Small Letters a to m

Trace the gray ones, then copy them in the empty space.

a a a a a a a a

b b b b b b b b

c c c c c c c c

d d d d d d d d

e e e e e e e e

f f f f f f f f f

g g g g g g g g

h h h h h h h h

i i i i i i i i i i

j j j j j j j j j j

k k k k k k k k

l l l l l l l l l l

m m m m m m m

Small Letters n to z

Trace the gray ones, then copy them in the empty space.

n n n n n n n n

o o o o o o o o

p p p p p p p p

q q q q q q q q

r r r r r r r r

s s s s s s s s

t t t t t t t t t

u u u u u u u u

v v v v v v v v

w w w w w w w

x x x x x x x x

y y y y y y y y

z z z z z z z z

Capitals A to M

Trace the gray ones, then copy them in the empty space.

A A A A A A A

B B B B B B B

C C C C C C C

D D D D D D D

E E E E E E E

F F F F F F F

G G G G G G G

H H H H H H H

I I I I I I I I I

J J J J J J J J

K K K K K K K

L L L L L L L

M M M M M

Capitals N to Z

Trace the gray ones, then copy them in the empty space.

N N N N N N

O O O O O O O

P P P P P P P

Q Q Q Q Q Q Q

R R R R R R R

S S S S S S S

T T T T T T T T

U U U U U U U

V V V V V V V

W W W W W

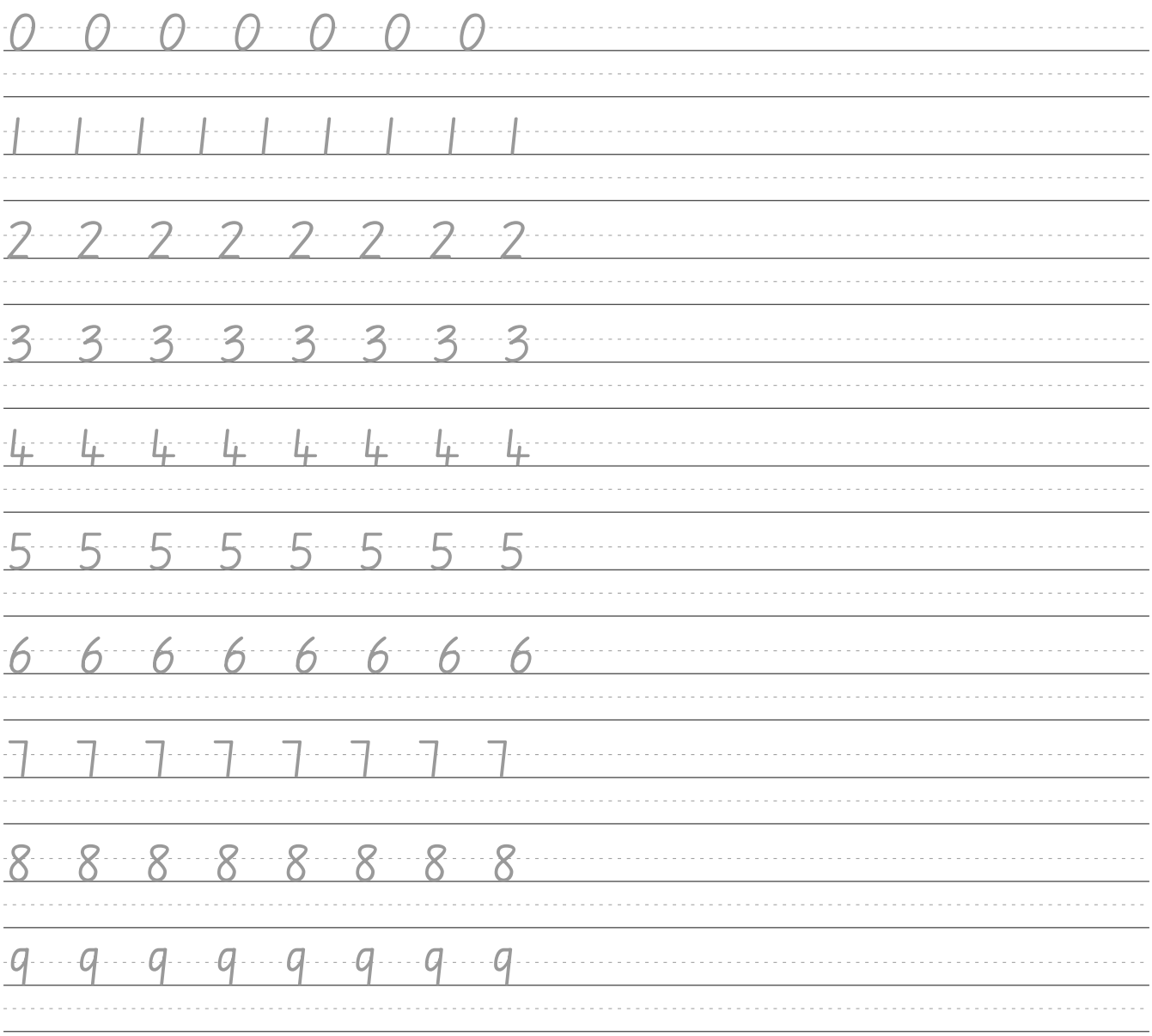
X X X X X X X

Y Y Y Y Y Y Y

Z Z Z Z Z Z Z

Numbers

Trace the gray ones, then copy them in the empty space.



Letter Groups and Words

Trace the gray ones, then copy them in the empty space.

th th th th th th

er er er er er er

ou ou ou ou ou ou

ing ing ing ing ing

tion tion tion tion

the other the other

through through through

morning morning

attention attention

your question

Practice Lines

Read each line once. Trace it, then copy it slowly on the empty lines.

I relax my grip and let the pen glide.

I relax my grip and let the pen glide.

I keep my small letters between the two lines.

I keep my small letters between the two lines.

I leave a little white space after each letter.

I leave a little white space after each letter.

I leave a gap as wide as an o between my words.

I leave a gap as wide as an o between my words.

Practice Lines

Read each line once. Trace it, then copy it slowly on the empty lines.

I keep my small letters the same height.

I keep my small letters the same height.

My down strokes all lean the same way.

My down strokes all lean the same way.

Every letter I write sits on the line.

Every letter I write sits on the line.

I hold my pen loosely and keep one even pace.

I hold my pen loosely and keep one even pace.

With a Middle Line

Without a Middle Line

Writing Sample

Copy the text in the box in your everyday handwriting. Use a new copy of these two pages each time.

> Every morning I take a quiet walk before the day gets busy. Just a few extra minutes outside help me organize my thoughts. Then I sit down, pick up my pen and begin.

DATE _____

Speed Test

Set a timer for 2 minutes. Write the sentence below again and again, at the speed you would use for a note to yourself. Stop when the timer rings.

The quick brown fox jumps over the lazy dog.

SPEED: WORDS IN 2 MINUTES _____

SCORE THE COPIED TEXT ON THE FIRST PAGE. CIRCLE 1 (WEAK) TO 5 (STRONG).

Shape	Can each letter be read on its own?	1	2	3	4	5
Size	Are small letters the same height?	1	2	3	4	5
Spacing	Are the gaps even?	1	2	3	4	5
Slant	Do the letters lean the same way?	1	2	3	4	5
Line	Do the letters sit on the line?	1	2	3	4	5

Copy your speed and the five scores to the progress chart.

Progress Chart

Copy your scores here after the starting sample, each checkpoint and the final sample.

	SHAPE	SIZE	SPACING	SLANT	LINE	TOTAL / 25	SPEED
Starting sample							
Day 7 · Checkpoint 1							
Day 14 · Checkpoint 2							
Day 21 · Checkpoint 3							
Day 28 · Checkpoint 4							
Day 30 · Final sample							

DAYS DONE. TICK ONE BOX AFTER EACH DAY.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Every day my handwriting gets clearer.

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Each day I give one task my full mind.

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Every day I choose my pen before my phone.

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I keep my small promises, one day at a time.

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Each day I get a little better with practice.

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