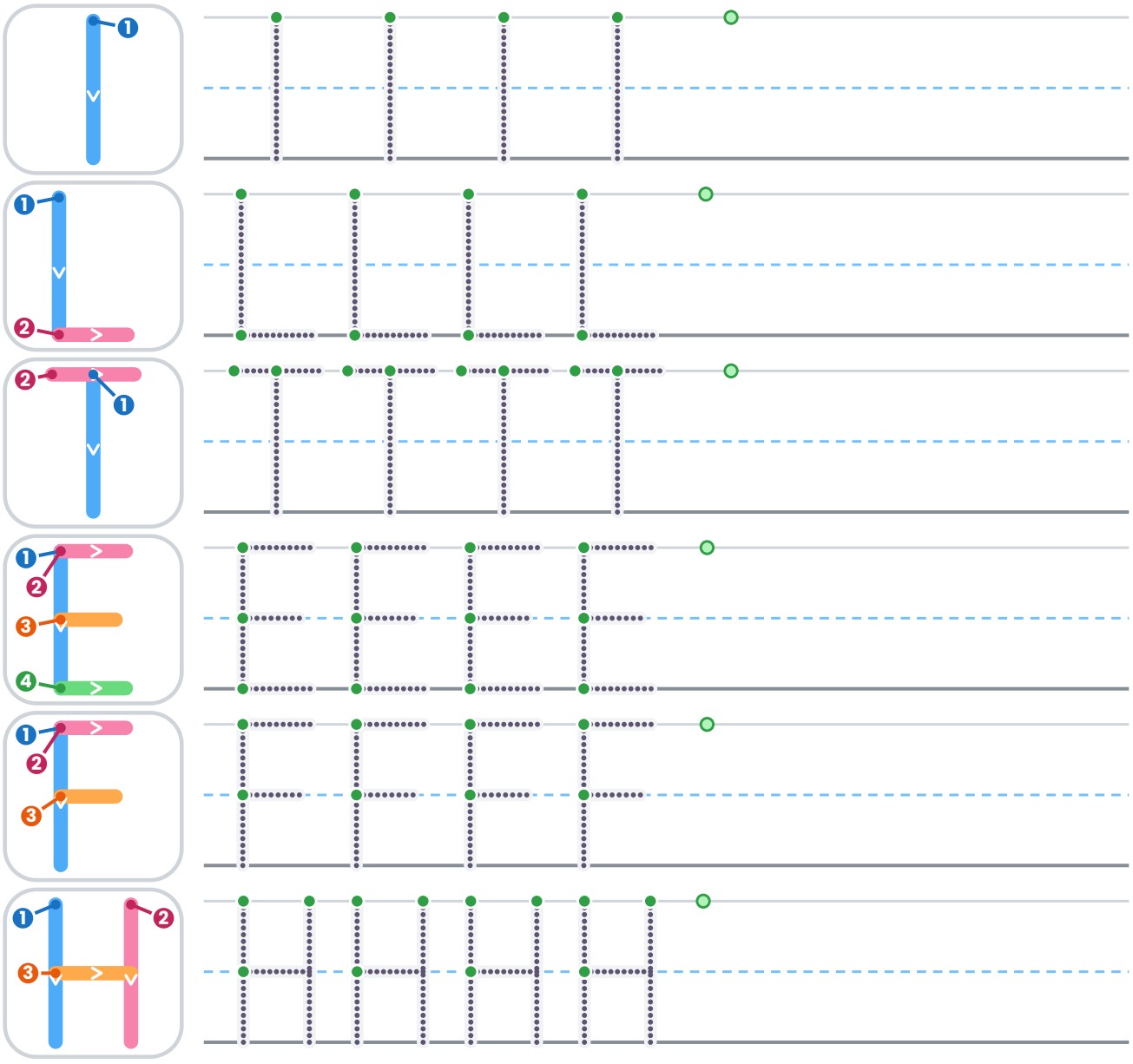
Capital Letters: Straight Lines

Name _____ **Date** _____

Start at the green dot and follow the arrows. Trace, then write.



Tip for parents and teachers

All six capitals are built from straight lines. Start at the top and pull straight down; then lift the pencil and slide across from left to right.

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Capital Letters: Slants and Zigzags

Name _____ **Date** _____

Start at the green dot and follow the arrows. Trace, then write.



Tip for parents and teachers

Slanting lines are the hardest to control. Say it aloud: "slant down, slant up" for V and W. Nearly every slant starts at the top. X, Y, A and K need the pencil lifted between lines.

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Capital Letters: Lines and Bumps

Name _____ **Date** _____

Start at the green dot and follow the arrows. Trace, then write.



Tip for parents and teachers

M, N, B, D, P and R all start with the same tall line down from the top.
Lift, go back to the top, then add the slants or bumps. J is one line down with a hook.

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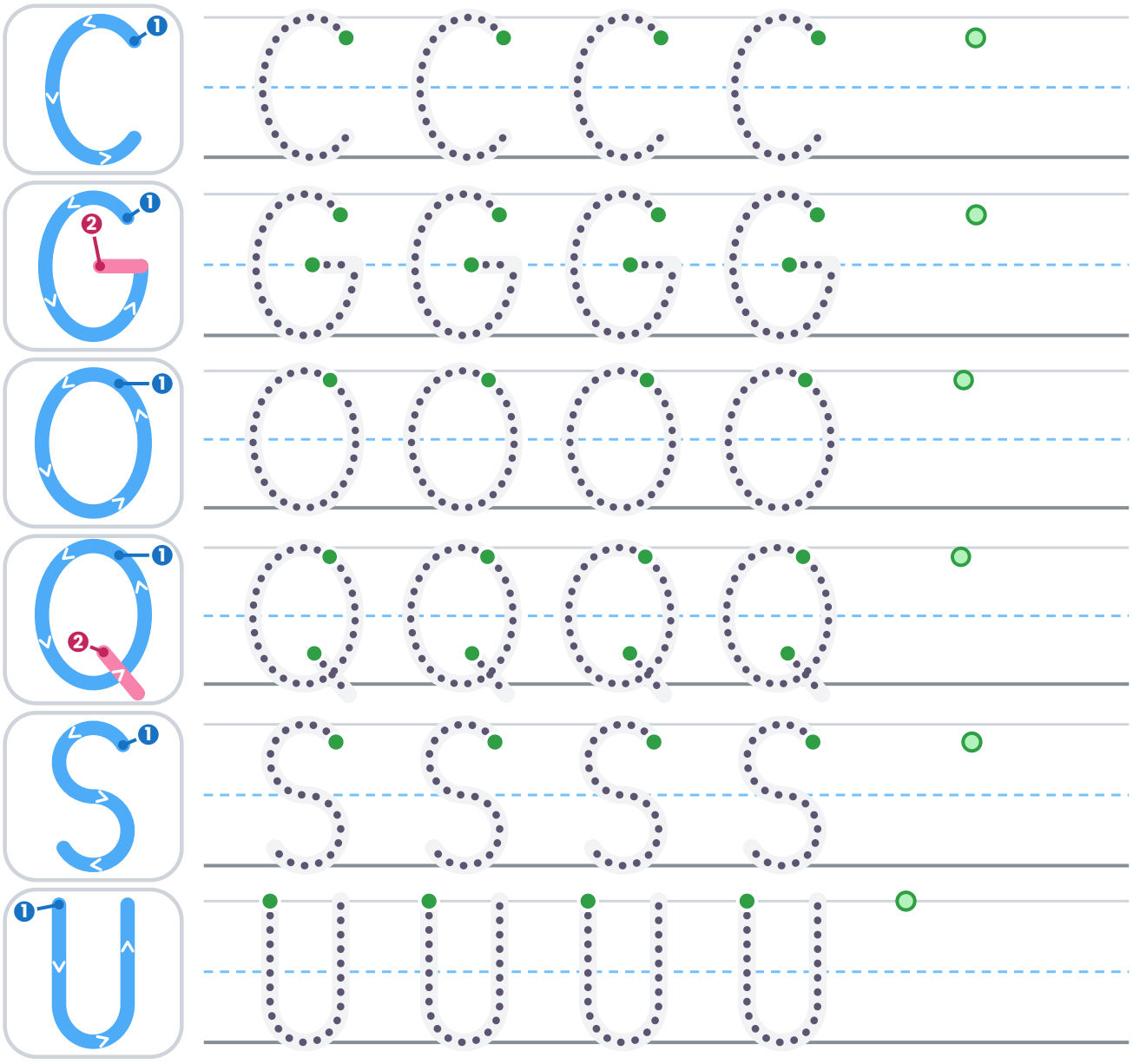
Capital Letters: Curves and Circles

Name _____ **Date** _____

Start at the green dot and follow the arrows. Trace, then write.



Tip for parents and teachers

C, G, O and Q start at the top and curve to the left (counter-clockwise). S also starts at the top right. U starts at the top left: down, around and up.

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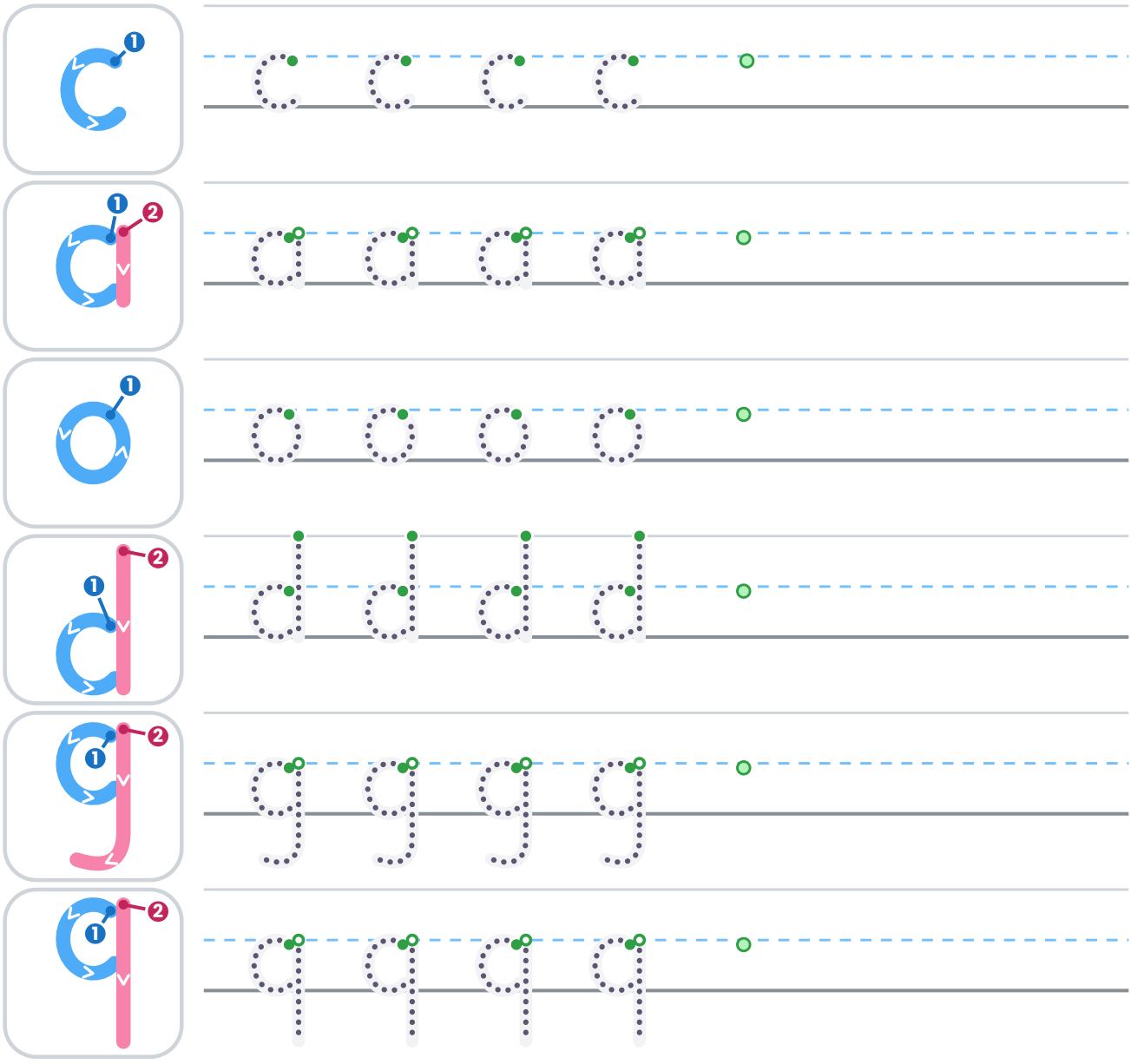
Lowercase Round Letters

Name _____ **Date** _____

Start at the green dot and follow the arrows. Trace, then write.



Tip for parents and teachers

All six letters begin with the same round c-stroke, starting at the top right.
Say it aloud: "Around, then straight down." Only c and o have no line.

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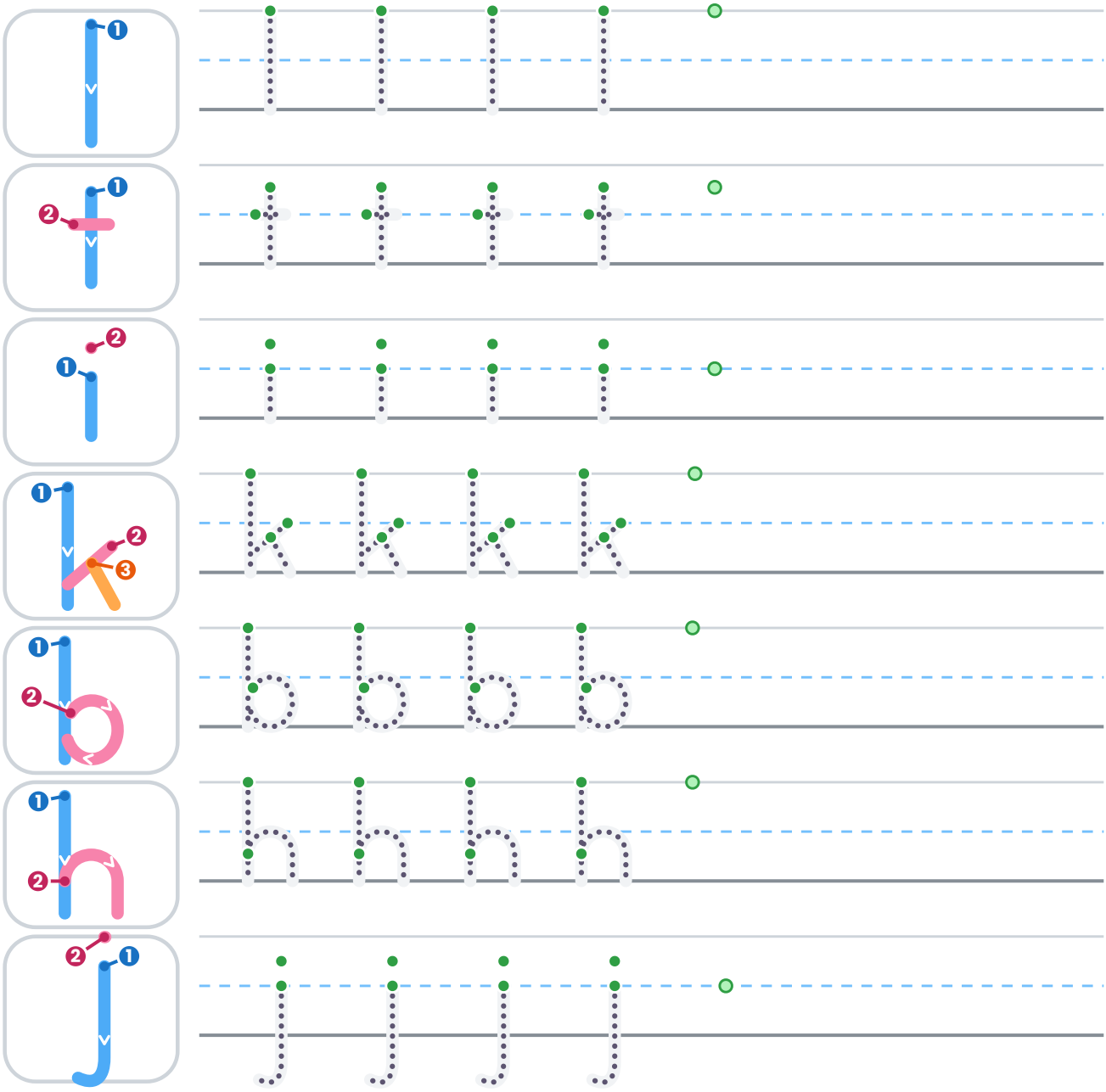
Lowercase Tall Letters

Name _____ **Date** _____

Start at the green dot and follow the arrows. Trace, then write.



Tip for parents and teachers

Tall letters start at the top: pull straight down first, then add the rest (b, h, k).
The dot on i and j comes last and sits above the dashed line.

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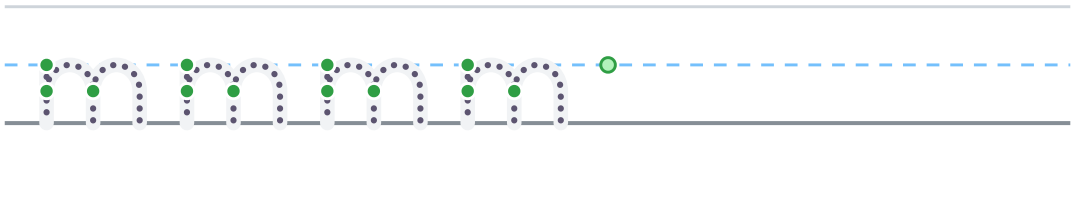
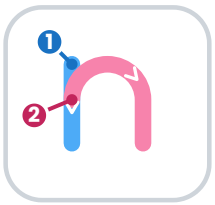
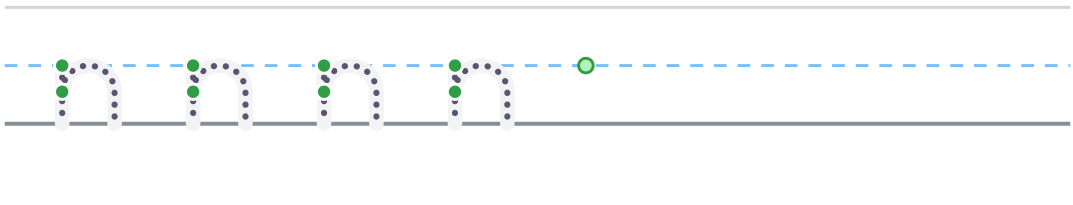
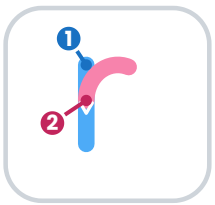
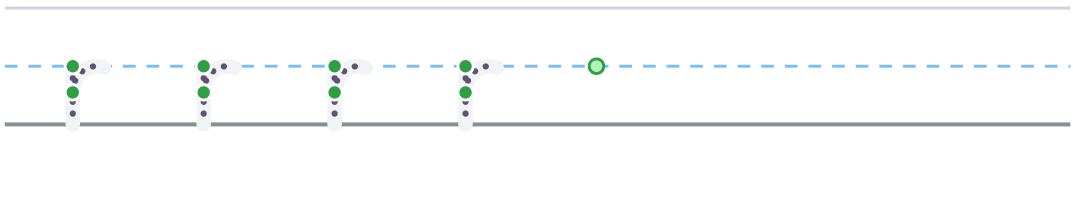
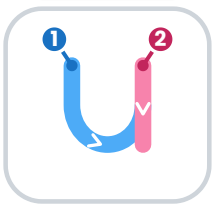
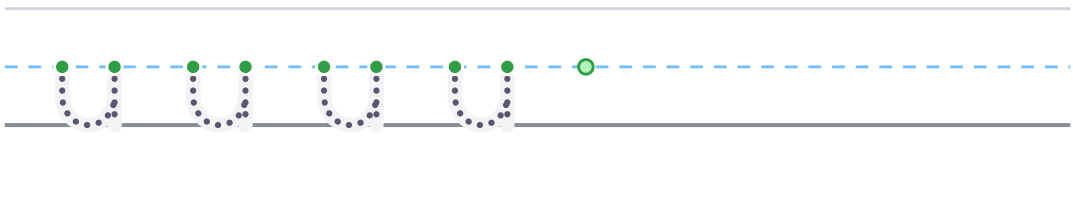
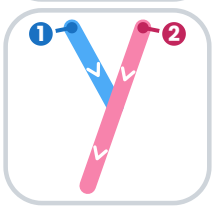
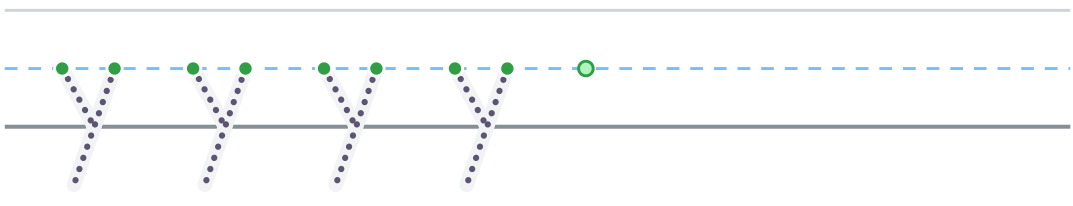
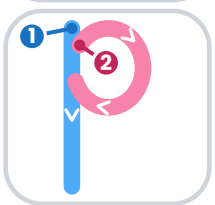
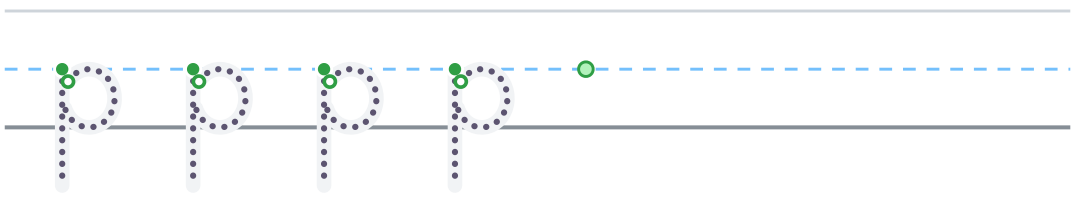
Lowercase Humps and Hooks

Name _____ **Date** _____

Start at the green dot and follow the arrows. Trace, then write.

Tip for parents and teachers

m, n and r start with a short line down; go back up the line and over for the hump. u is down, around, then a line down. y and p have tails below the bottom line.

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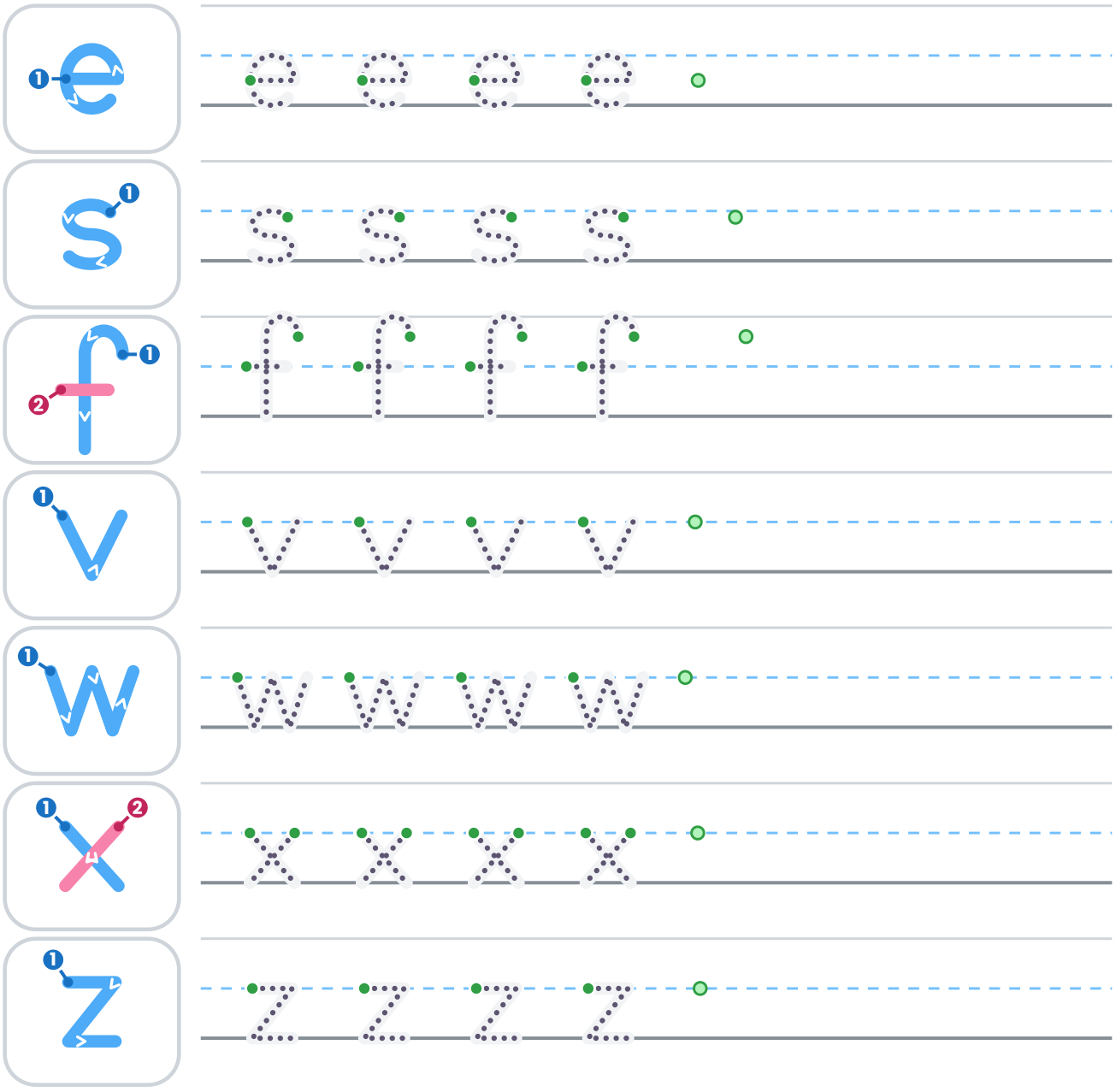
Lowercase Curves and Slants

Name _____ **Date** _____

Start at the green dot and follow the arrows. Trace, then write.



Tip for parents and teachers

e starts in the middle: across, then around. s is a snake: curve over, curve under. v, w, x and z are straight slants. f has a hook at the top, a line down and a cross.

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Capital Letter Formation Chart

Name _____ **Date** _____

Trace the strokes with your finger, then with a pencil.



How to read the chart

- A small dot marks where a stroke starts.
- 1 Numbers show the order of the strokes.
- Arrows show which way to go.

Tip for parents and teachers

Keep this chart next to your child while they practise. Say the words under each letter aloud as you trace the stroke together: first the 1, then the 2, then the 3.

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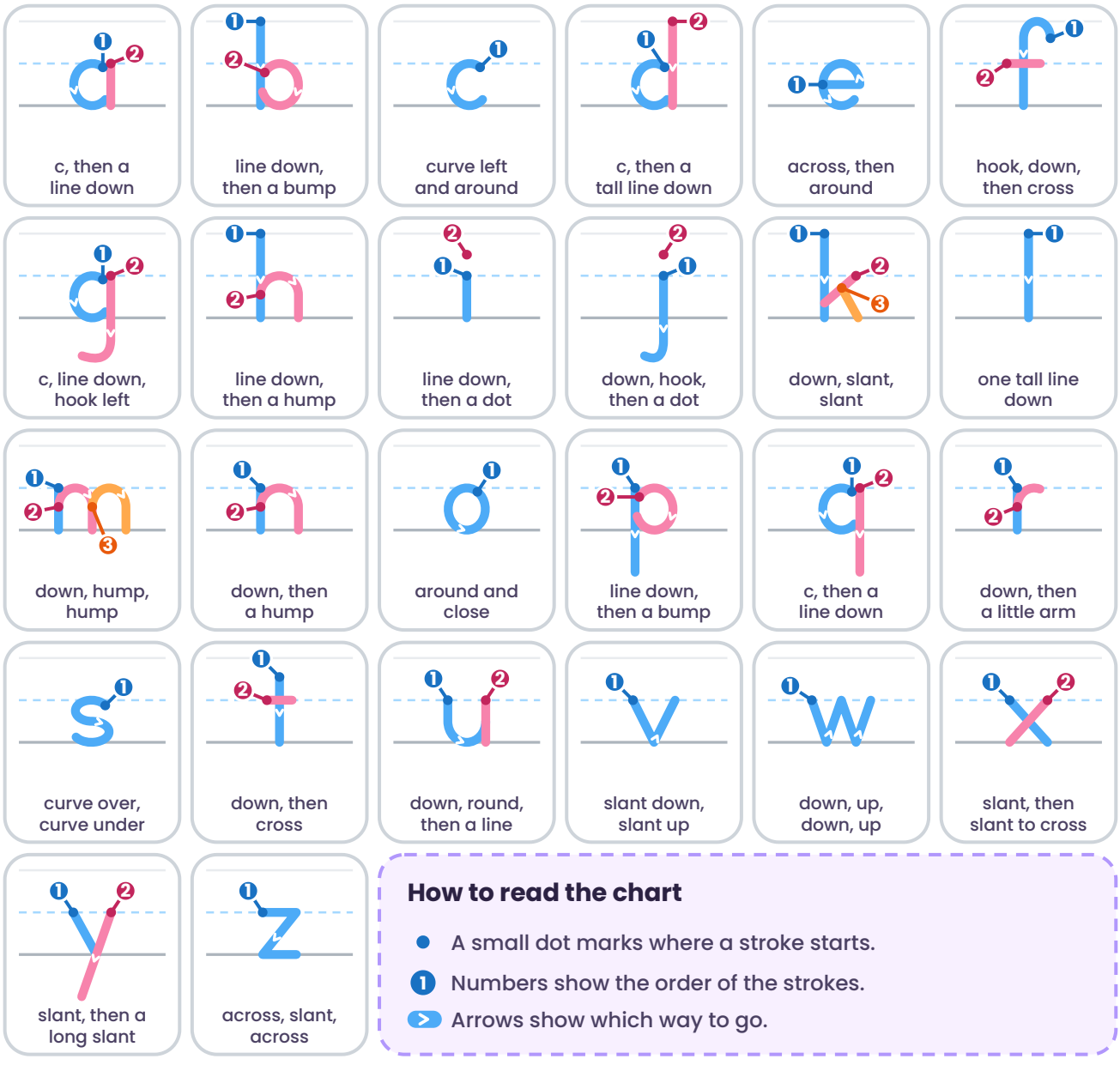
Lowercase Letter Formation Chart

Name _____ **Date** _____

Trace the strokes with your finger, then with a pencil.



How to read the chart

- A small dot marks where a stroke starts.
- 1 Numbers show the order of the strokes.
- Arrows show which way to go.

Tip for parents and teachers

Small letters sit on the bottom line. Tall letters reach the top line and tails hang below. Watch b and d: b starts with the line, d starts with the round c.

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Tall, Short and Tail Letters

Name _____ **Date** _____

Look at each letter in the bank. Write it in the row where it belongs.

Letter bank

a b c d e f g h i j k l m

n o p q r s t u v w x y z

TALL
Tall letters reach the top line.

SHORT
Short letters stay between the dashed line and the bottom line.

TAIL
Tail letters hang below the bottom line.

Tip for parents and teachers
Ask: does this letter go up, stay short, or hang down? Then write it in that row.
The letter t is a little shorter than the other tall letters.

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