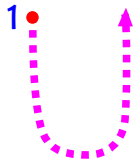


Alphabet “Air Writing” Instructions

- Movements – especially big movements – help a child memorize the writing patterns for each letter.
- Vocalizing the steps (saying the steps out loud) also helps with the memory – this is not a silent exercise!
- Children should use the arm that they write with.
- The movements also help strengthen the arm and shoulder muscles that are used in regular handwriting.
- We recommend “air writing” the capital letters every day (while learning the capital letters), just before your daily handwriting practice time.

Note: If you are standing in front of your students, remember to turn sideways or “write” the letters backwards, so that the letters appear the right-way-around to your students.

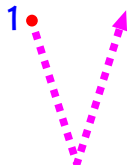
Capital U:



'Uh' for up

"Make a cup with the end pointed up."

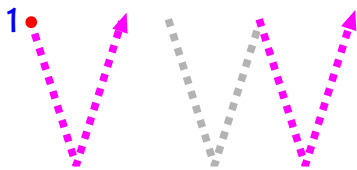
Capital V:



'Vuh' for vulture

"Slanted line down; then up again."

Capital W:

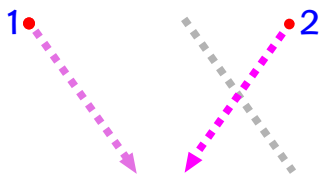


'Wuh' for water

"One V, two V's make a double-U."

Note: The letter "W" can be written rounded, which probably fits the name "double-u" better, but millions of people (and nearly all books) use the "double-vee" version of the W.

Capital X:

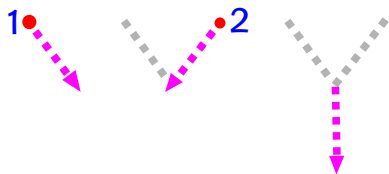


'Ex' for x-ray

"Criss... cross."

Definition: Criss-cross (or "crisscross") is any shape or pattern where straight lines cross over each other. Saying "Criss... cross," while making the motion, will help children remember the "x" letter shape.

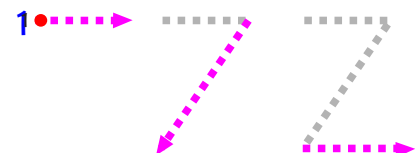
Capital Y:



'Yuh' for yellow

"Half an "X" with one leg down."

Capital Z:



'Zzzz' for zip

"Zig, zag, zip."