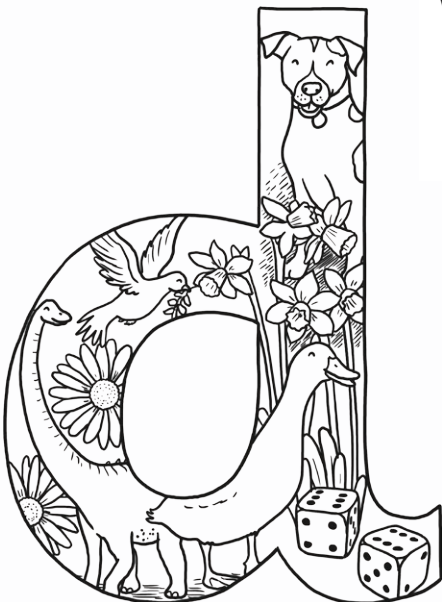
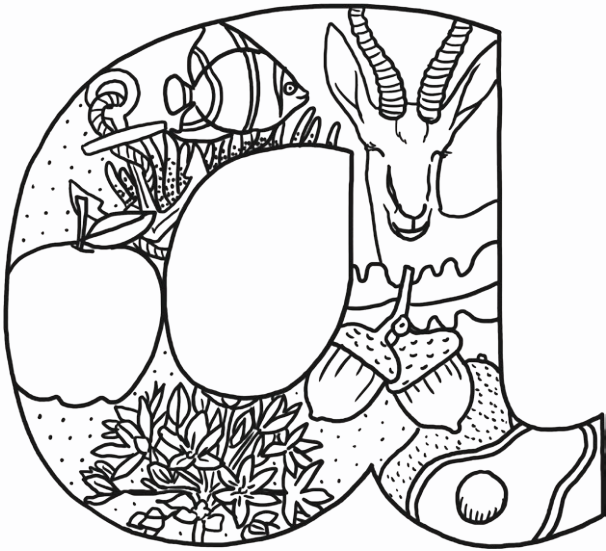
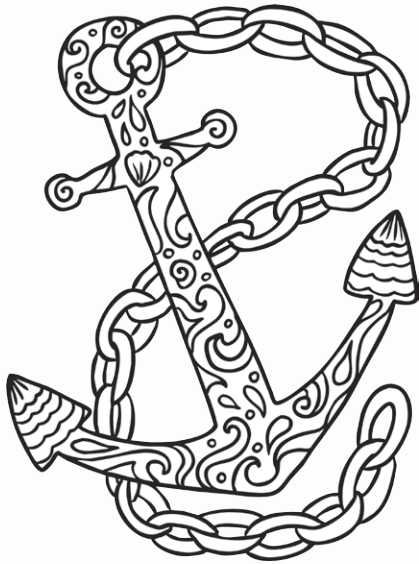


Mindfulness

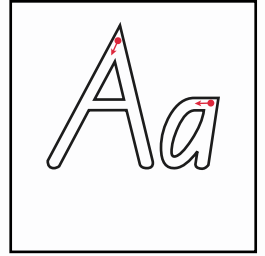
Handwriting Practice





Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: a for anchor.

Now copy the letters and words into your handwriting book.

a a a

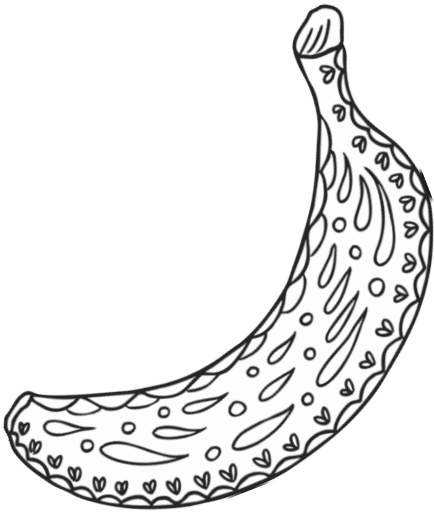
A A A

Aa Aa Aa

and

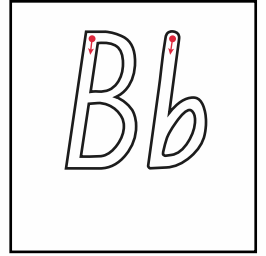
are

all



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: b for banana.

Now copy the letters and words into your handwriting book.

b b b

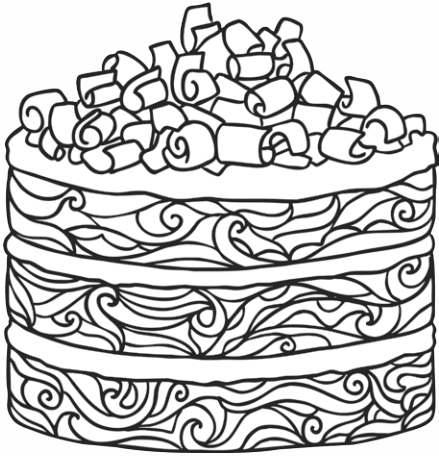
B B B

Bb Bb Bb

be

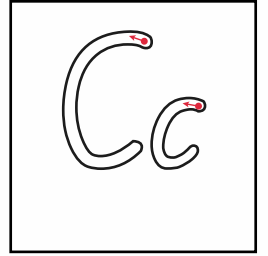
but

before



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: c for cake.

Now copy the letters and words into your handwriting book.

c c c

C C C

Cc Cc Cc

can

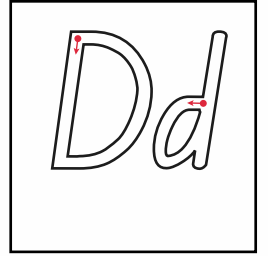
cat

come



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: d for dog.

Now copy the letters and words into your handwriting book.

d d d

D D D

Dd Dd Dd

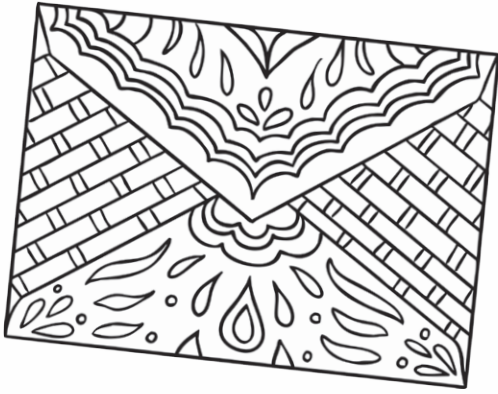
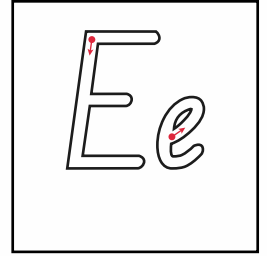
Dad

do

did

Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: e for envelope.

Now copy the letters and words into your handwriting book.

e e e

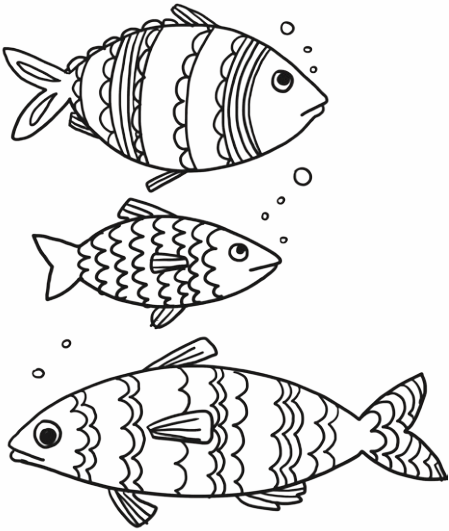
E E E

Ee Ee Ee

every

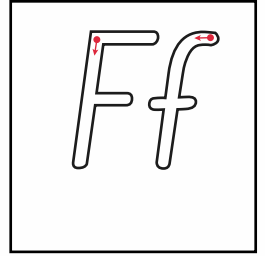
eat

eel



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: f for fish.

Now copy the letters and words into your handwriting book.

f f f

F F F

Ff Ff Ff

for

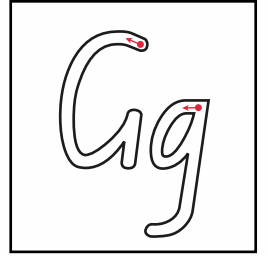
four

from



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: g for guitar.

Now copy the letters and words into your handwriting book.

g g g

G G G

Gig Gig Gig

go

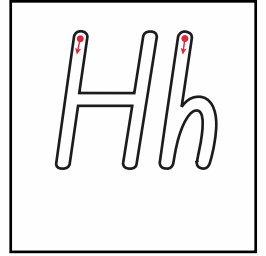
good

got



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: h for hand.

Now copy the letters and words into your handwriting book.

h h h

H H H

Hh Hh Hh

her

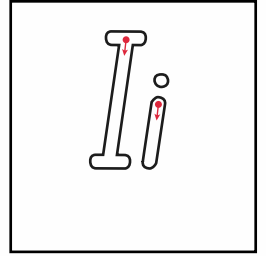
his

hello



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: i for ink.

Now copy the letters and words into your handwriting book.

i i i

I I I

Ii Ii Ii

it

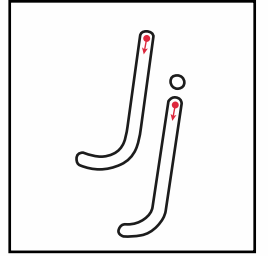
is

if



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: j for jam.

Now copy the letters and words into your handwriting book.

j j j

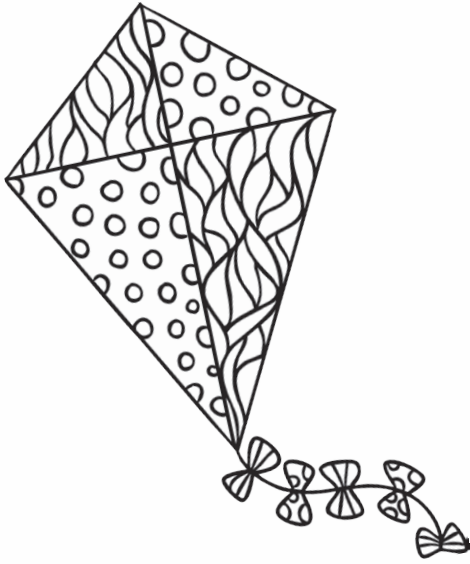
J J J

Jj Jj Jj

just

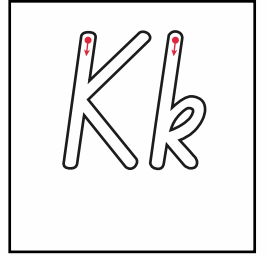
joke

jump



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: k for kite.

Now copy the letters and words into your handwriting book.

k k k

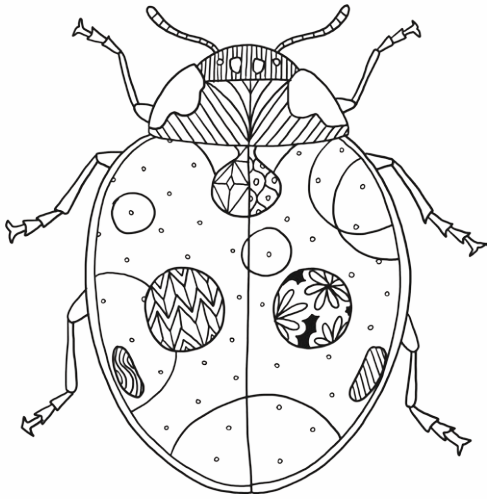
K K K

Kk Kk Kk

kite

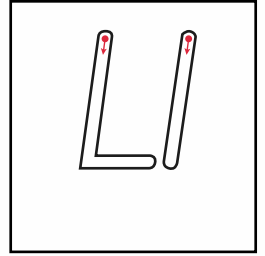
kind

king



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: l for ladybird.

Now copy the letters and words into your handwriting book.

l l l

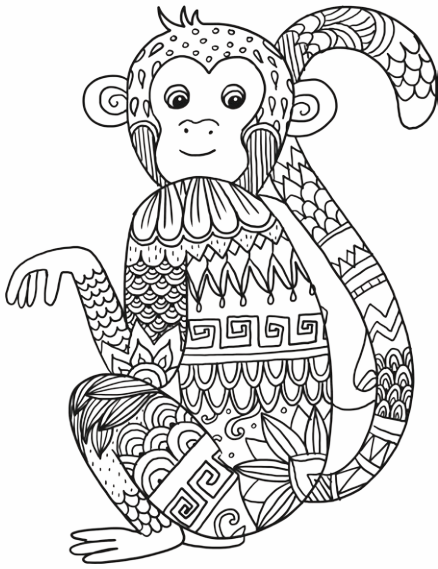
L L L

l l l l l

like

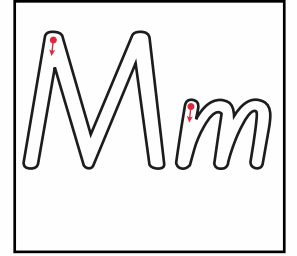
little

look



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: m for monkey.

Now copy the letters and words into your handwriting book.

m m m

M M M

Mm Mm Mm

me

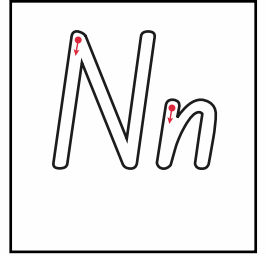
my

mum



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: n for nose.

Now copy the letters and words into your handwriting book.

n n n

N N N

Nn Nn Nn

no

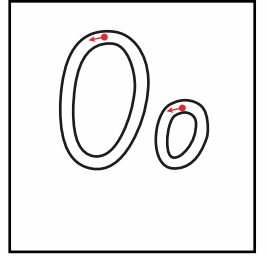
not

now



Notes to remember:

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- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: o for orange.

Now copy the letters and words into your handwriting book.

o o o

O O O

Oo Oo Oo

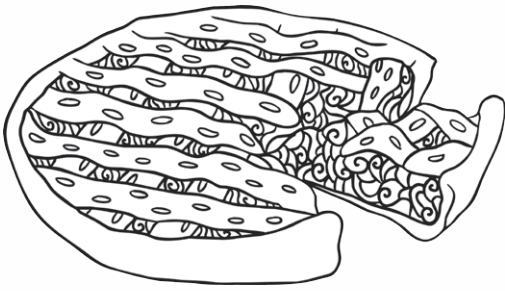
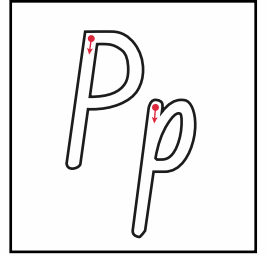
of

out

our

Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: p for pie.

Now copy the letters and words into your handwriting book.

p p p

P P P

Pp Pp Pp

put

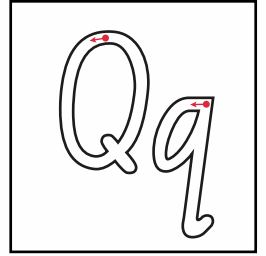
pull

pick



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: q for queen.

Now copy the letters and words into your handwriting book.

q q q

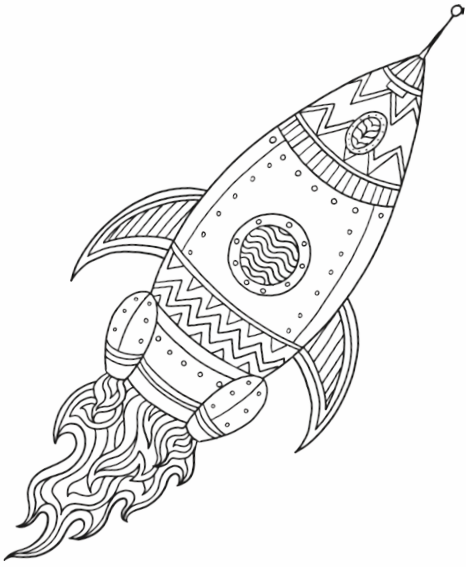
Q Q Q

Qq Qq Qq

queen

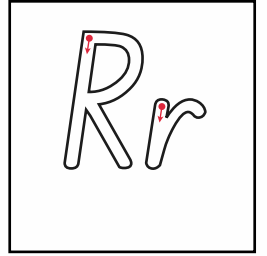
quick

quiet



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: r for rocket.

Now copy the letters and words into your handwriting book.

r r r

R R R

Rr Rr Rr

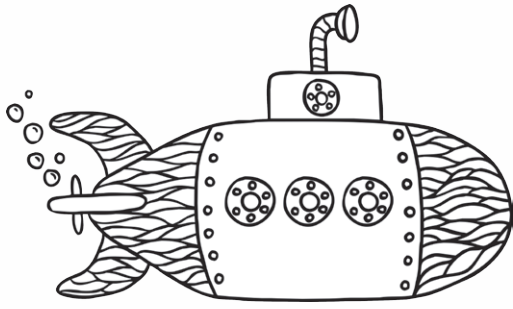
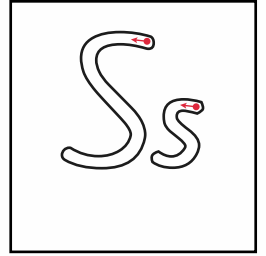
run

red

rain

Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: s for submarine.

Now copy the letters and words into your handwriting book.

s s s

S S S

Ss Ss Ss

so

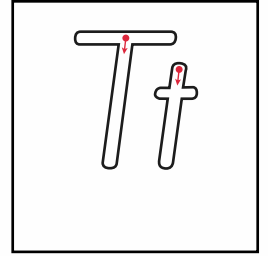
sad

sun



Notes to remember:

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- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: t for tomato.

Now copy the letters and words into your handwriting book.

t t t

T T T

Tt Tt Tt

to

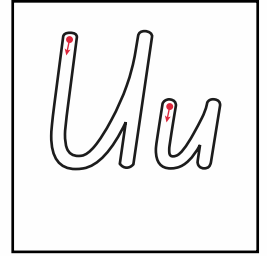
the

this



Notes to remember:

- My letters sit on the line.
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- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: u for umbrella.

Now copy the letters and words into your handwriting book.

u u u

U U U

Uu Uu Uu

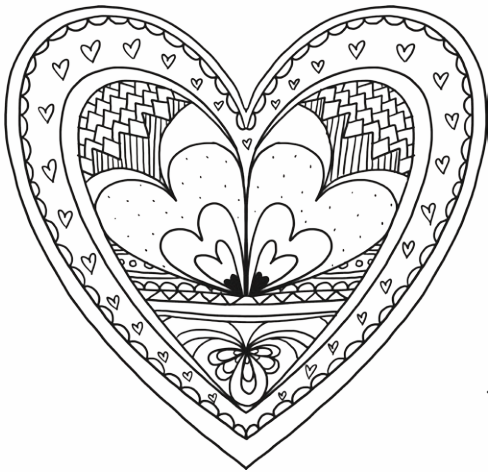
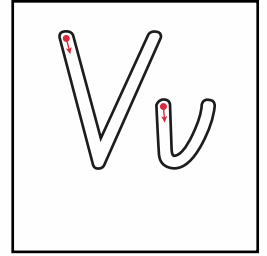
up

under

ute

Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: v in the word love.

Now copy the letters and words into your handwriting book.

v v v

V V V

Vv Vv Vv

very

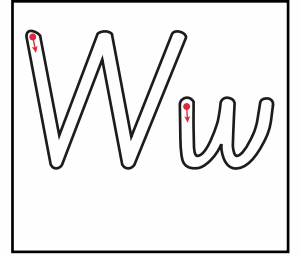
van

vowel



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: w for watch.

Now copy the letters and words into your handwriting book.

w w w

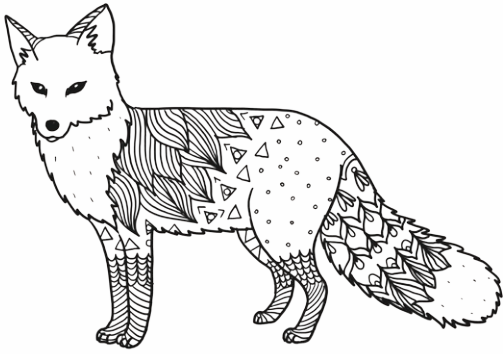
W W W

Ww Ww Ww

when

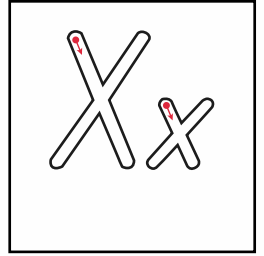
with

was



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: x in the word fox.

Now copy the letters and words into your handwriting book.

x x x

X X X

Xx Xx Xx

fox

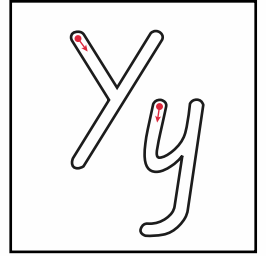
box

x-ray



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: y for yoyo.

Now copy the letters and words into your handwriting book.

y y y

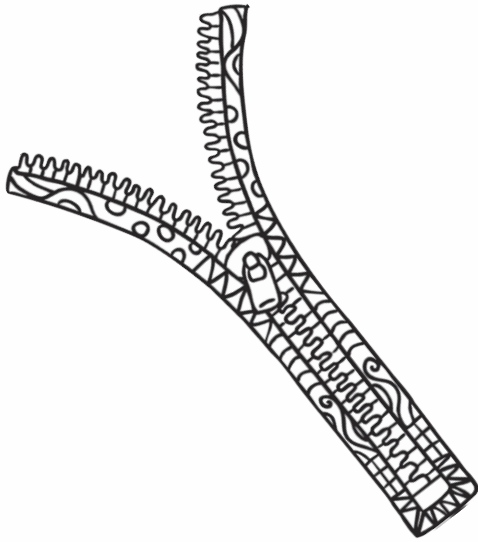
Y Y Y

Yy Yy Yy

yes

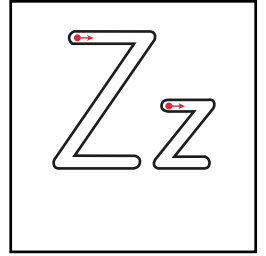
yell

yo-yo



Notes to remember:

- My letters sit on the line.
- My lower case letters are the same height.
- My upper case letters touch the top of the line.
- I start the letter at the right point.
- I use finger spaces between each new letter or new word.



Say the sound: z for zip.

Now copy the letters and words into your handwriting book.

z z z

Z Z Z

Zz Zz Zz

zero

zip

fizzy