



Handwriting exercises

When we write in English, two things happen:

- Our arm and hand move across the page from left to right.
- Our fingers move to make the letters.

If you find it difficult to write fluently across the page, the following exercises may be helpful.

Exercises for practising movements

1. Use your arm and hand - but not your fingers - and try drawing a line across the page with your pen.



2. Now try making a down stroke. This is the most important stroke in handwriting. The first one is done for you.



3. Now try making all the letters, A to Z, in lower case - remember we have to change direction when we make letters.
4. Choose letters that you find difficult. Compare how you make the letters with the actions used by someone whose writing you admire.
5. Practise by joining the same letter, as in the examples below:

eeeeeeeeee

oooooooooo

gggggggggg

