

# HANDWRITING

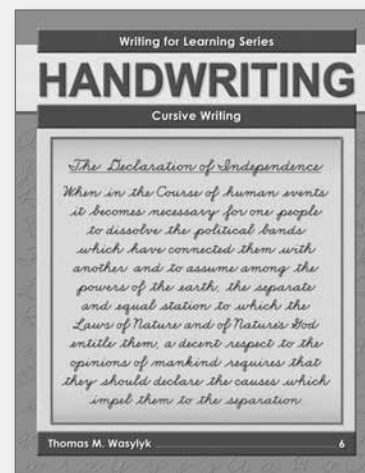
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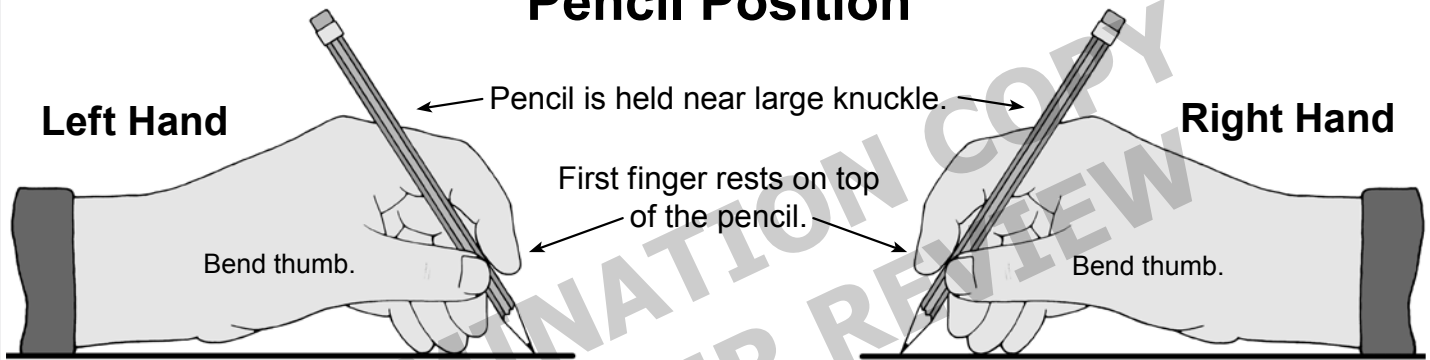
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## Pencil Position



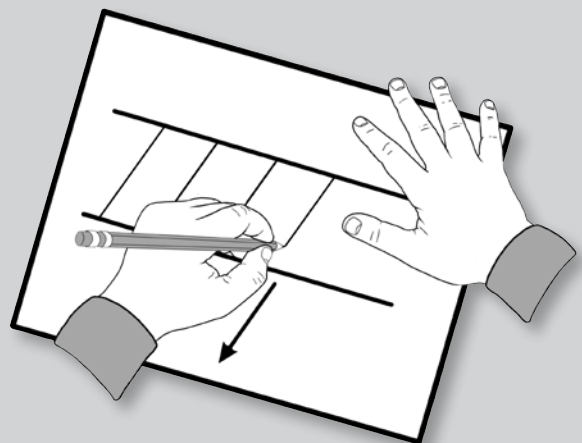
**Pencil Position:** You should hold the pencil in a manner that is comfortable and that allows you to write fluently. Gripping the pencil too hard can cause fatigue in your hand, wrist, arm, and shoulder. Fatigue is a major cause of poor handwriting. The illustration above shows one of the most common ways to hold a pencil.

**Paper Position:** The position of your paper or book is important for maintaining consistent slant in your cursive writing. Consistent slant helps with the overall legibility of your handwriting. Study the paper position illustrations to the right.

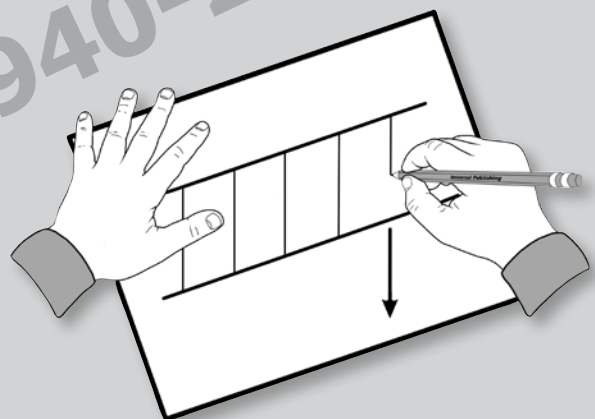
**Posture:** Listed below are five important elements that will help you maintain good posture while writing:

1. Keep both feet on the floor.
2. Keep your elbows just off the edge of the desk.
3. Sit back in your chair.
4. Keep your shoulders slightly forward, allowing both forearms to rest on the writing surface.
5. Be sure the desk is the proper height. Good body posture is impossible if the desk is too big (high) or too small (low) for your size.

## Paper Position for Cursive Writing



**LEFT HAND**



**RIGHT HAND**

## Spacing Between Letters, Words, and Sentences

**Spacing Between Letters** - This example shows good spacing between letters.

*This shows good letter spacing.*

Write the sentence. Check your spacing between letters.

*Anthony has a bright green tractor.*

**Spacing Between Words** - Allow enough space between words for a small oval.  
The example below shows good spacing between words.

*This shows good word spacing.*

Write the sentence. Check your spacing between words.

*There are big fish in this stream.*

**Spacing Between Sentences** - Allow enough space between sentences for a large oval.  
This example shows good spacing between sentences.

*I heard thunder. I saw lightning.  
The wind blew hard. The storm  
is now moving over the mountain.*

Write the sentences. Check your spacing between sentences.

*I have a horse. Her name is Flash.*

**New Paragraph Indent** - When you indent for a new paragraph, allow enough space for two large ovals. Study the example below.

*●● This shows correct indentation for  
a new paragraph.*

Uppercase A



- 1. Downcurve
- 2. Undercurve
- 3. Slant
- 4. Undercurve

Trace and write the letter.

<i>a</i>	<i>a</i>	<i>a</i>
<i>a</i>	<i>a</i>	<i>a</i>
<i>a</i>		<i>a</i>

Trace and write the joinings and words.

<i>Al</i>	<i>Alaska</i>	<i>Ab</i>	<i>Abraham</i>	<i>An</i>	<i>Andy</i>
<i>Al</i>	<i>Alaska</i>	<i>Ab</i>	<i>Abraham</i>	<i>An</i>	<i>Andy</i>
<i>Az</i>	<i>Azalia</i>	<i>At</i>	<i>Atlantic</i>	<i>Au</i>	<i>August</i>
<i>Az</i>	<i>Azalia</i>	<i>At</i>	<i>Atlantic</i>	<i>Au</i>	<i>August</i>

Write the sentences. Check your writing.

*The Appalachian Mountains are in North America. Two mountain ranges within the Appalachian system are the Annieopsquotch Mountains and the Allegheny Mountains.*



Lowercase a



1. Downcurve
2. Undercurve
3. Slant
4. Undercurve

Trace and write the letter.

<i>a</i>	<i>a</i>				<i>a</i>
<i>a</i>	<i>a</i>				<i>a</i>
<i>a</i>					<i>a</i>

Trace and write the joinings and words.

<i>ab</i>	<i>absolutely</i>	<i>ad</i>	<i>advertise</i>	<i>al</i>	<i>alley</i>
<i>ab</i>	<i>absolutely</i>	<i>ad</i>	<i>advertise</i>	<i>al</i>	<i>alley</i>
<i>an</i>	<i>anger</i>	<i>ap</i>	<i>apology</i>	<i>as</i>	<i>asteroid</i>
<i>an</i>	<i>anger</i>	<i>ap</i>	<i>apology</i>	<i>as</i>	<i>asteroid</i>

Write the sentences. Check your writing.

*Archaeologists study human artifacts and remains from past civilizations.*

*Artifacts are things that humans created. Studying artifacts can help us understand how different people lived and how different cultures developed.*

Lowercase e



1. Undercurve, curve back
2. Slant
3. Undercurve

Trace and write the letter.

<i>e</i>	<i>e</i>				<i>e</i>
<i>e</i>	<i>e</i>				<i>e</i>
<i>e</i>					<i>e</i>

Trace and write the joinings and words.

<i>ev</i>	<i>evaporate</i>	<i>ea</i>	<i>teach</i>	<i>en</i>	<i>enlarge</i>
<i>ev</i>	<i>evaporate</i>	<i>ea</i>	<i>teach</i>	<i>en</i>	<i>enlarge</i>

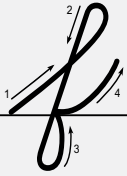
<i>ef</i>	<i>prefer</i>	<i>ed</i>	<i>featured</i>	<i>es</i>	<i>established</i>
<i>ef</i>	<i>prefer</i>	<i>ed</i>	<i>featured</i>	<i>es</i>	<i>established</i>

Write the sentences. Check your writing.

*Amino acids are the building blocks of protein. There are nine essential amino acids and eleven nonessential amino acids. Nonessential amino acids can be produced by the body; essential amino acids must be received in one's diet.*

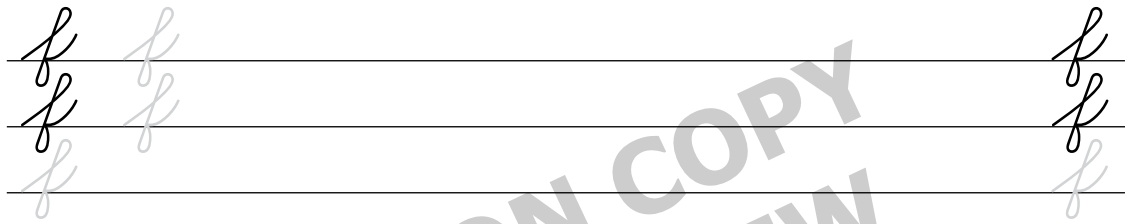


Lowercase f



1. Undercurve, curve back
2. Slant
3. Curve up, tie
4. Undercurve

Trace and write the letter.



Trace and write the joinings and words.

<i>fo</i>	<i>fortress</i>	<i>fa</i>	<i>fantastic</i>	<i>fi</i>	<i>final</i>
<i>fo</i>	<i>fortress</i>	<i>fa</i>	<i>fantastic</i>	<i>fi</i>	<i>final</i>
<i>fr</i>	<i>friendship</i>	<i>fl</i>	<i>flatter</i>	<i>fu</i>	<i>future</i>
<i>fr</i>	<i>friendship</i>	<i>fl</i>	<i>flatter</i>	<i>fu</i>	<i>future</i>

Write the sentences. Check your writing.

*Earthquakes are most common on or near fault lines. A fault line is a break in the crust of the Earth. The strength of an earthquake is called its magnitude. Magnitude is measured with a device called a seismograph.*

## Checkstroke Joinings

Trace and write the joinings.  
Write the words. Check your joinings.

br br

be be

ba ba

bs bs

ve ve

vo vo

vy vy

vi vi

oo oo

of of

om om

or or

wa wa

wh wh

wo wo

broil

beacon

ballot

album

verbal

volume

gravy

activity

loose

coffee

chrome

error

ward

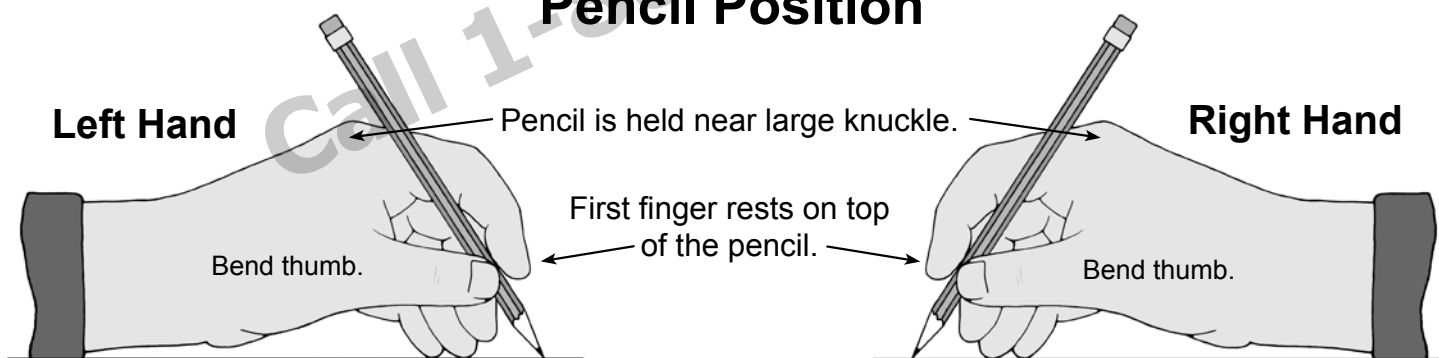
wharf

work

Write the sentence. Are all of your checkstroke joinings correct?

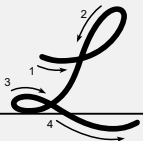
The brown box on John's workbench  
contains new valves for the motor.

### Pencil Position





Uppercase L



1. Undercurve
2. Curved slant
3. Loop
4. Curve down

Trace and write the letter.

<i>L</i>	<i>L</i>	<i>L</i>
<i>L</i>	<i>L</i>	<i>L</i>
<i>L</i>		<i>L</i>

Trace and write the words.

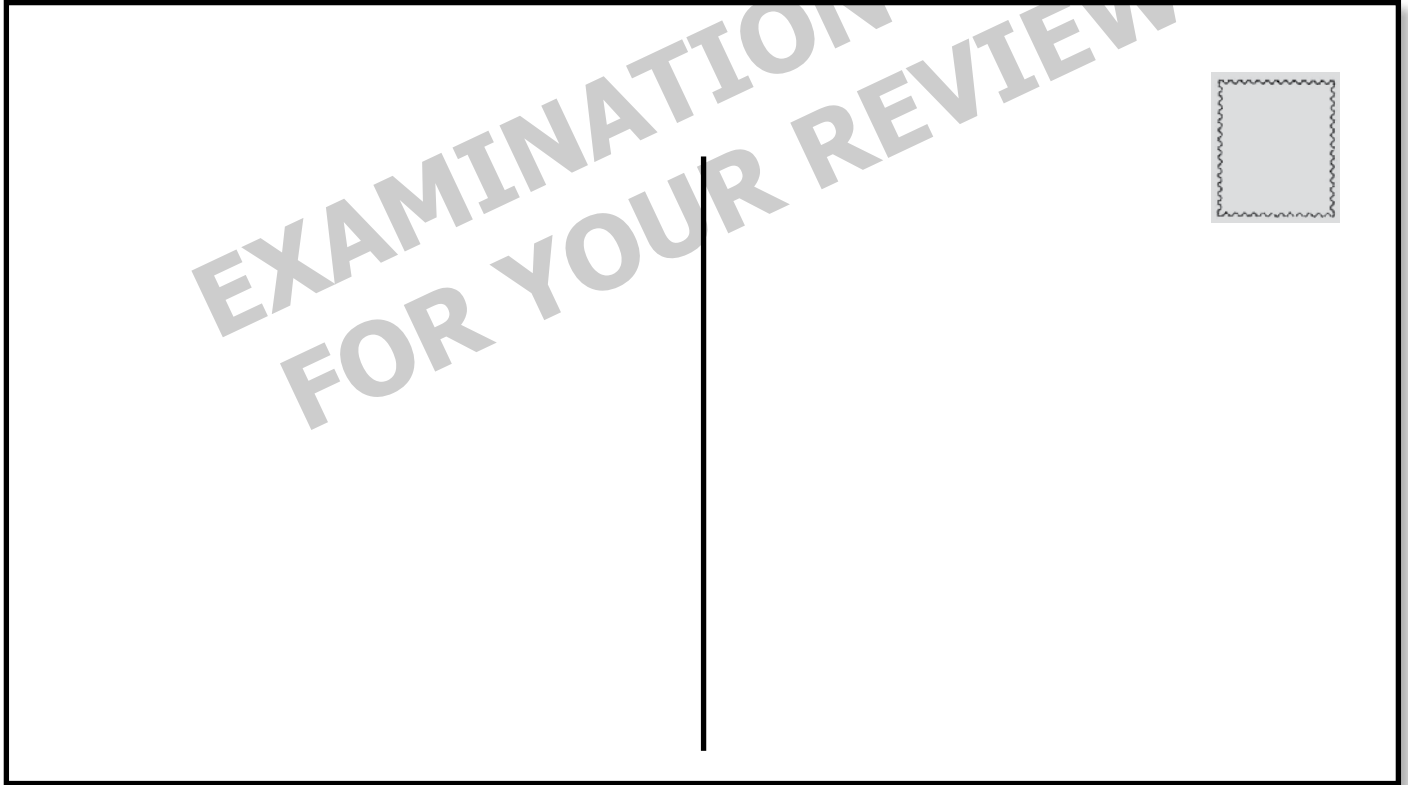
<i>Lorna</i>	<i>Luke</i>	<i>Lakeland</i>	<i>Lithuania</i>
<i>Lorna</i>	<i>Luke</i>	<i>Lakeland</i>	<i>Lithuania</i>
<i>Lyle</i>	<i>Louisiana</i>	<i>Laurel</i>	<i>Lexington</i>
<i>Lyle</i>	<i>Louisiana</i>	<i>Laurel</i>	<i>Lexington</i>

Write the sentences. Check your writing.

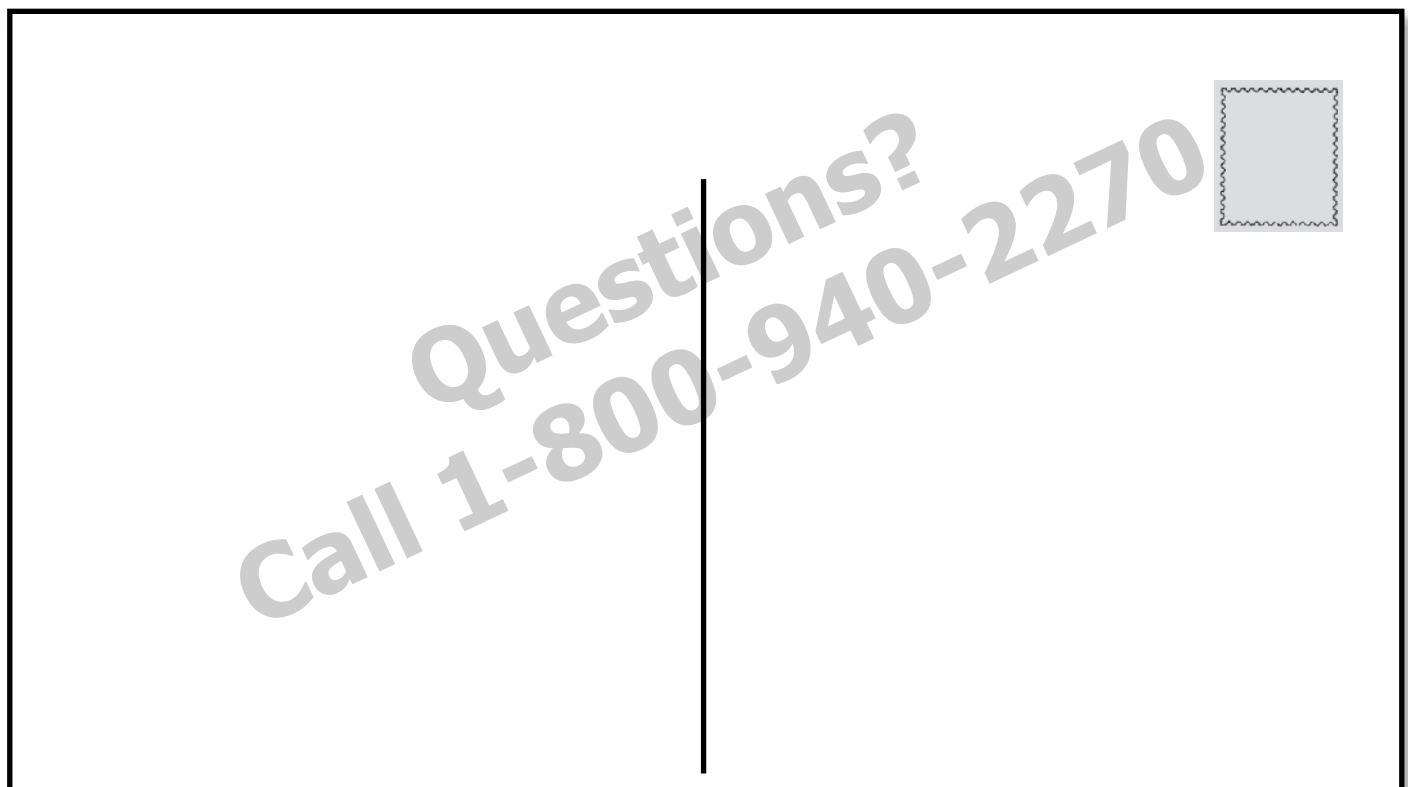
*Legislative powers rest with the Congress of the United States. Congress is made up of the Senate and House of Representatives. Forming laws through a multi-step legislative process is the main function of Congress.*

Write the postcards below. Address the first postcard to your parents and tell them about something special that happened at school. Address the second card to a friend, and tell him or her what your plans are for the weekend. Use your best manuscript handwriting!

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Questions?  
Call 1-800-940-2270



Lowercase m



1. Overcurve, slant
2. Overcurve, slant
3. Overcurve, slant
4. Undercurve

Trace and write the letter.

<i>m</i>	<i>m</i>	<i>m</i>
<i>m</i>	<i>m</i>	<i>m</i>
<i>m</i>		<i>m</i>

Trace and write the joinings and words.

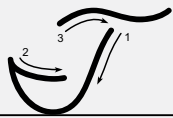
<i>ma</i>	<i>marine</i>	<i>mi</i>	<i>migration</i>	<i>me</i>	<i>met</i>
<i>ma</i>	<i>marine</i>	<i>mi</i>	<i>migration</i>	<i>me</i>	<i>met</i>
<i>mm</i>	<i>common</i>	<i>my</i>	<i>mystery</i>	<i>myth</i>	
<i>mm</i>	<i>common</i>	<i>my</i>	<i>mystery</i>	<i>myth</i>	

Write the sentences. Check your writing.

*A molecule is the smallest part of a substance that maintains the chemical properties of that substance.*

*Molecules are made up of more than one atom.*

Uppercase T



1. Slant, curve up
2. Swing right
3. Curve up, down, up

Trace and write the letter.

Tracing practice for the uppercase letter T. The first row shows two sets of the letter T on a four-line grid, with the first set being solid and the second set being dashed. The second row shows two more sets of the letter T, with the first set being solid and the second set being dashed. The third row shows two more sets of the letter T, with the first set being solid and the second set being dashed. The fourth row shows two more sets of the letter T, with the first set being solid and the second set being dashed.

Trace and write the words.

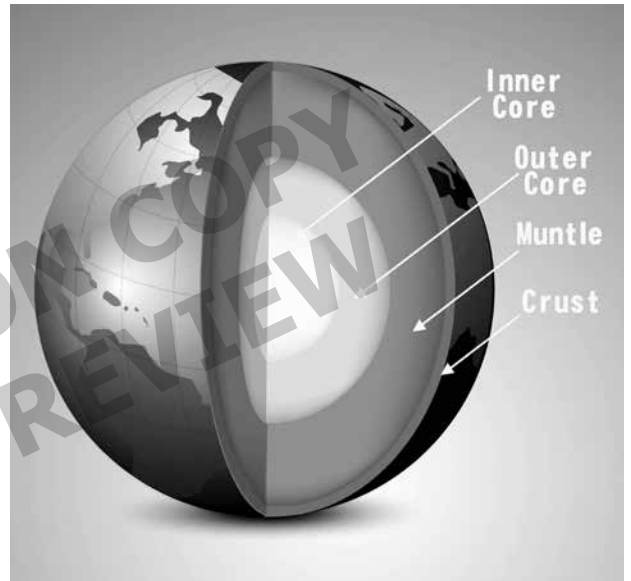
<i>Texas</i>	<i>Tonisha</i>	<i>Trenton</i>	<i>Tanzania</i>
<i>Texas</i>	<i>Tonisha</i>	<i>Trenton</i>	<i>Tanzania</i>
<i>Thomas</i>	<i>Teresa</i>	<i>Timothy</i>	<i>Tunisia</i>
<i>Thomas</i>	<i>Teresa</i>	<i>Timothy</i>	<i>Tunisia</i>

Write the sentences. Check your writing.

*Teeth are a very important part of the human body. The hard enamel surface lets us eat many different types of food. Early humans used their teeth as a tool; this habit persists today. Take care of your teeth!*

## Earth's Layers

Write the sentences. Check your writing.



The Earth has four

layers. The crust

covers the surface of

the Earth and is the thinnest layer,

ranging from approximately 6 to 25

miles thick. This is where most earthquakes occur. Beneath the crust

lies the mantle, which is about 1800

miles thick. Past the mantle are the

outer core and inner core. The outer

core is liquid and revolves around the

inner core, which is solid.