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.

<table>
<thead>
<tr>
<th>Aa</th>
<th>Bb</th>
<th>Gg</th>
</tr>
</thead>
<tbody>
<tr>
<td>bag</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

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

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

Lowercase z: slide right, slant left down, slide right
Handwriting Practice: Alphabet

Aa

B b

Cc

D d

e e

F f

Gg

H h
Handwriting Practice: Alphabet (continued)

I i

J j

K k

L l

M m

N n

O o

P p

Q q

Name: __________________________ Date: __________
Handwriting Practice: Alphabet (continued)

R r

S s

T t

U u

V v

W w

X x

Y y

Z z
Handwriting Practice: Numerals

0

1

2

3

4

5

6

7

8

9

Name: ___________________________  Date: __________

Handwriting Practice
Trace the letters.

Copy the sentence on the lines.
The penguins jump into the ocean.

Write your own sentence.
It is warm in Africa.

Write your own sentence.
Trace the letters.

\[ \text{X x w w S S} \]

Copy the sentence on the lines.

Six snakes wind through the desert.

Write your own sentence.
Trace the letters.

My dad reads me fairy tales.

Write your own sentence.
Trace the letters.

Rough-Face Girl is my favorite story.

Write your own sentence.
Troll is nice to the goats and the ox.
Trace the letters.

Sarah and her friend like the park.

Write your own sentence.
Yuri wears a seat belt in the car.

Write your own sentence.
Trace the letters.

Copy the sentence on the lines.

I voted for the class president.

Write your own sentence.
Swim with Frog in the pond.

Write your own sentence.
Trace the letters.

h h u u W W

Copy the sentence on the lines.

We all shared the stone soup.

Write your own sentence.
Trace the letters.

u u e e B B

Copy the sentence on the lines.

Owl helped Bear
before the sun set.

Write your own sentence.
Trace the letters.

Copy the sentence on the lines.

Rob flew with the Wright brothers.

Write your own sentence.
Carver invented farming products.

Write your own sentence.
Trace the letters.

Copy the sentence on the lines.

Jake uses a robot to attend school.

Write your own sentence.
Trace the letters.

Copy the sentence on the lines.

David heard about greedy King Midas.

Write your own sentence.
Trace the letters.

After he gardened,

Bear liked to share.

Write your own sentence.
Trace the letters.

m m s s C C

Copy the sentence on the lines.

Casey made friends in Unicycle Club.

Write your own sentence.
Trace the letters.

Trace "zzW" "W W W".

Copy the sentence on the lines.

We saw the buffalo graze.

Write your own sentence.


Tim quoted primary sources in his essay.

Write your own sentence.
Trace the letters.

My squad found fossils on the dig.

Write your own sentence.
Unit 8, Week 1

Trace the letters.

Kevin heard the tornado warning.

Write your own sentence.
Trace the letters.

Copy the sentence on the lines.

Look at the erosion on the rock.

Write your own sentence.
Zack jogs through the canyon.

Write your own sentence.
Trace the letters.

Copy the sentence on the lines.
Katy and Max visit the farmers’ market.

Write your own sentence.
Trace the letters.

Trace the letters.

Copy the sentence on the lines.

Paper and cardboard should be recycled.

Write your own sentence.
Trace the letters.

Copy the sentence on the lines.

Jacob's parents study dinosaurs.

Write your own sentence.
Unit 10, Week 1

We know how to make origami.

Copy the sentence on the lines.

We know how to make origami.

Write your own sentence.

[Blank space for student's own sentence]
Trace the letters.

Copy the sentence on the lines.

Dale's drink is a liquid.

Write your own sentence.
The Old Faithful geyser is famous.

Write your own sentence.