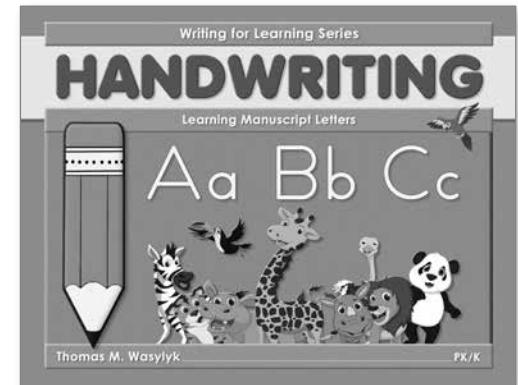


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**Thomas M. Wasyluk**

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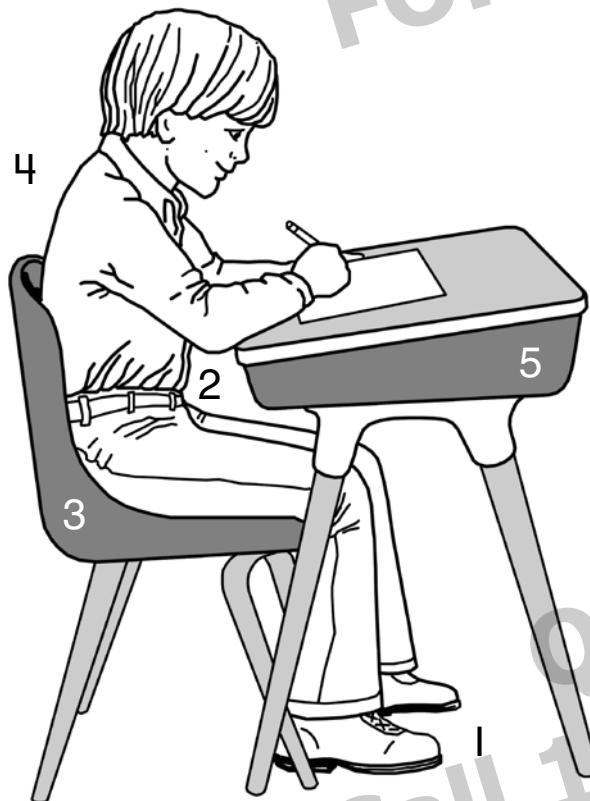
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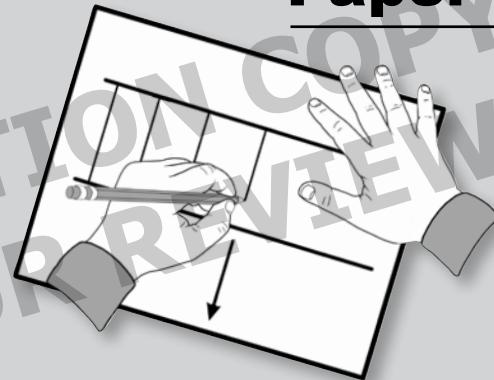
# GOOD POSTURE

1. Both feet on the floor
2. Elbows off the edge of desk
3. Sit back in chair
4. Shoulders slightly forward
5. Proper desk height

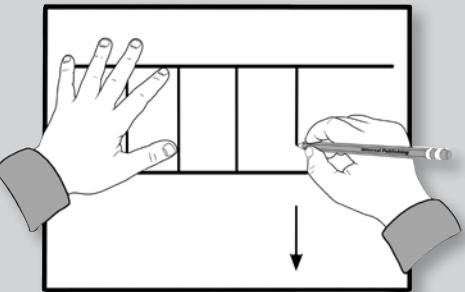


# GOOD HANDWRITING

## Paper Position



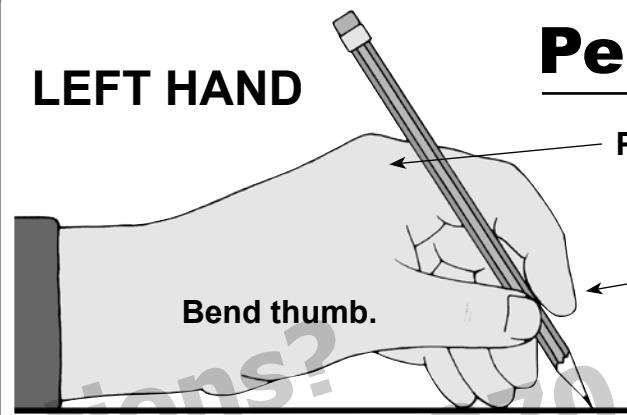
LEFT HAND



RIGHT HAND

## Pencil Position

LEFT HAND



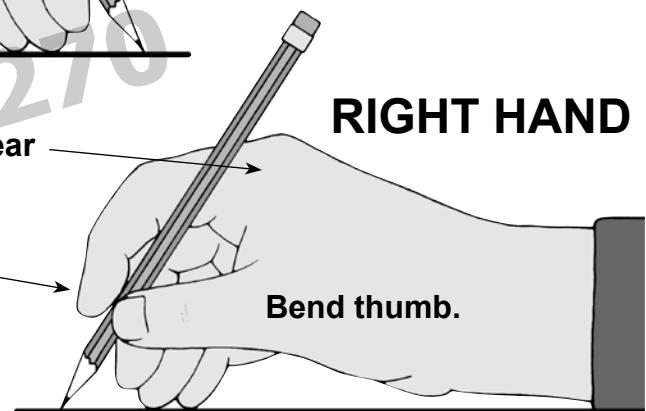
Pencil is held near  
large knuckle.

First finger rests on  
top of pencil.

Pencil is held near  
large knuckle.

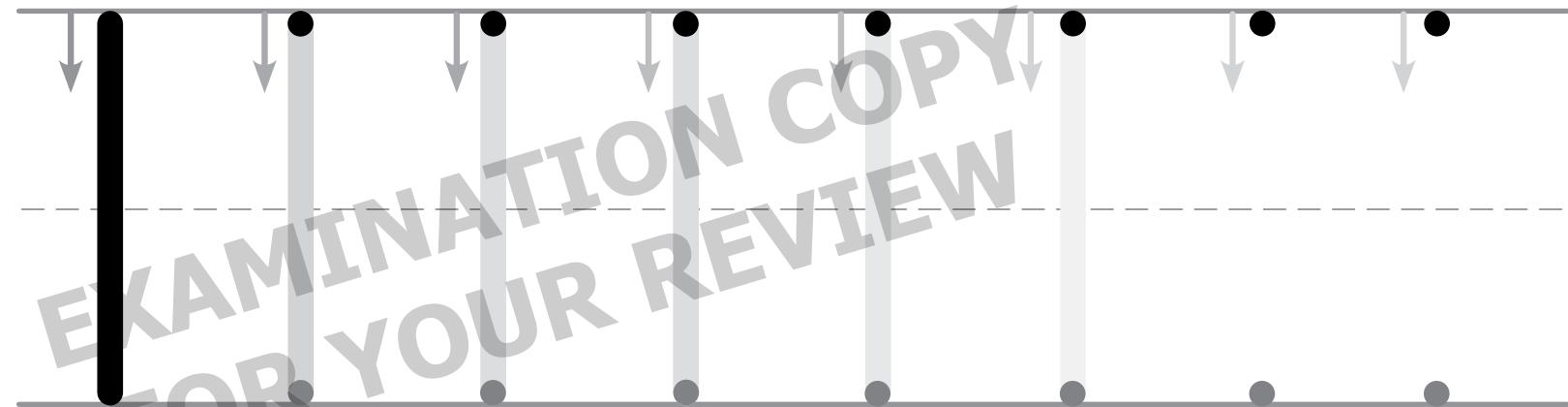
First finger rests on  
top of pencil.

RIGHT HAND

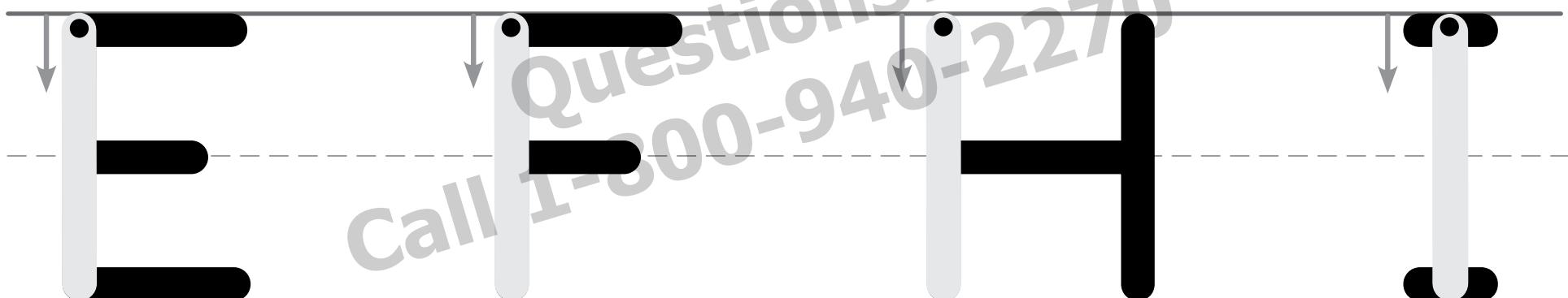
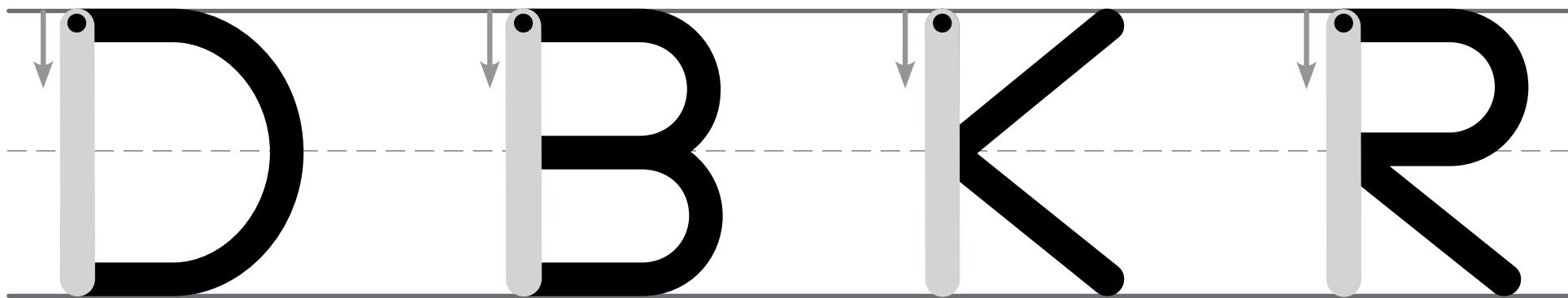


Bend thumb.

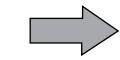
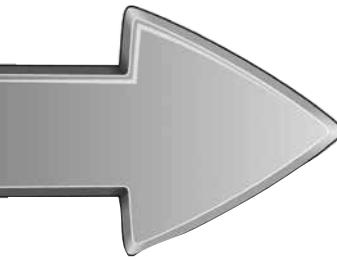
**Top to Bottom** Trace and write the top-to-bottom lines.

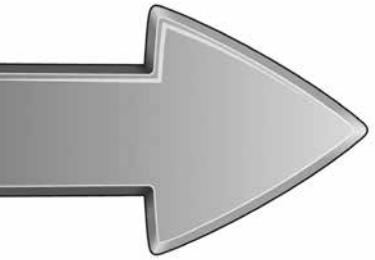


Trace the top-to-bottom line in each letter. Say the name of each letter.



**Left to Right** Trace the left-to-right lines.



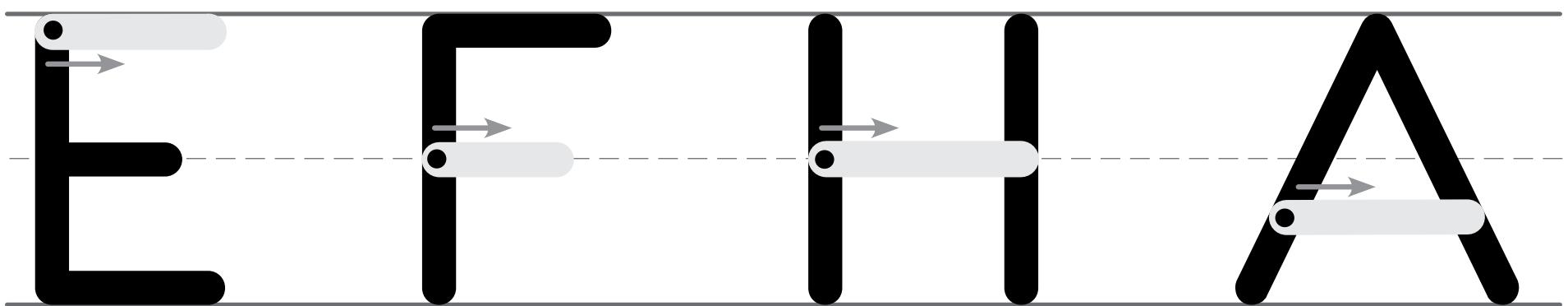


## Left to Right

Trace and write the left-to-right lines.



Trace the left-to-right line in each letter. Say the name of each letter.





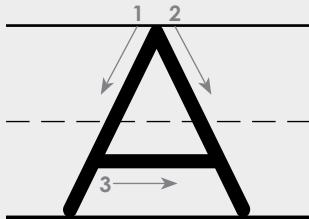
## **Letter Recognition**

Draw a line from each uppercase letter to the correct lowercase letter.

A B C D E F G H I J K

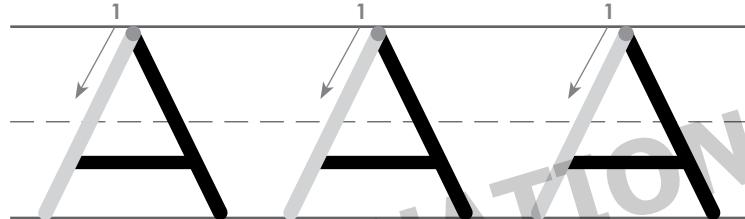
h d b a c j i e f k g

## Uppercase A

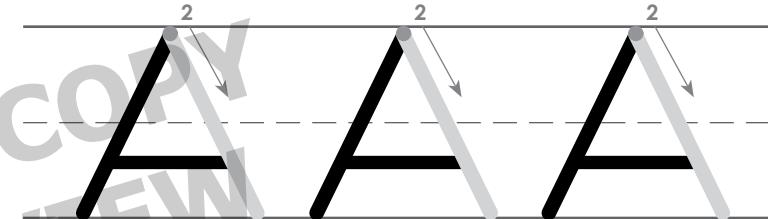


1. Slant left
2. Slant right
3. Slide right

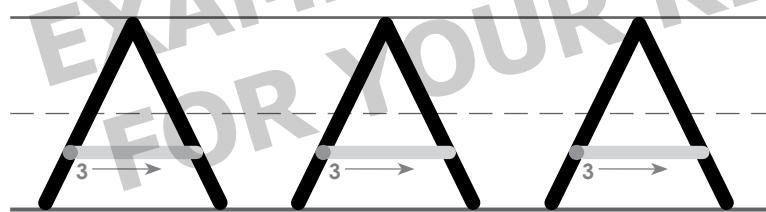
1. Trace the first part of the uppercase A.



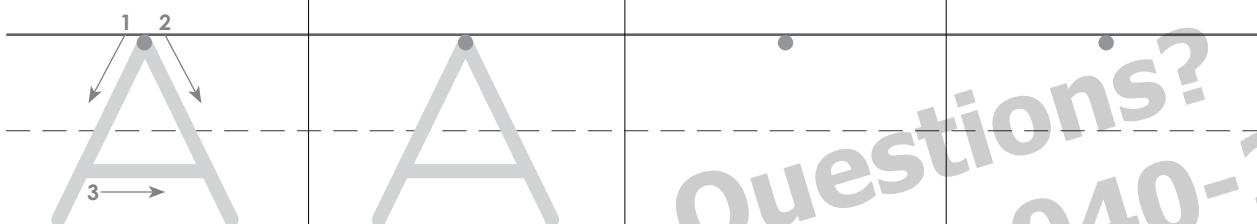
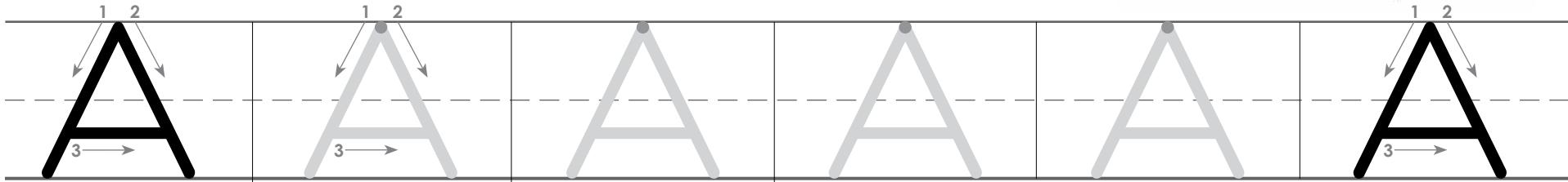
2. Trace the second part of the uppercase A.



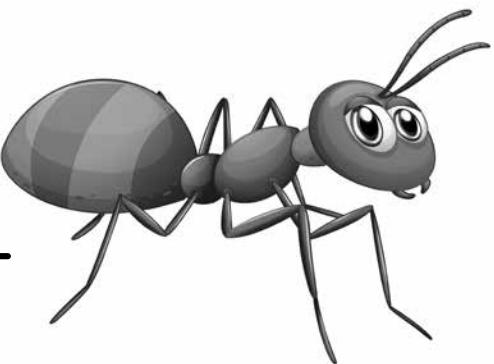
3. Trace the third part of the uppercase A.



Trace and write the uppercase A.



Ant



Match uppercase to lowercase.

V

A

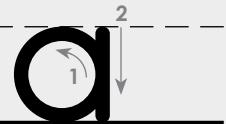
K

a

k

v

## Lowercase a

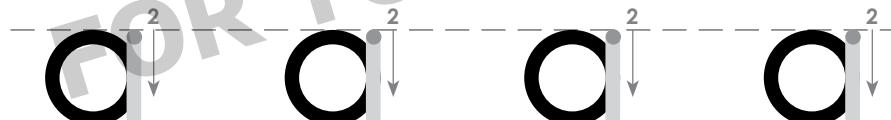


1. Circle left
2. Pull down straight

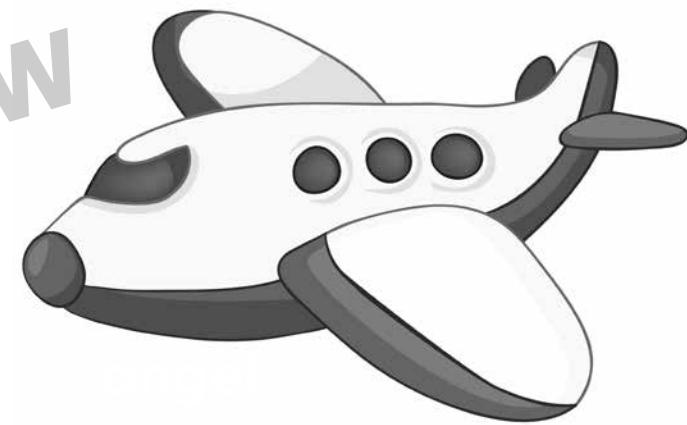
1. Trace the first part of the lowercase a.



2. Trace the second part of the lowercase a.



airplane



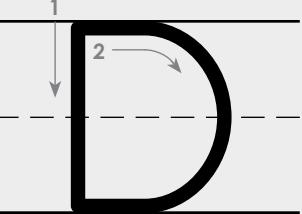
Trace and write the lowercase a.


Match lowercase to uppercase.

d  
a  
b

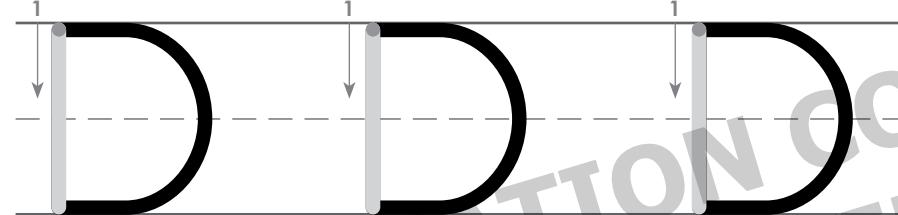
• A  
• B  
• D

## Uppercase D

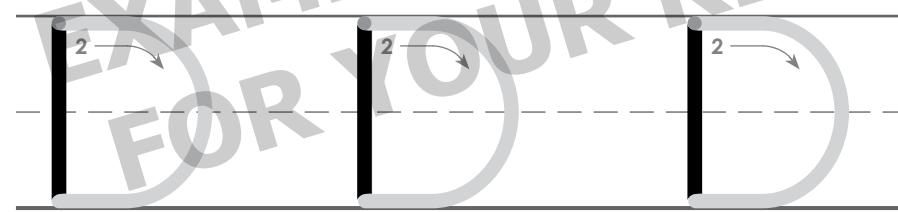


1. Pull down straight
2. Slide right, curve down, slide left

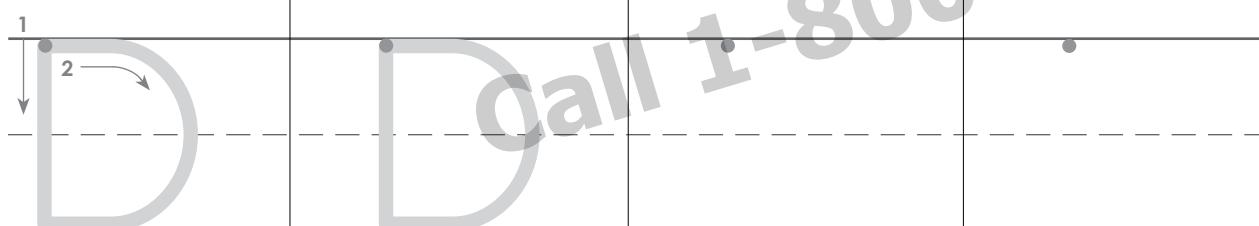
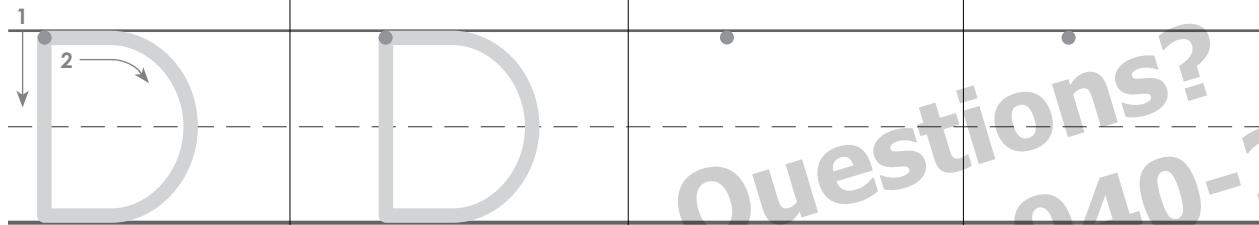
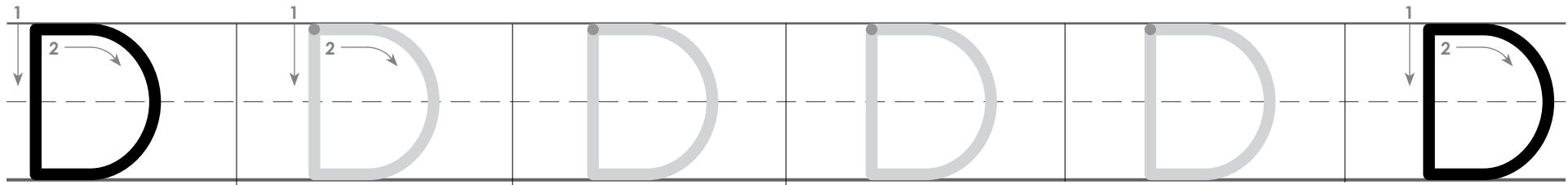
1. Trace the first part of the uppercase D.



2. Trace the second part of the uppercase D.



Trace and write the uppercase D.



Dog



Match uppercase to lowercase.

D

P

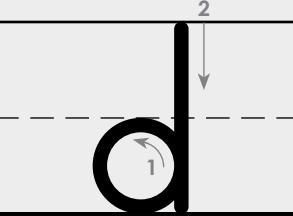
R

p

r

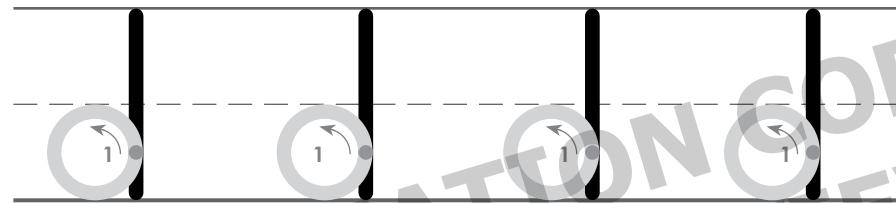
d

## Lowercase d

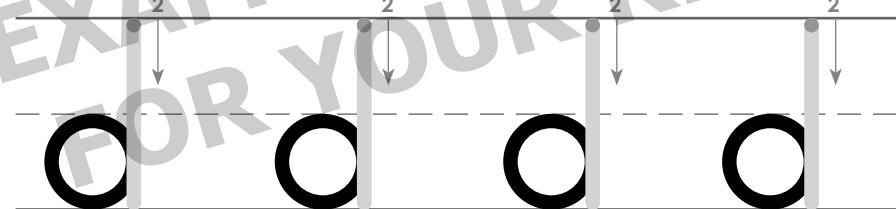


1. Circle left
2. Pull down straight

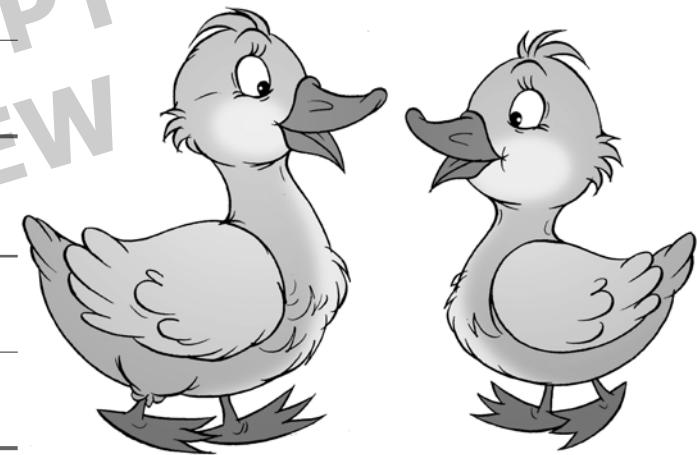
1. Trace the first part of the lowercase d.



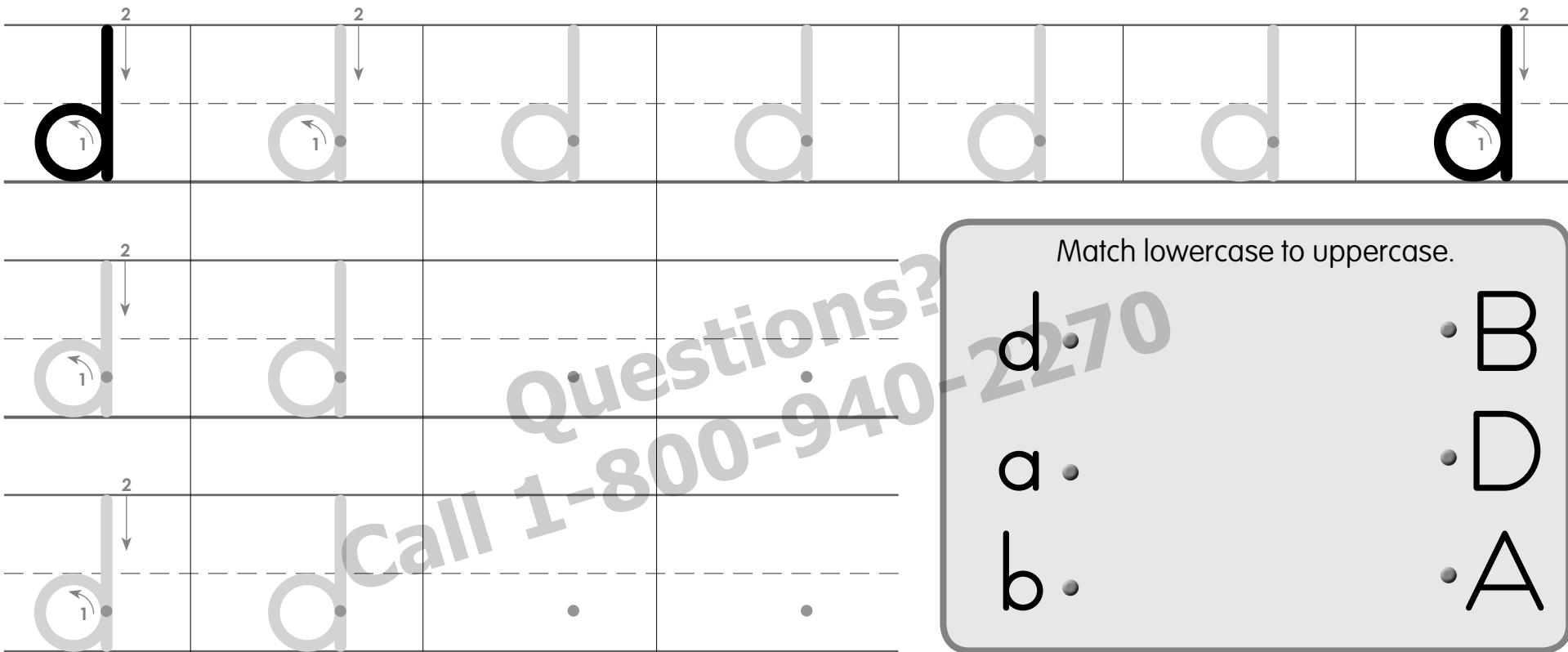
2. Trace the second part of the lowercase d.



ducks



Trace and write the lowercase d.



Match lowercase to uppercase.

d •

a •

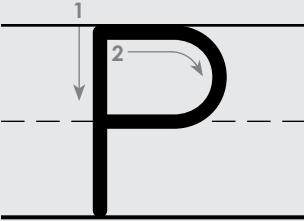
b •

• B

• D

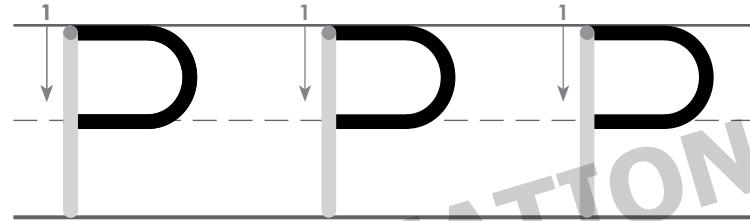
• A

## Uppercase P

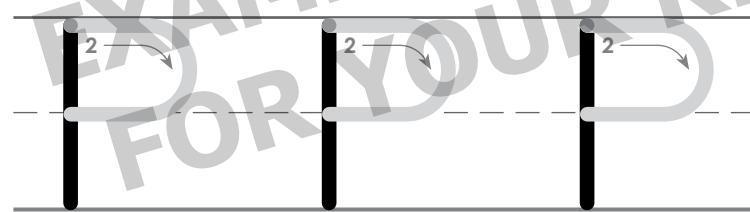


1. Pull down straight
2. Slide right, curve down, slide left

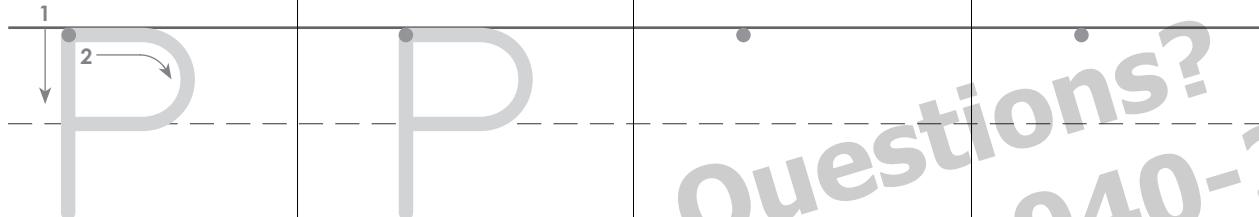
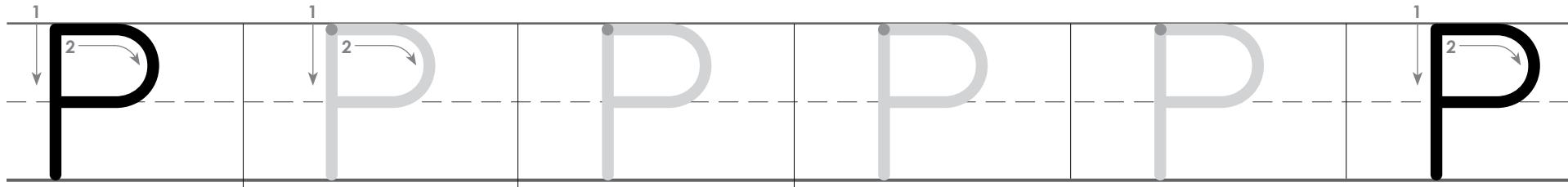
1. Trace the first part of the uppercase P.



2. Trace the second part of the uppercase P.



Trace and write the uppercase P.



Peacock



Match uppercase to lowercase.

B •

P •

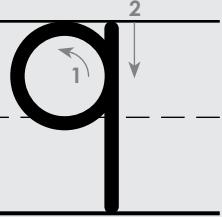
R •

r •

b •

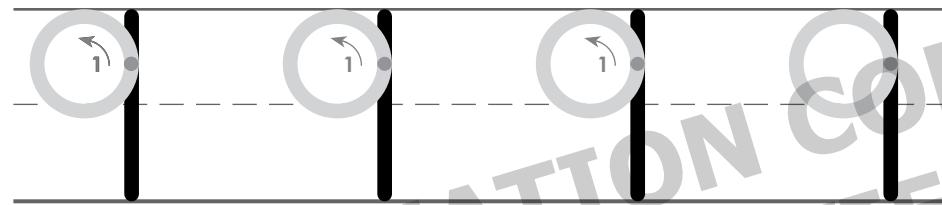
p •

## Numeral 9

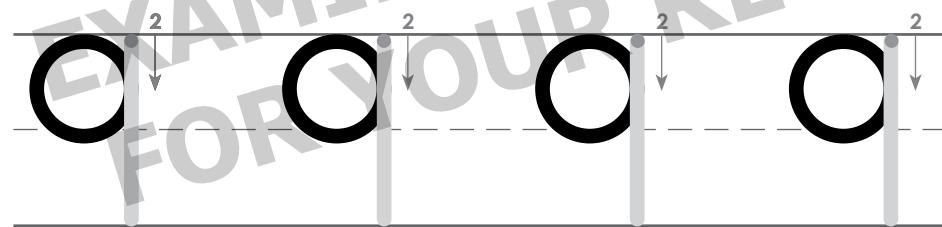


1. Circle left
2. Pull down straight

1. Trace the first part of the numeral 9.

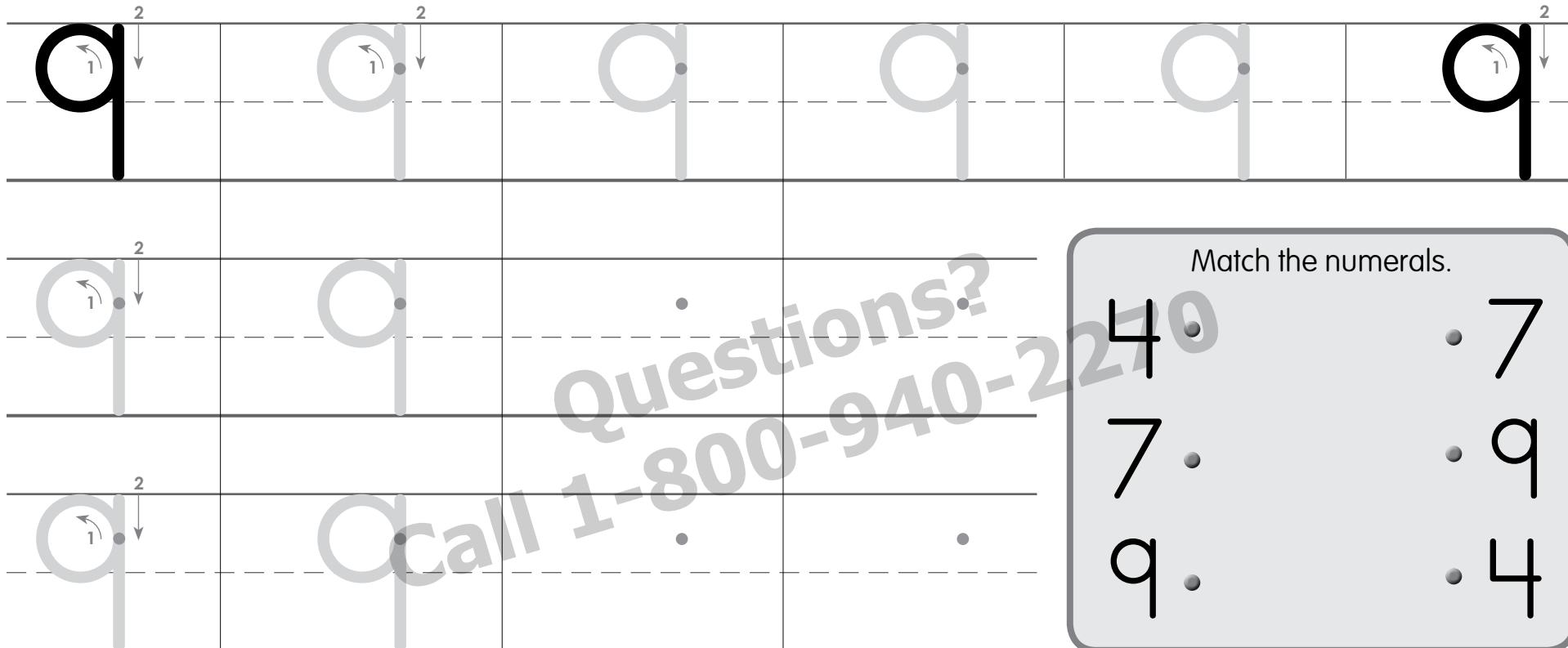


2. Trace the second part of the numeral 9.



**Nine Butterflies**

Trace and write the numeral 9.

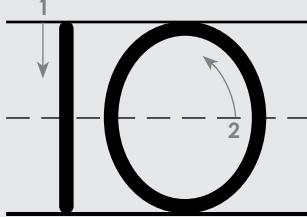


Match the numerals.

4  
7  
q

7  
q  
4

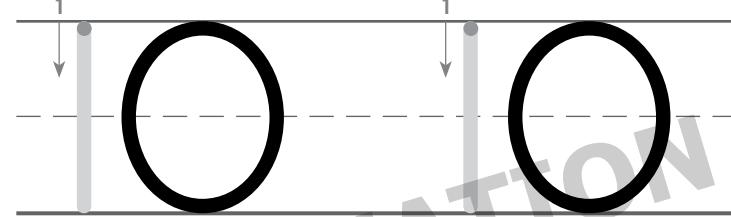
## Numeral 10



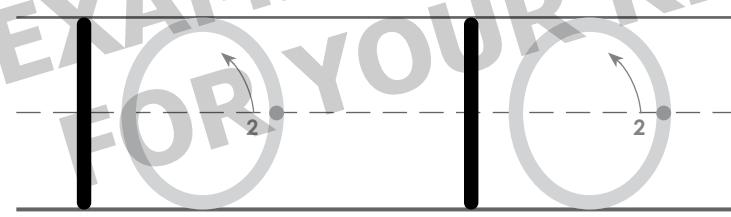
1. Pull down straight
2. Circle left



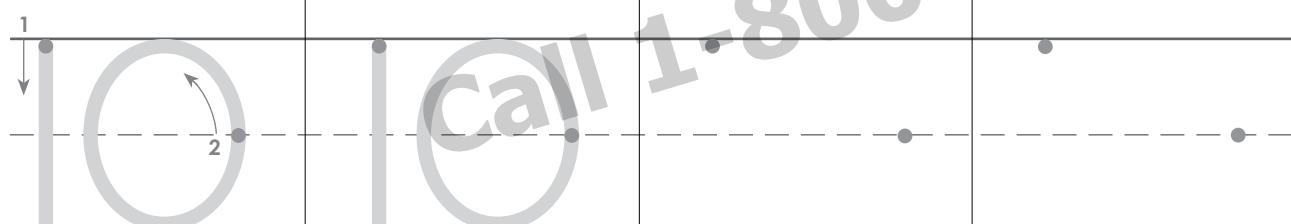
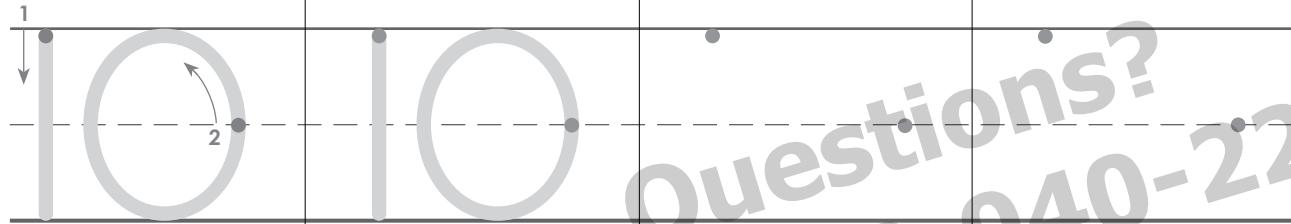
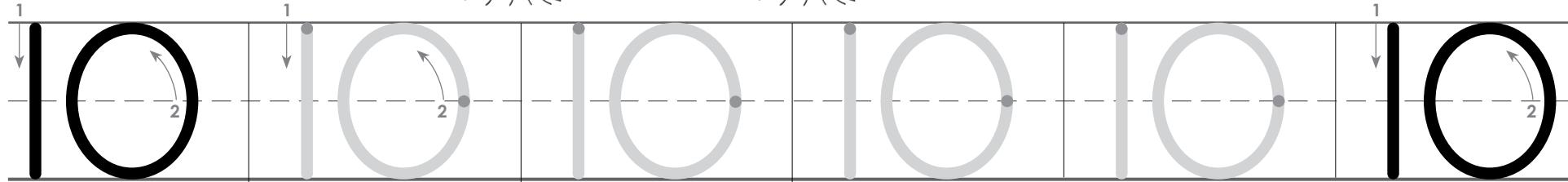
1. Trace the first part of the numeral 10.



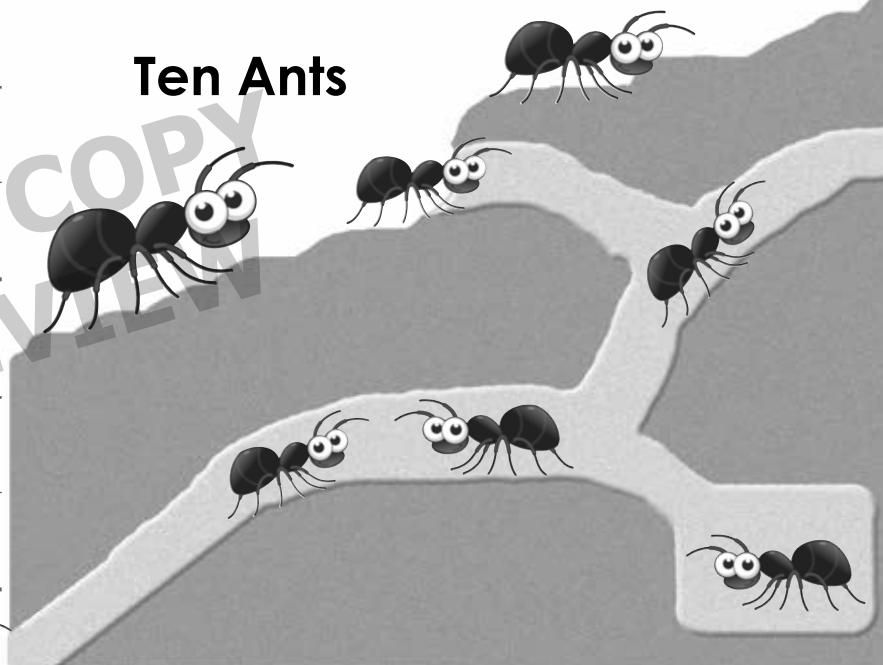
2. Trace the second part of the numeral 10.



Trace and write the numeral 10.



## Ten Ants



Match the numerals.

q •

• 6

6 •

• 10

10 •

• q