

My alphabet strip

SparkleBox

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

handwriting

handwriting

handwriting

handwriting



Name:-

Handwriting Record

1. c___o___d___a___g___q___s___

2. l___i___t___

3. r___n___m___h___

4. e___f___

5. p___b___k___ck___

6. u___y___j___

7. v___w___x___z___

EAS

Name:-

Handwriting Record

1. c___o___d___a___g___q___s___

2. l___i___t___

3. r___n___m___h___

4. e___f___

5. p___b___k___ck___

6. u___y___j___

7. v___w___x___z___

EAS

Handwriting Words

1. c o d a g q s

cod sad
dog gas
god sag
good gag

2. i l t

dig log at
tig cot cat
lit lot sat
sit got lad
ill dot tag
it tog
till

3. r n m h

ham mad man
him had ran
his tin can
rod sin tan
nod in hot
mat din not
rat hill or
hat mill on no

4. e f

hen let red for fig
men met fed fog of
den net led fit off
ten set leg fin fill
get fat fell
far tell
fan sell

5. p b k

pat bag tap nip
pan bat tip hip
pet bad top tip
pen ban mop lip
pot bar hop rob
pit beg rap sob
pin bet rip kin
pig bed dip kit
pal big sip kill
bit map bill
bin nap bell
pill

5. ck

back
sack
pack
neck
deck
peck
sick
tick
pick
kick
lick
tock
rock
lock

6. u y j

sum cub mud luck jam yap
hum rub fun suck jar yes
hut tub run muck jab yet
but pub sun duck jet yum
nut bun Jack jog yell
cut yuck jig yak
jug

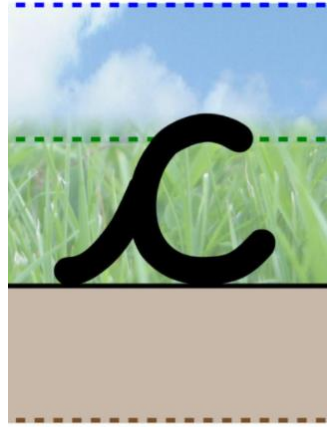
7. v w x z

van wet box zoo
vet win fox buzz
well wig mix zap
will six zip
extra

Notes 1.

C pattern c, o, d, a, g, q, s

- all letters start on the line with an upstroke
- “go up round and back” from left to right
- practise first on a whiteboard - all these letters “fit” on top of the letter C shape
- S has no joining stroke at the end of a word



c

c

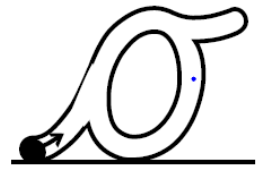
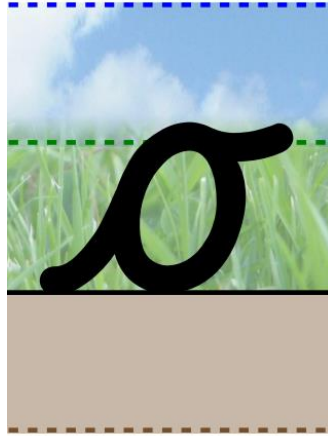
c

cc

cc

ccc

ccc



o

o

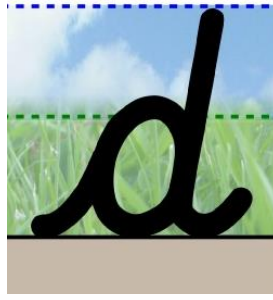
oo

oo

oo

oo

oooo



d

d

do

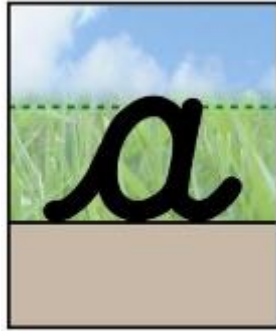
co

cod

dod

dd

odd



a

a

ca

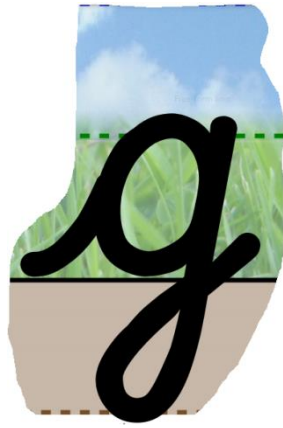
da

ad

dad

cad

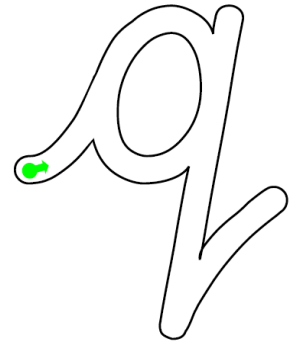
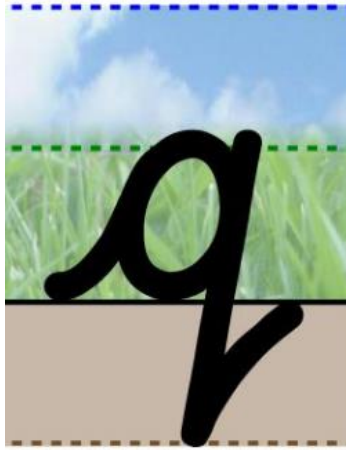
add



g
g

go
ga

og
dog
good
gag



q
qu
qu

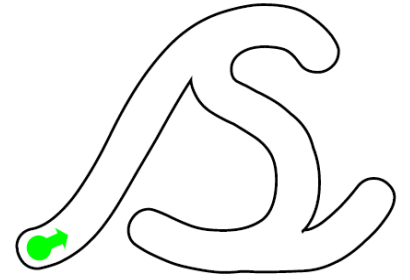
qua
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0201

Sari



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dogs

Handwriting

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dog

sad

cod

god

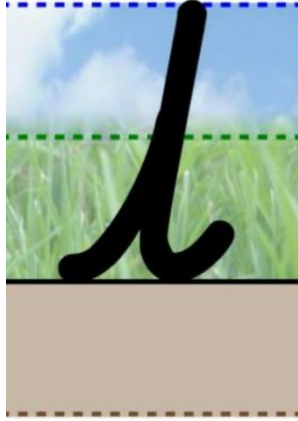
gas

sag

good

l pattern l, i, t

- all letters start on the line with an upstroke
- “go up and down same track”
- practise first on a whiteboard - all these letters “fit” on top of the letter l shape
- dot i and cross t at the end of the word, do not lift pencil during word



l

l

la

lo

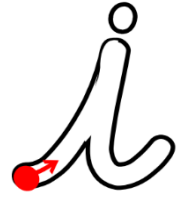
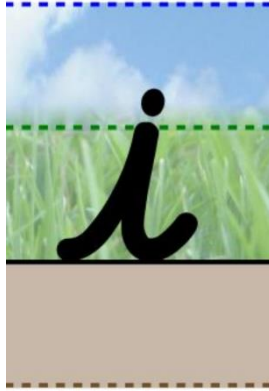
lad

log

lag

doll

all



i

i

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gi

si

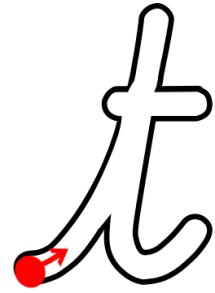
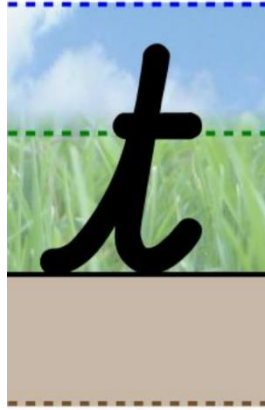
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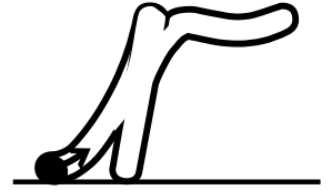
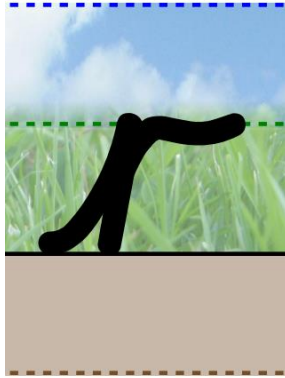
cat

tig

sat

ƒ pattern r, n, m, h

- all letters start on the line with an upstroke
- “go up and down, back up and over”
- practise first on a whiteboard - all these letters “fit” on top of the letter ƒ shape



r

r

ra

ro

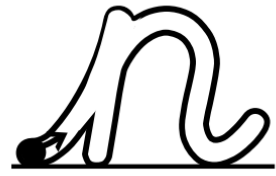
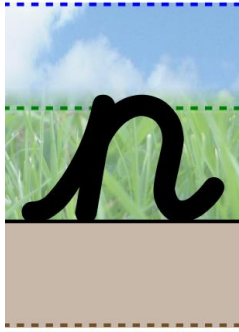
ri

rat

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rag

rig



n

n

na

no

ni

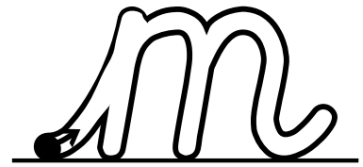
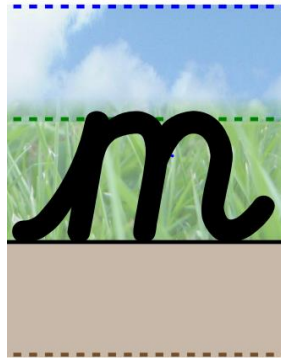
not

nod

nag

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ran



m

m

ma

mi

mo

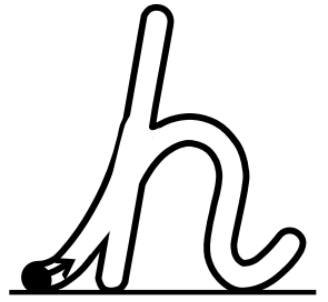
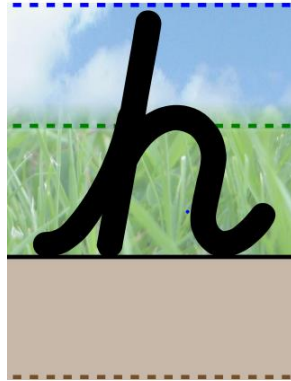
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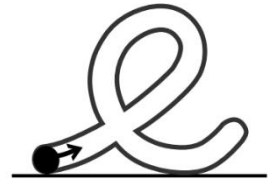
nod

can

e pattern

e, f

- all letters start on the line with an upstroke
- **e** sits on the line
- **f** has a straight back and crosses on the line
- practise first on a whiteboard



e

e

de

le

te

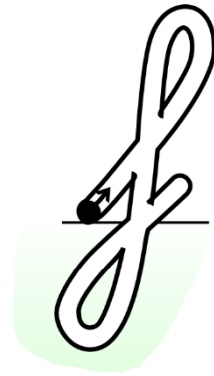
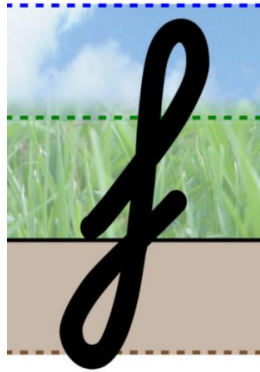
ge

me

ten

leg

red



f
f
fa
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fo
fat
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for
fish

e

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feel

fell

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off

fed

met

leg

get

for

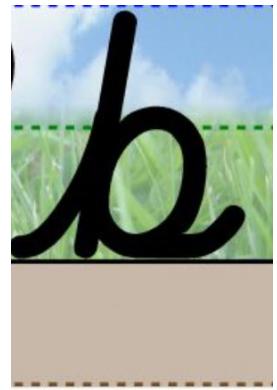
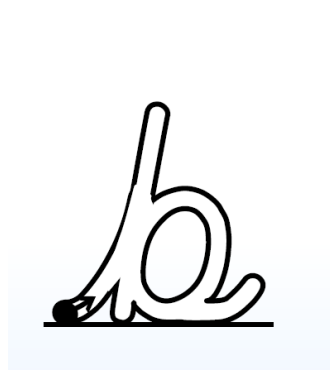
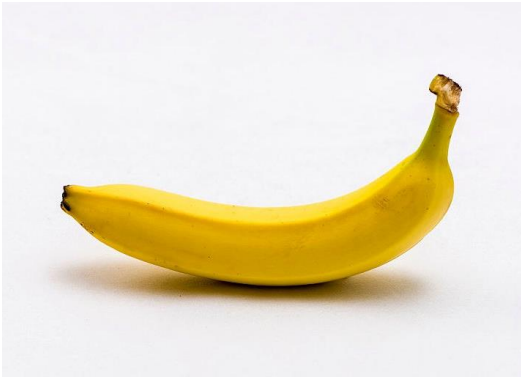
fit

fill

Set 5

b pattern **b, p, k, ck**

- all letters start on the line with an upstroke
- “go up and down, back up same track and over”
- practise first on a whiteboard - all these letters ‘fit’ on top of the letter **b** shape
- no final upstroke on **p** and **b** if at end of word



b

b

ba

be

bi

bo

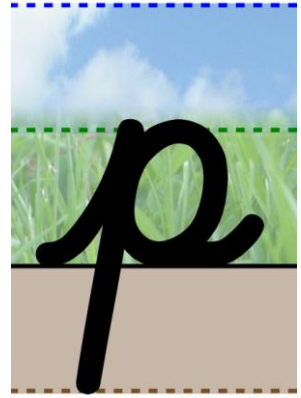
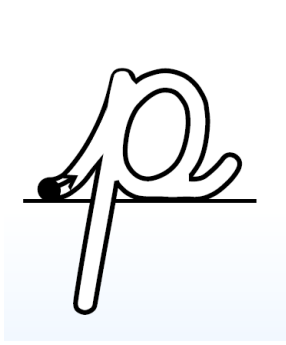
bat

bed

big

rob

bin



p

p

pa

pe

pi

po

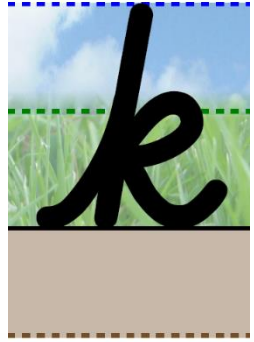
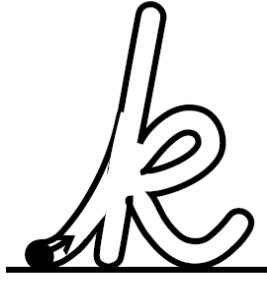
pat

peg

pin

pot

hop



k

k

ki

ck

kit

kill

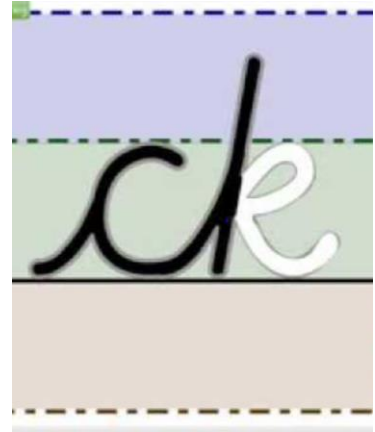
back

lock

sock

tick

rock



ck

ck

duck

sock

neck

pack

lick

back

rock

p

b

k

ck

pick

kick

kit

pen

bad

dip

pin

tack

deck

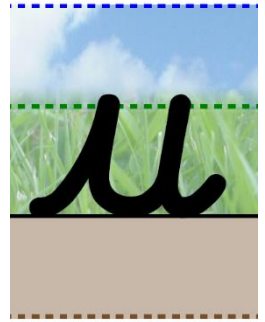
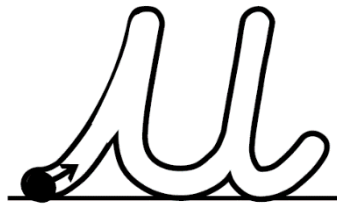
ribs

tap

Set 6

u pattern u, y, j

- all letters start on the line with an upstroke
- “go up and back up same track ”
- practise first on a whiteboard - all these letters “fit” on top of the letter **u** shape



u

u

up

u

su

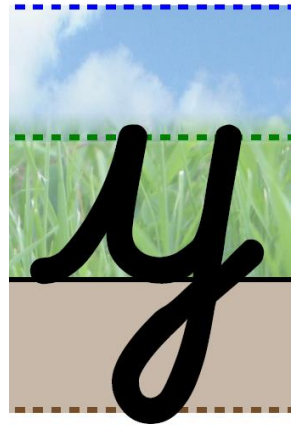
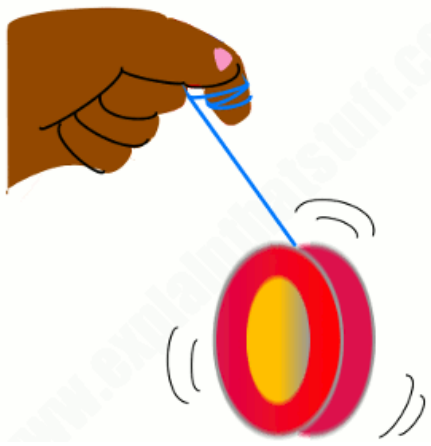
bu

sun

but

rug

fun



y

y

ya

ye

yo

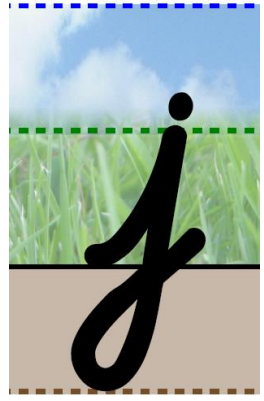
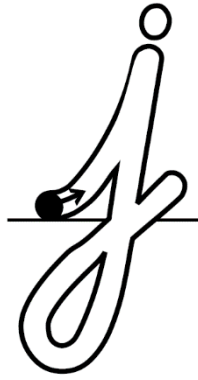
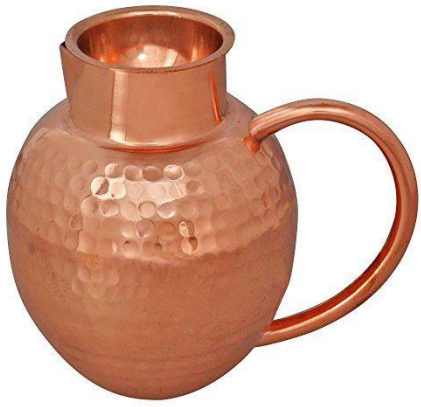
yap

yes

you

yet

yoyo



j
j.
ja
je
ji
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jam
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j

yes

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yap

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sun

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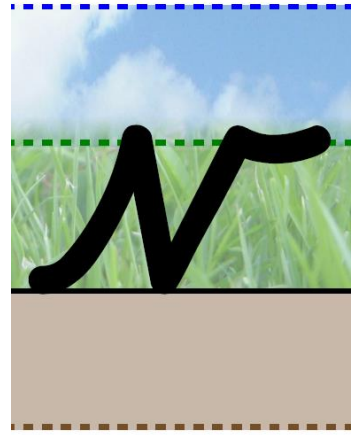
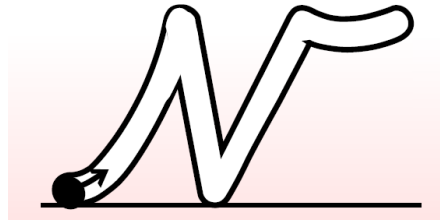
jam

jog

Set 7

V, W, X, Z

- letters **V, W, X** start on the line with an upstroke
- **Z** starts on the line with an upstroke if it is at the end of a word - buzz
- practise letters first on a whiteboard



v

v

van

vet

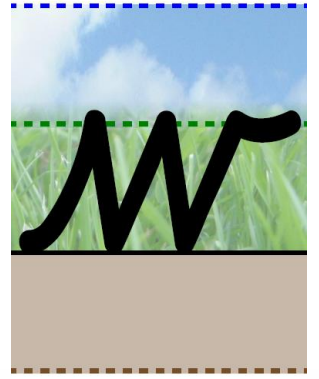
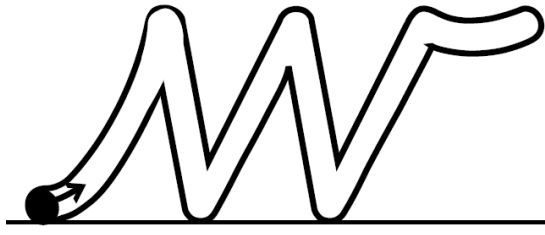
vets

give

have

love

very



w

w

wa

we

wi

wo

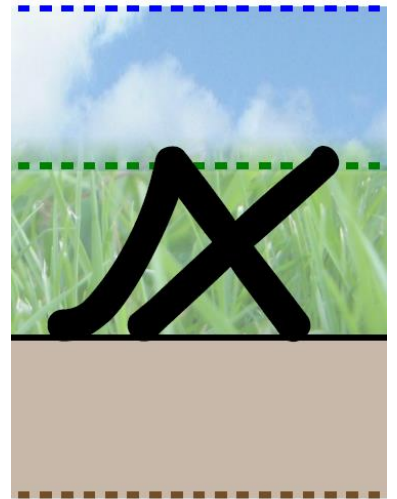
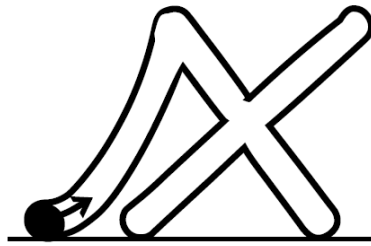
wh

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x

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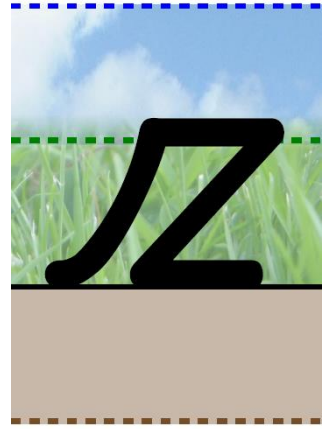
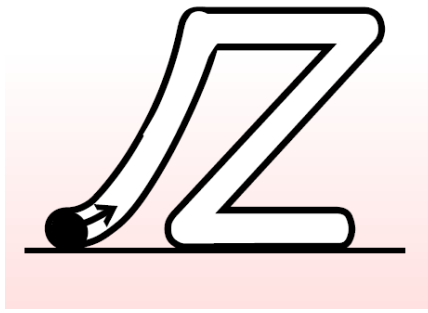
box

ix

fix

mix

six



z

z

zoo

zip

zap

zig zag

buzz

fuzz

jazz

Handwriting websites: Cursive Writing Worksheets

<https://www.kidzone.ws/cursive/index.htm>

<https://www.sparklebox.co.uk/literacy/alphabet/cursive/letter-formation.html>

<https://www.sparklebox.co.uk/literacy/writing/ground-grass-sky-handwriting.html>

Teach Handwriting

<https://teachhandwriting.co.uk/continuous-cursive-beginners-choice-1.html>

Best sitting position for handwriting

YouTube: <https://www.youtube.com/watch?v=CIVp6GM5iR0>

<https://teachhandwriting.co.uk/handwriting-sitting-position-desk.html>

Paper positioning for writing video and instructions

<https://teachhandwriting.co.uk/paper-position-for-comfortable-handwriting.html>

YouTube: https://www.youtube.com/watch?v=1qnx_vwx3jA

warm up exercises

<https://teachhandwriting.co.uk/handwriting-warm-up-exercises.html#shoulder-stability>

Shoulders strength, stability and relaxation – YouTube

Up we go: <https://www.youtube.com/watch?v=r0xE16mJLUA>

Hand pushes: <https://www.youtube.com/watch?v=BnzYSo1kXMw>

Fingers and thumb dexterity –YouTube

Tips only: <https://www.youtube.com/watch?v=eLaGumgyurM>

Hand circles: https://www.youtube.com/watch?v=CZsyDQ_VJu0

Wrist flexibility and strength – YouTube

Wrist circles: <https://www.youtube.com/watch?v=ZVDc4u5ZqRU>

Doorknob turns: https://www.youtube.com/watch?v=jr_HsmBm1OQ

Whole hand strength and dexterity – YouTube

Pencil flip: https://www.youtube.com/watch?v=66_jsP3mCvE

Crossing the midline point – YouTube

Butterflies: <https://www.youtube.com/watch?v=ua7I3IDXPcc>