



# Handwriting

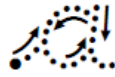
## A Guide For Parents/Carers

### Hints To Help Your Children





Over the Bridge then stop  
Go back and wiggle down  
Take your pencil along the line  
a finishes on the ground



Over the Bridge then stop  
All the way back around  
i has a back, up to its top  
Now touch the ground



t is tall up and down  
t has a branch above the ground



p is up, p is down  
p has a round tummy  
sitting on the ground



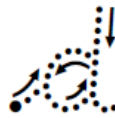
j is up, j is down  
Now put a dot it's small  
and round



n is up, n is down  
Now make a bridge over the  
ground



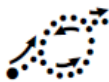
m is up, m is down  
Now make two bridges  
over the ground



Over the bridge then stop  
All the way back around  
d has a tall back up to the  
top  
Now touch the ground



Over the bridge then stop  
All the way back around  
g hangs below the line  
Now make a tail underground



Over the bridge then stop  
All the way back around  
o flicks out on the top  
Not on the ground



Over the bridge then stop  
Half way back around  
Finish off along the line  
c is on the ground



k is tall, up and down  
Make a loop in the middle  
Now touch the ground



e starts low and loops  
over the top  
Finish along the line, stop



u is up, u is down  
Do it all again but stop on  
the ground



r is up, r is down  
R flicks out at the top  
Not on the ground



h is tall, up and down  
now make bridge over the  
ground



b is tall, up and down  
b has a round tummy  
Now touch the ground



f is tall, up, over and down  
Now make a tail underground



l is tall, up and down



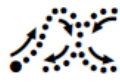
f is up, f is down  
f has a tail under the ground



Curve up and stop  
1 sharp point down  
N flicks out at the top  
Not on the ground



Curve up and stop  
2 sharp points down  
M flicks out at the top  
Not on the ground



Over the bridge and curve around  
x has another curve to be found



y is up, y is down  
Do it all again  
Now make a tail underground



Curve up and stop, go along the top  
Zig zag down, across the ground



Over the bridge then stop  
All the way back around  
q has a straight tail  
Flick it up towards the ground

Handwriting Families:

Over the ground-

- c a d g q o
- x s

Up and down-

- i u t l y
- n m h r p
- b k
- f j

Pointy-

- W N Z

Other-

- e

## Good Posture Is Vital

Bottom well back on the chair

Feet flat on the floor

Left handed children may find it helpful to turn  
the paper

One hand on the paper



## Correct Pencil Grip

A triangular pencil can help to encourage the  
correct grip

The pencil should be held between the pad of  
the thumb and first finger, resting on the second  
finger



## Letter Formation

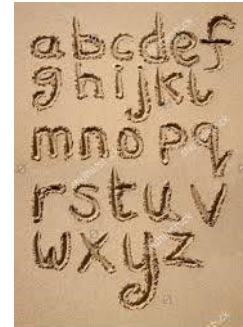
Write in the air

Write on a friend's back (with a finger!)

Write in a tray of sand

Write on a whiteboard

Write with the eyes shut



## Name writing

When joining Reception the first thing your child  
will practice writing is their name.

## Activities To Help Handwriting

### Strengthen Fingers And

### Hand Eye Co-ordination

Playdough

Dot to dots

Mazes

Drawing and colouring

Tracing

Manipulating small toys e.g. Lego

Threading beads

