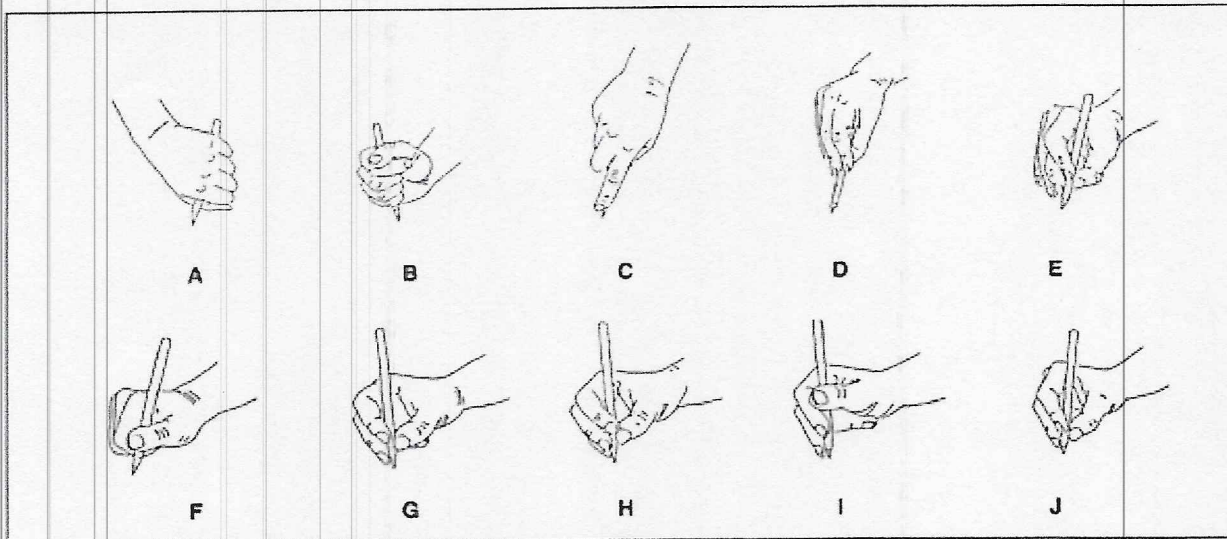


The first thing we need to look at is how you hold your pencil. Since you were born, you have held pencils and crayons in many ways. Look at the pictures above and see if you are holding your pencil correctly. If not, please try to work toward holding your pencil firmly, but not to choke it! You will use different muscles when you try changing your grip and how you hold your pencil correctly. Hang in there! Just practice until you get tired, and then stop for a little while. I had rather you practice and make 5-6 beautiful letters, than 20-30 "not so beautiful" letters and hurt your hand!

If you will use a regular #2 lead pencil to start learning the strokes, it will be much easier for you. Mechanical pencils will break too easily because you are going to be pressing down on your paper. It is also a good idea to put 3-4 pieces of paper as "padding" under your cursive paper.

### How NOT to hold your pencil!



A = radial cross palmar grasp; B = palmar supinate grasp; C = digital pronate grasp, only index finger extended; D = brush grasp. E = grasp with extended fingers; F = cross thumb grasp; G = static tripod grasp; H = four fingers grasp; I = lateral tripod grasp; J = dynamic tripod grasp.

## How TO hold your pencil!

**ARE YOU HOLDING YOUR PENCIL CORRECTLY?**

Hold the pencil comfortably. Do not cramp your hand or turn it too far over on its side.

The pencil should extend above the hand. This end should point over the writing shoulder.

The first finger just rests on the pencil.

The first finger should be almost an inch from the point.

The thumb holds the pencil against the first joint of the middle finger.

The pencil should be sharpened.

The hand slides over the desk on the back of the outer joints of the fourth and little fingers.

The ball of the hand rests on the desk.

Small a, d, p, and q begin in the 2 o'clock position. Small e and s begin in the 1 o'clock position.

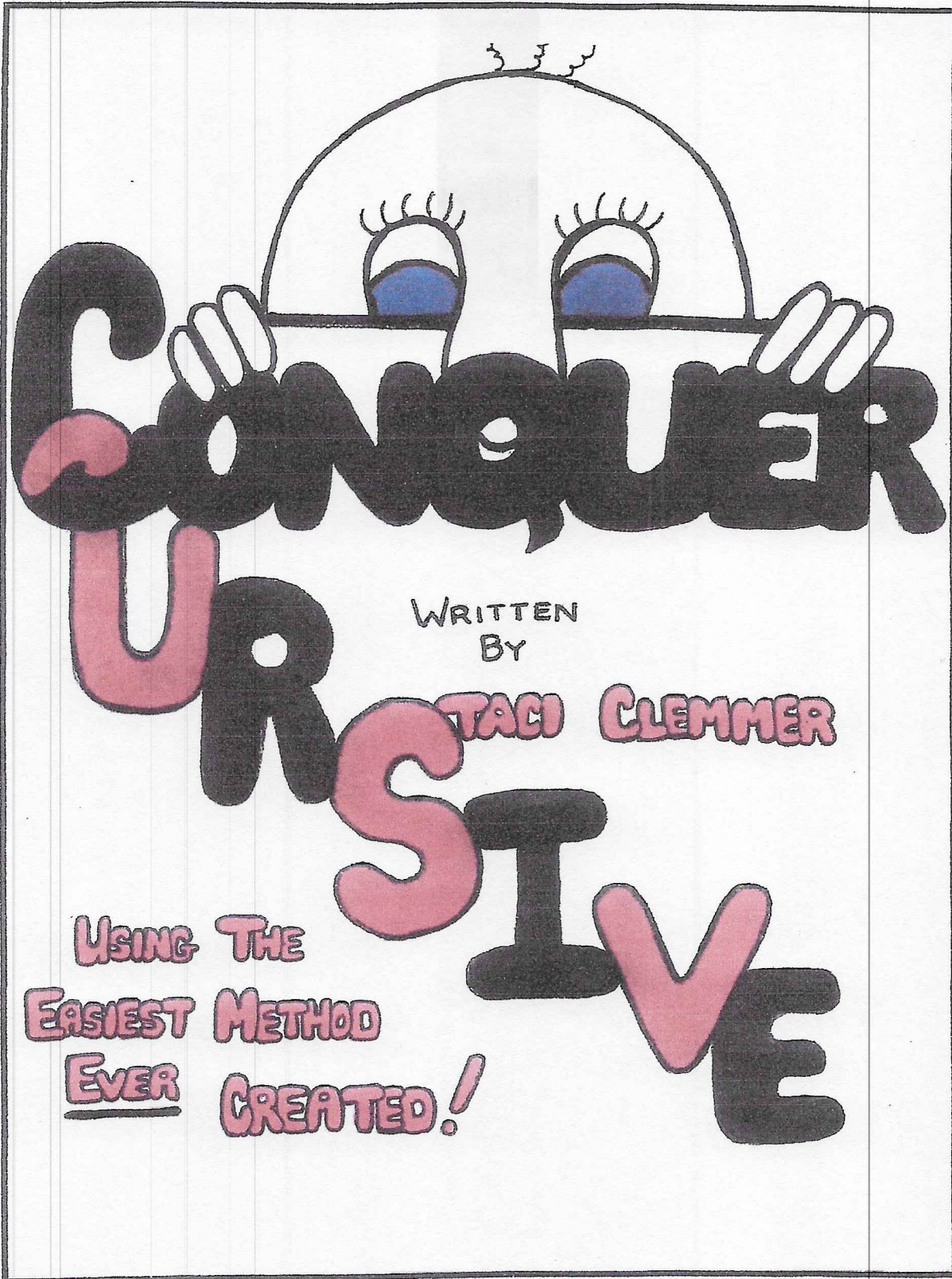
Write the following exercises rhythmically while the teacher counts the strokes.

*a d g q c o*

*to d a 1-2 aaaaa add go*

*cod good dad quick*

Work on holding your pencil correctly and cursive will be much easier for you. It is going to take some time and lots of practice for you to create your own cursive. Work on it about 15-20 minutes a night, no more. I had rather you make 5-6 beautiful letters than 50-100 not so beautiful because you are hurrying and trying to see how many letters you can do. You are just wasting your time.



AVAILABLE ON AMAZON.COM \$21.<sup>95</sup>

LESSON 3



RINAH COLLECTING  
CANS.... \$27.00

MIDDLE LINE  
BASELINE  
← SWING

1 2 3 4

*a a*

1 2 3 4

*c c*

1 2 3 4

*ac*

TRY NOT TO PICK UP YOUR PENCIL!

Blank handwriting practice lines with four numbered columns (1-4) for independent practice.

REVIEW:

1

2

3

4

5

*a*

1

2

3

4

5

*c*

1

2

3

4

5

*ac*

CIRCLE YOUR BEST!

2

3

4

x

1

*e e e*

↑

#1

*ace*

*ace*

2

3

4

*ace*

x

*ace*

*ace*

ace #1

i m n

REVIEW:

a c e

1 2 3 4

i i i

↑ x 1 2 3

ice ice

1 2

m m m

1 2 3 3 4 5 SLANT

m

n m m

1 2 3 3 4 5 SLANT 1 2

m

1 2 3

ace

1 2 3

ice

a c e i m n a c e i c e

a c

e a c e

a c e

i c e

m m

o o o o o

o o

↓  
m o m m  
STAY UP

m m

n m



Be the One

Be the Power

Be the BEST!

r *r* *r* YOU CAN CHOOSE! *r* *r*  
1 2 3 4

~~*r*~~ *r*  
1 2 3 4

*r*

VERY HARD WORD!

room *room*  
1 2

*room*

s ~~*s*~~ ~~*s*~~ *s* *s* *s*  
1 2 1 2

*s* *s*  
1 2 1 2 1 2

*s* *s* *s*

## Review

a a

1 2

c c

1 2

e e

1 2

i i

1 2

↑

m m

1 2

n n

1

o o

1

r r r

2

3

s s s

↓

1

2

mice mice

1

moon moon

↓

↓

1

2

seen seen

1

2

ace ace

1

2

ice ice

U, V, W, X

U- *u* *u*

V- *v* *v*

W- *w* *w*

U- *u* *u*

V- *v* *v*

W *w*

X- *x* *x* *x* *x*