APPENDIX A

SAMPLE WRITING EXERCISES

Exercise 1: Warm-ups

Write your first name in each box. Fill up the box. The variety of box sizes will force your brain to direct your hand to adjust its movements.

Day 1:

Exercise 2: Train in the rain

Copy both lines of letters:

iiiiiiiiiiiiiiiiiiiitttttttttttttttttuuuuuuuuuuuuuuuu

pppppppppppppssssssssssssssssooooooooooooooooo

Day 1:

Exercise 3: Range control

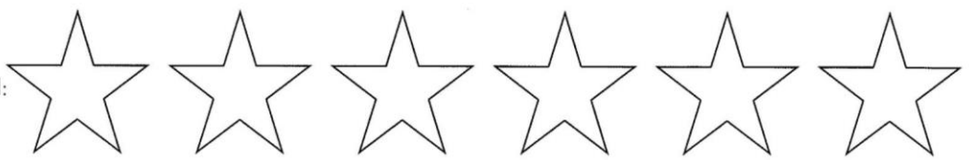
This exercise is about stretching and growing. Keep your wrist stationary and stretch your fingers (thumb, index and middle only). Trace the following curvy-line pattern:

Day 1:

Exercise 4: Stretches

Using a pencil, fill in the stars.

Day 1:



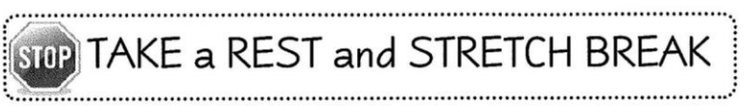
Exercise 5: "Spit shine"

Repetition and attention to detail put the polishing touches on anything. In the military, that's what makes a good "spit shine." Write two lines of the continuous x, z, and q combinations:

xzqxzqxzqxzqxzqxzqxzqxzqxzqxzqxzqxzqxzqx

xzqxzqxzqxzqxzqxzqxzqxzqxzqxzqxzqxzqxzqx

Day 1:



Exercise 6: Speed drills

Much of our writing involves commonly used words. Copy the following two lines of four small words. Work as fast as you can while maintaining the proper slant.

the the the the the the of of of of of of of of of

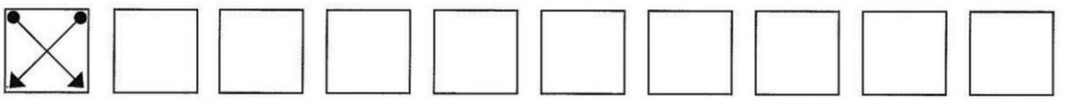
on on on on on on on are are are are are are are

Day 1:

Exercise 7: Boot lacing

Make X's in the boxes as shown in the example.

Day 1:



Exercise 8: In cadence

Keep your pen on the paper as you trace the letters in each word of the sentence.

Day 1: "Nothing of value comes without sacrifice." - John C. Maxwell

Exercise 9: Carbon copy

The following sentence contains every letter of the alphabet....really! You won't even know you've written the alphabet. It's the medicine-in-the-applesauce method of writing your ABCs. Write the sentence twice. How's your slant, by the way?

The quick brown fox jumped over the lazy dog.

Exercise 10: Steady at the Ready

Each day as you do this exercise, you will work on combining straight line and loop letters. When you move between line and loop, please be careful to keep your proper slant. Write the following sentence two times:

Focus on being positive and having a great day.

Day 1:

Exercise 11: Endurance training

You should be very good at this by now! Keep your lines of writing even across the page as you trace the following script.

Day 1: The days ahead are bright.

The days ahead are bright.

Exercise 12: Esprit de corps

Copy the following statement:

Do the following things this week:

1. Call a friend. 2. Read a book. 3. Take a nap.

Day 1: _____

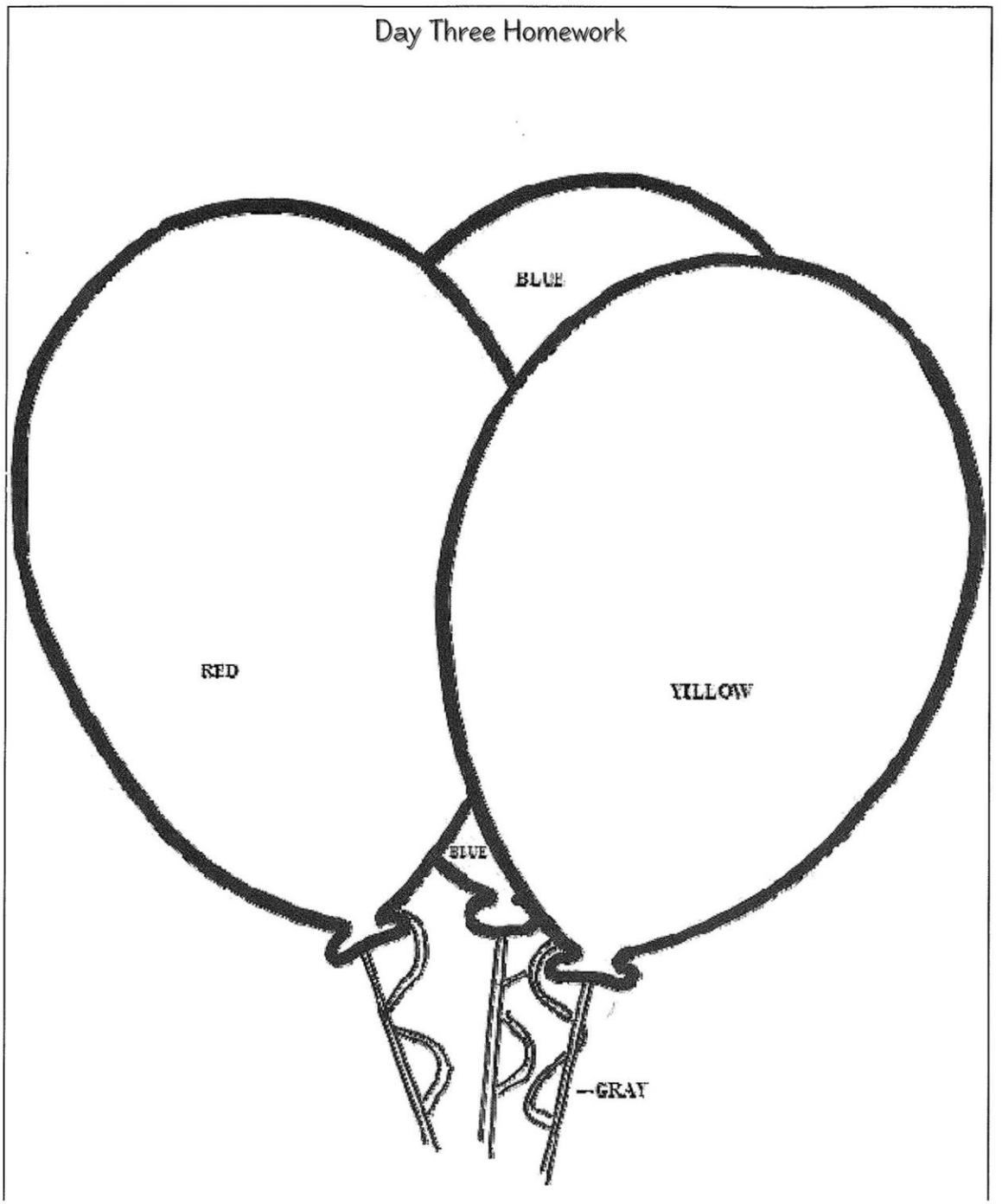
_____

Sample "Homework" Exercises

Day 1: While you're sitting and watching television, practice flipping a pen from end to end in your hand. If that's too easy, get a pen with a cap on it and put it on and take it off at each end (repeatedly) without dropping the pen or the cap.

Day 2: Place coins or marbles or buttons in Silly Putty or Theraputty and work your fingers to pull the objects out. This builds strength and dexterity in your hand.

Day 3: Complete the coloring page following these instructions.


Day Three Homework
BLUE
RED
YELLOW
BLUE
GRAY