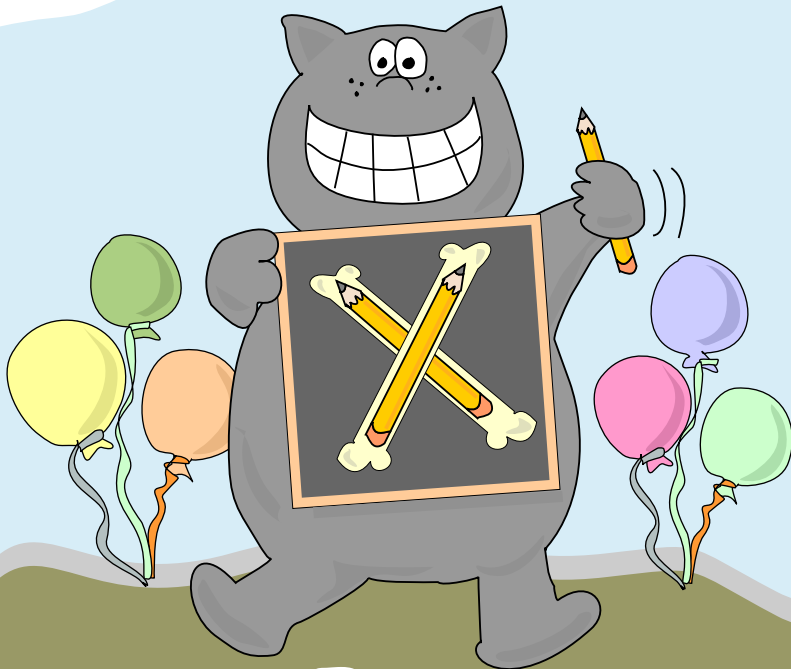


Progressive Printing^{T.M.}

CAPITALS

age
4½+



Book 5: UVWXYZ

The easy, fun (and FREE!)
way to teach capital letters.

Book 5: UVWXYZ

- For Kindergarten or First Grade (not for pre-school).
- Teaches Capitals U, V, W, X, Y and Z. (No capital rules are taught in this booklet.)

Step 1

Print out these instructions and worksheets. For more than one student, print copies of the "Worksheets Only" version of this booklet.

Step 2

When doing more than one lesson a day, **take a break between the lessons** (a snack, a walk, a nap – whatever works). This helps to maximize the mental "processing" of the material.

Written and illustrated by
Miz Katz N. Ratz^{T.M.}

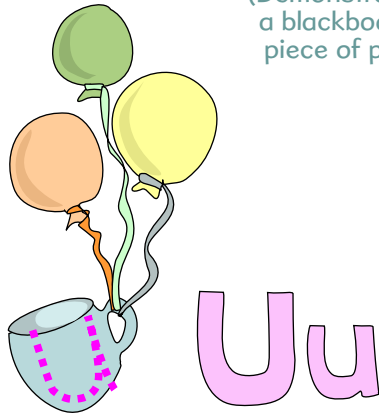


Don't forget to download the matching games, crafts and lesson plans from ProgressivePhonics.com

Lesson 1 (Verbal lesson)

How to write the Capital U.

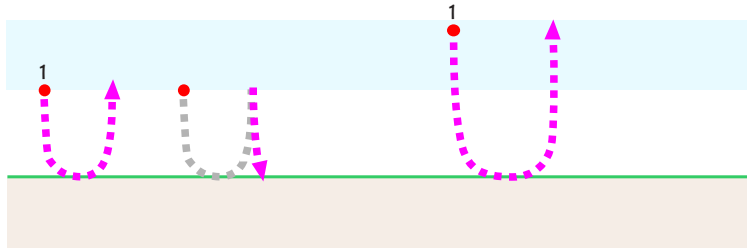
(Demonstrate on a blackboard or piece of paper.)



“Uh” for up, up, cup!

The Capital U looks a lot like the little ‘u,’ except that it’s bigger.

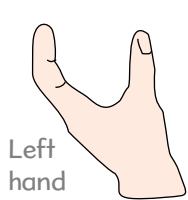
The only real difference is how we write the letters –



With the little ‘u,’ we draw the “cup” shape, and then (without lifting our pencil) we add a little line at the end.

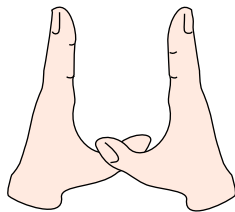
With the Capital U, we just draw a big cup shape – we don’t add a little line at the end.

Let’s make the letters with our hands –



Left hand

Little u

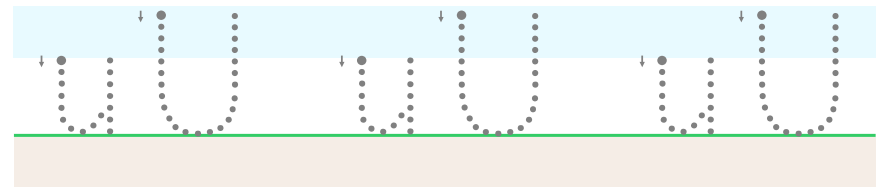
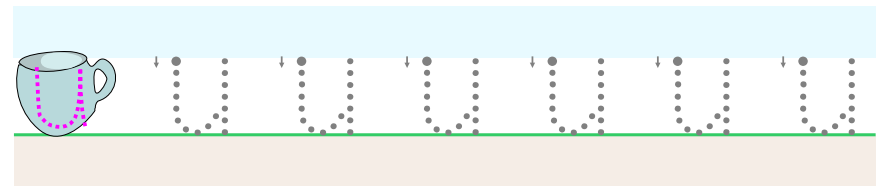
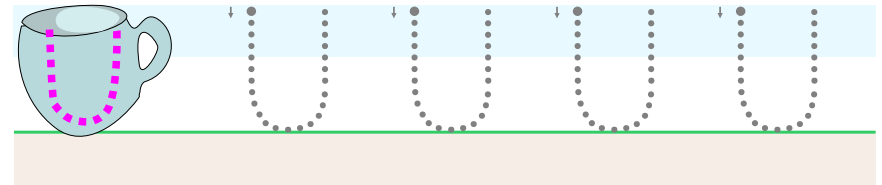
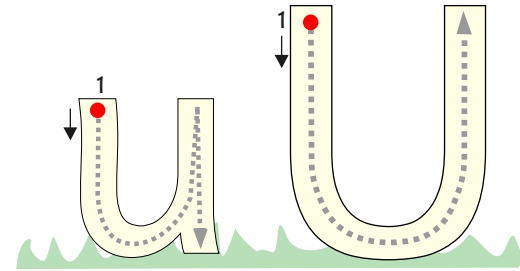


Big U

Lesson 1 Worksheet Page 1 of 1

Trace the dotted letters.

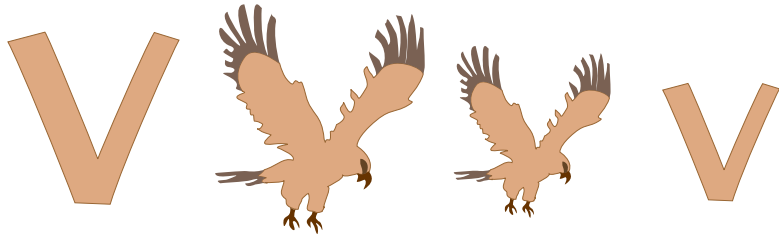
(Name) _____



Lesson 2 (Verbal lesson)

How to write the Capital V.

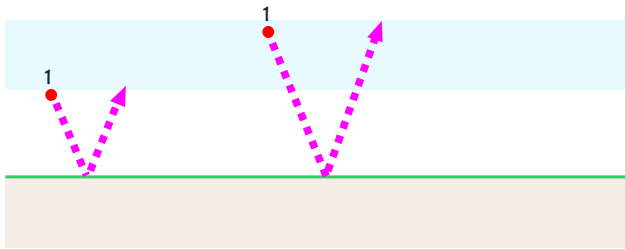
(Demonstrate on a blackboard or on a piece of paper.)



"Vuh" for vulture:

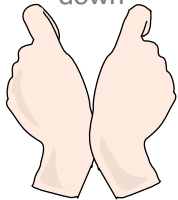
The Capital V looks exactly like the little 'v' except that it's bigger.

We also write them exactly the same way, except that the Capital V is bigger:

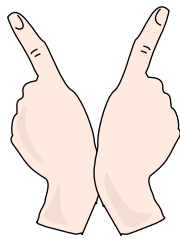


Let's make the letters with our hands –

Fingers folded down



Little v

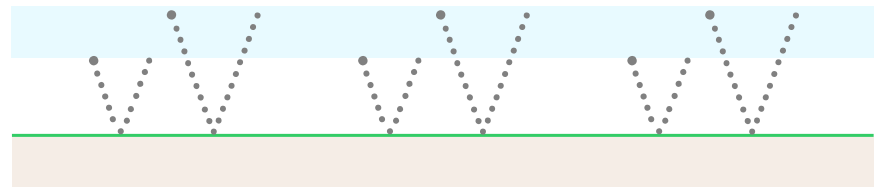
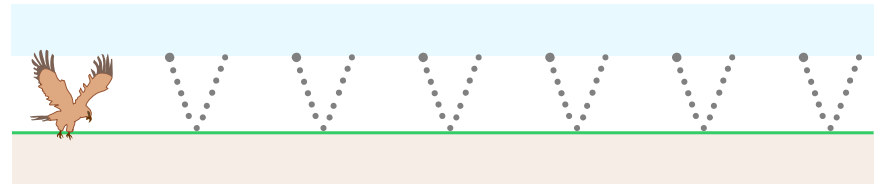
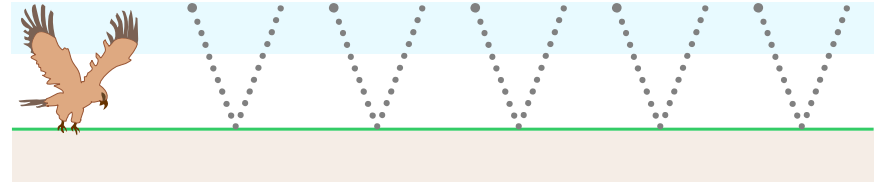
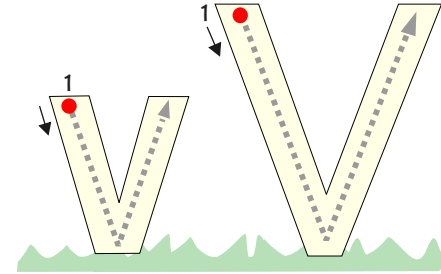


Capital V

Lesson 2 Worksheet Page 1 of 2

Trace the dotted letters.

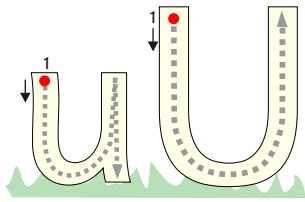
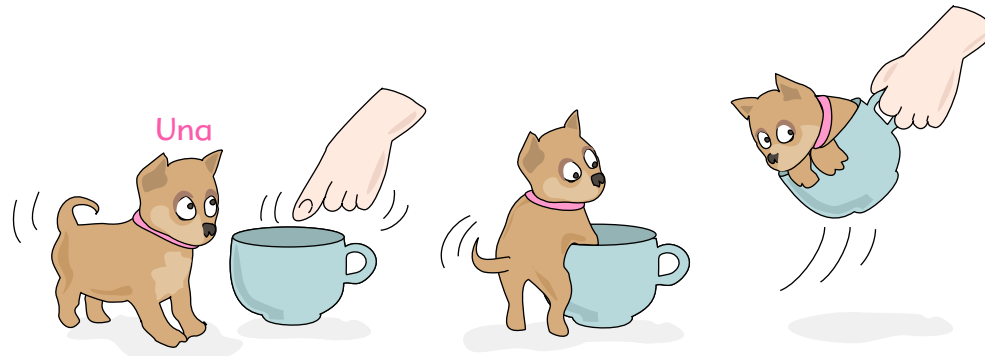
_____ (Name)



Lesson 2 Worksheet Page 2 of 2

Trace the dotted letters. Then copy the words on the next line.

_____ (Name)

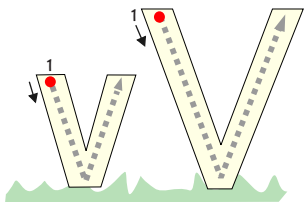
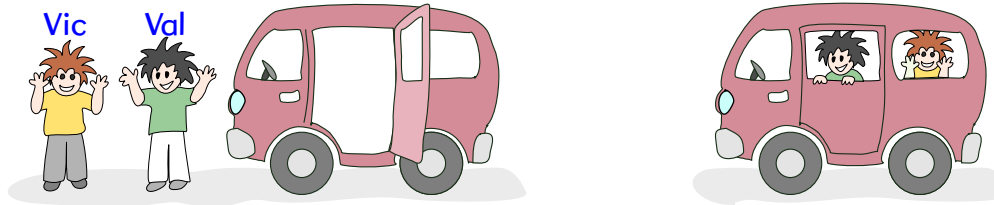


 cat
TRACE

 cat
COPY

Una went up in a cup

Una is a girl's name.



 cat
TRACE

 cat
COPY

Vic and Val sat in a van

Lesson 3 (Verbal lesson)

How to write the Capital W.

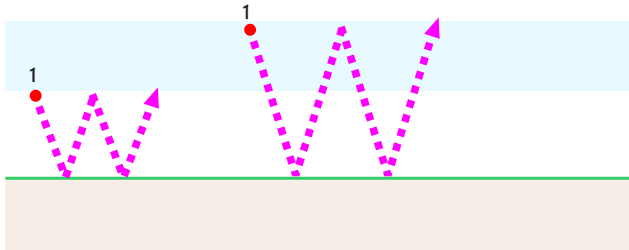
(Demonstrate on a blackboard or on a piece of paper.)



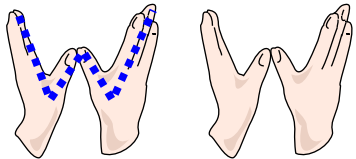
“Wuh” for water:

The Capital W also looks like the little ‘w’ except that it’s bigger.

We also write them the same way –



Let’s make the letters with our hands and bodies –



Little w

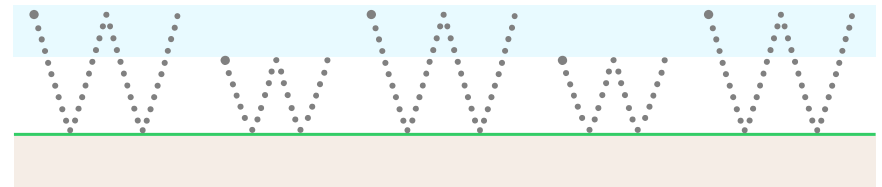
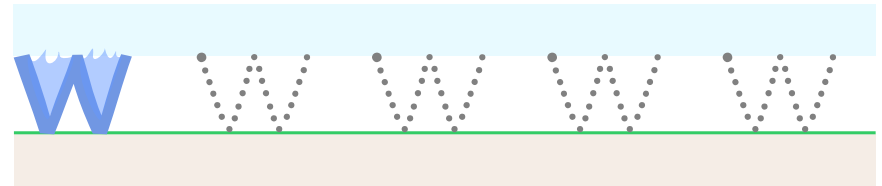
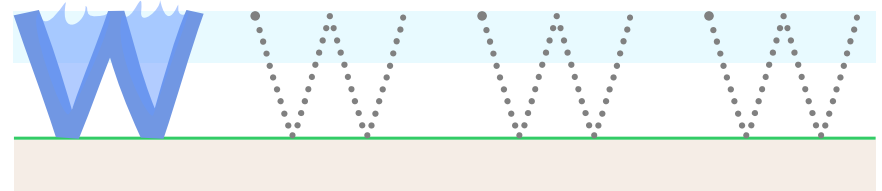
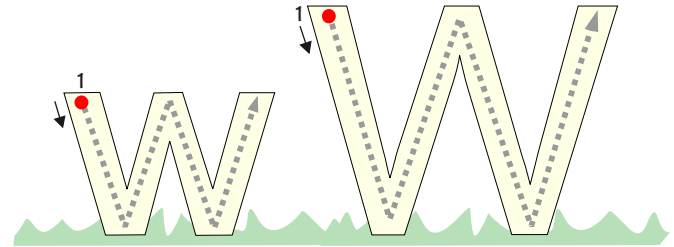


Capital W
(standing up
or sitting down)

Lesson 3 Worksheet Page 1 of 1

Trace the dotted letters.

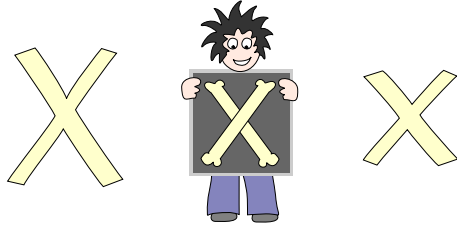
_____ (Name)



Lesson 4 (Verbal lesson)

How to write the Capital X.

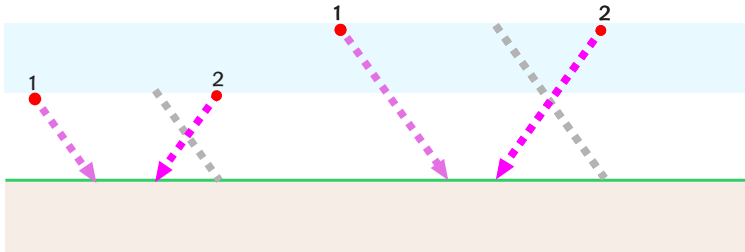
(Demonstrate on a blackboard or on a piece of paper.)



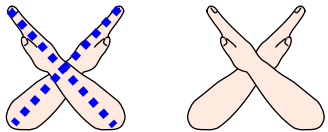
"X" for x-ray:

The Capital X also looks like the little 'x' except that it's bigger.

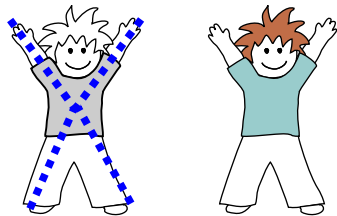
We also write them the same way –



Let's make the letters with our hands and bodies –



Little x

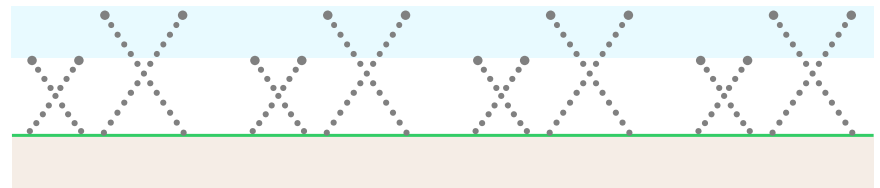
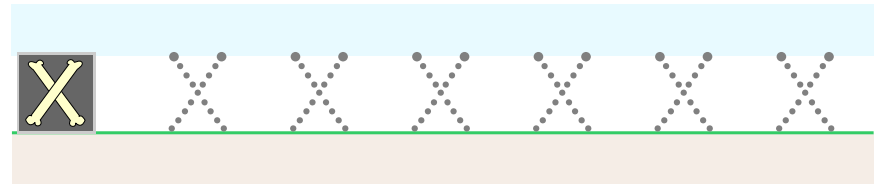
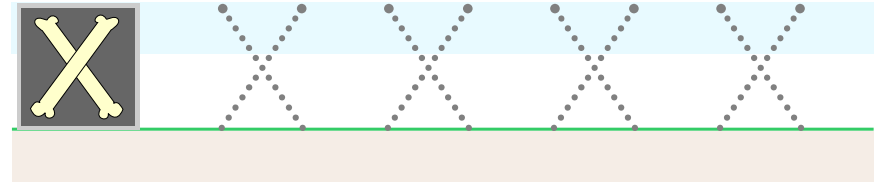
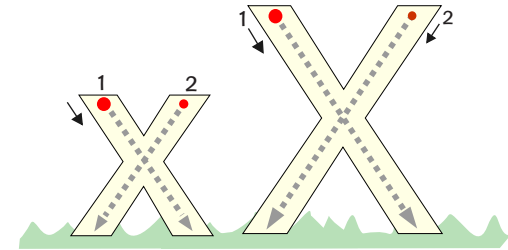


Capital X
(standing up)

Lesson 4 Worksheet Page 1 of 2

Trace the dotted letters.

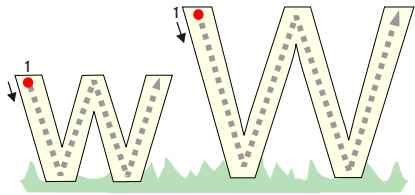
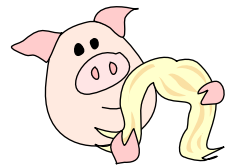
_____ (Name)



Lesson 4 Worksheet Page 2 of 2

Trace the dotted letters. Then copy the words on the next line.

(Name)



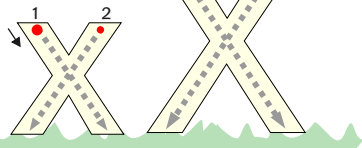

cat
TRACE


cat
COPY

Wanda had a wet wig



six x-rays of Mister X.




cat
TRACE


cat
COPY

Lesson 5 (Verbal lesson)

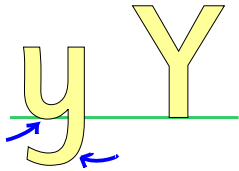
How to write the Capital W.

(Demonstrate on a blackboard or on a piece of paper.)

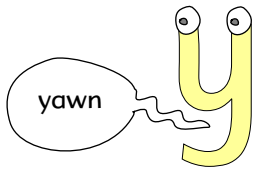
"Yuh" for yellow, yawn and "Yay!":

The Capital Y and the little 'y' are different –

The little 'y' has some round parts.

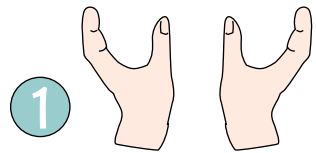


The Capital Y only has straight lines.

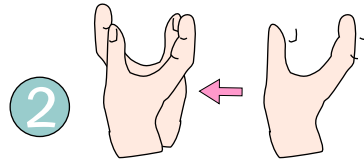


To help us remember the difference, let's pretend that the little letter 'y' is doing a big yawn – like this... yaaaaaaaawn!

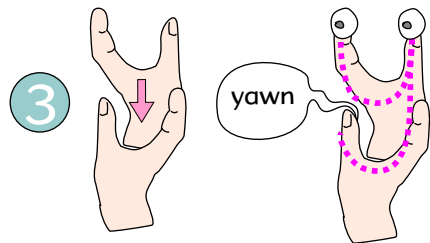
Let's make the yawn with our hands –



1 Make the letter 'u' with BOTH your hands.



2 Then put your right hand on top of your left hand.



3 Now slide your right hand down to make the letter "yawn."

Lesson 5 continued...

So, while the LITTLE letter 'y' is a yawn, the Capital Y is a big "Yay!" Let's do that with our bodies –



Stand up and put your arms up and say, "Yay!"

And so we don't mix up the Capital X and the Capital Y, let's practice BOTH those letters. (Do the "jumping Jacks" between the letters X and Y.)

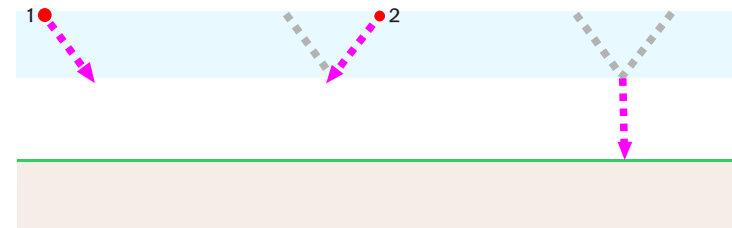


Capital X



Capital Y

This is how we write the Capital Y –



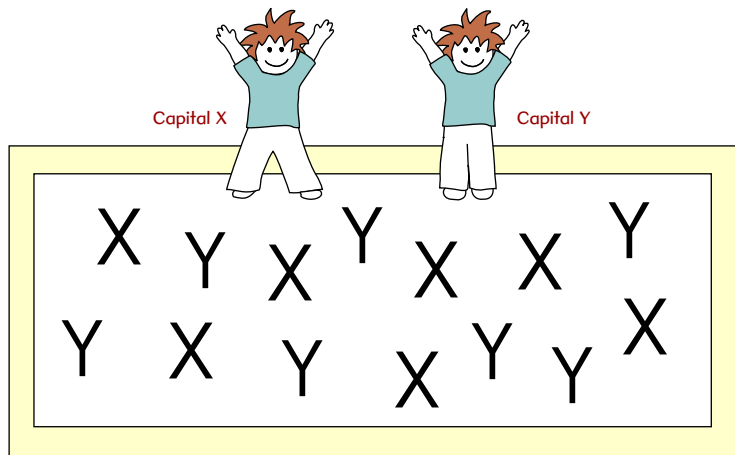
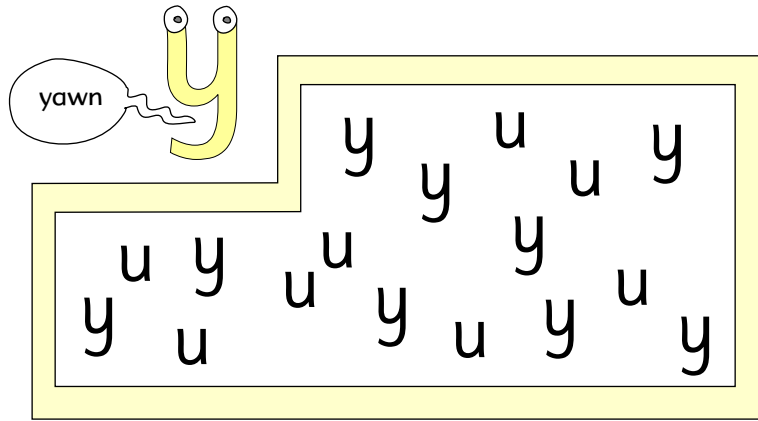
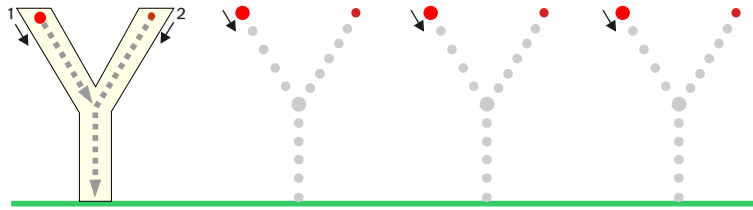
Draw a little, slanting line, starting at the top of the sky area.

Then draw another slanting line and make it touch the first line.

Then, without lifting your pencil, draw a straight line down to the grass line.

Lesson 5 Worksheet Page 1 of 2

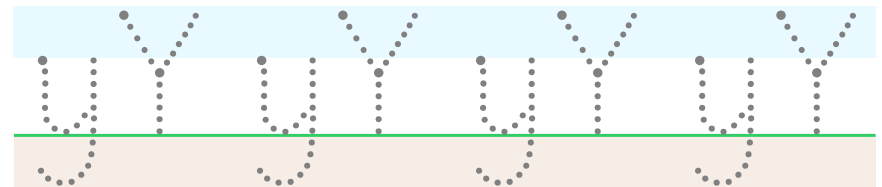
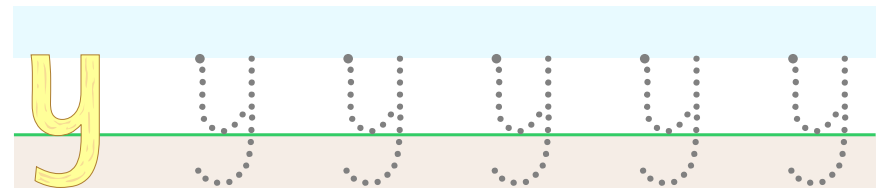
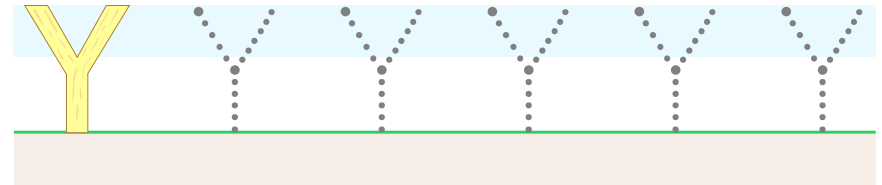
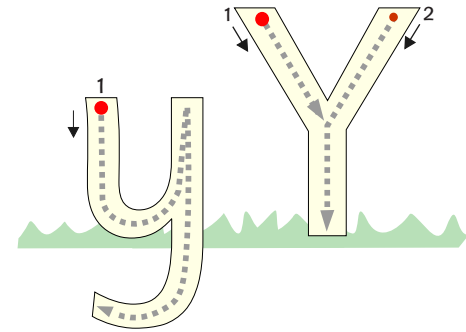
Trace the dotted letters. Then circle the Little y's and the Capital Y's in the boxes.



Lesson 5 Worksheet Page 2 of 2

Trace the dotted letters.

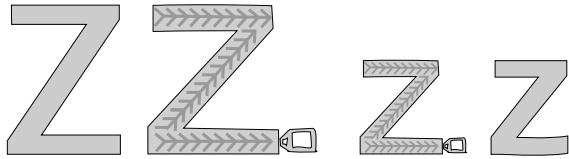
(Name)



Lesson 6 (Verbal lesson)

How to write the Capital Z.

(Demonstrate on a blackboard or on a piece of paper.)



"Zzz" for zip:

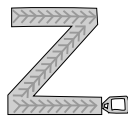
The Capital Z is easy because it looks exactly the same as the little 'z,' just bigger.

What we do need to remember is that the letters S and Z are different –



The 's' is curvy like a snake.

Also, "sss" is the sound that "sssnakes" make.

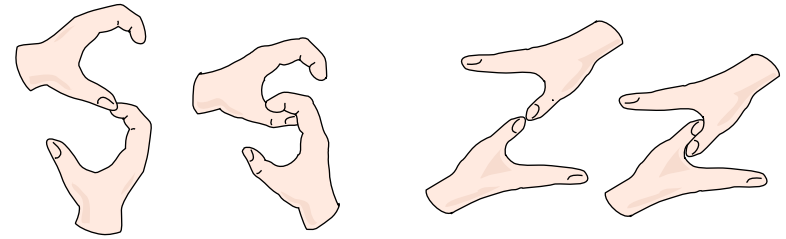


The 'z' has straight lines, like a zipper.

Also, "zzzzz" is the sound that zippers make when they zip up.

Lesson 6 continued...

Let's make the letters S and Z with our hands –



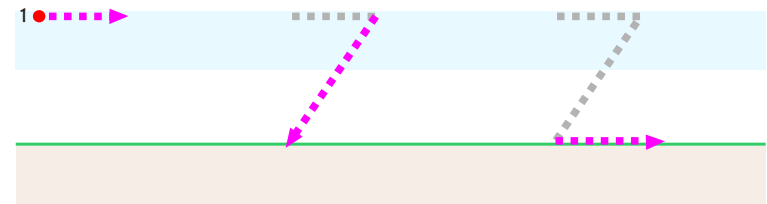
Capital S

Little 's'

Capital Z

Little 'z'

We write the Capital Z like this –



Draw the first line at the top of the sky area, going from left to right.

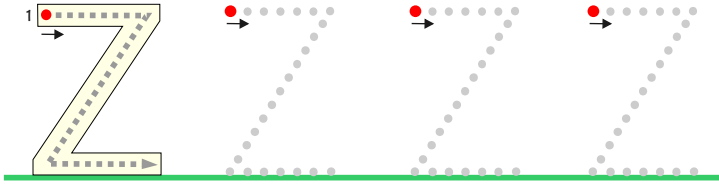
Then, without lifting your pencil, draw a slanted line down to the "grass."

Again without lifting your pencil, draw the last line, along the grass line.

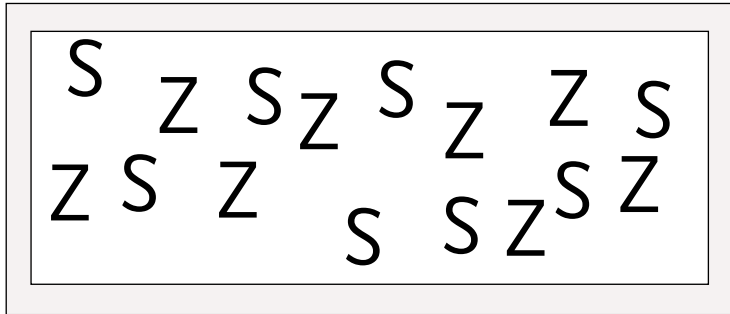
Lesson 6 Worksheet Page 1 of 3

- (1) Trace the dotted letters. (2) Circle the Z letters in the box.
(3) Spot the different zipper in the row and the different snake in the row.

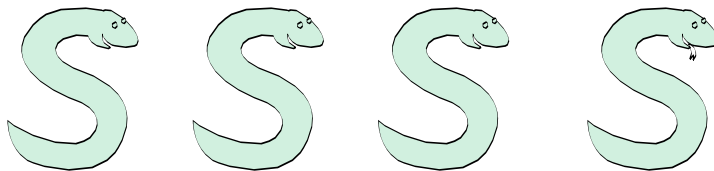
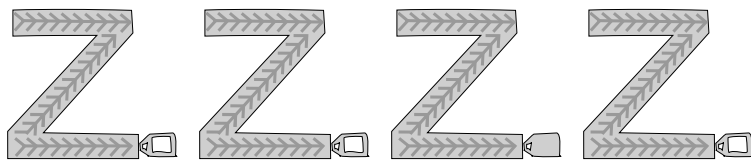
1



2



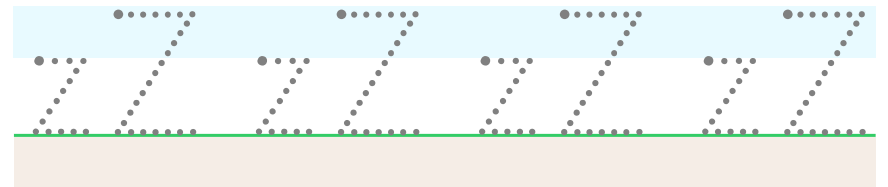
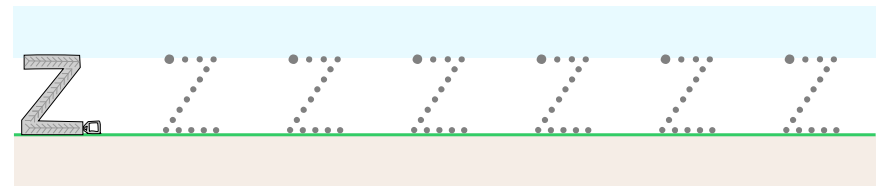
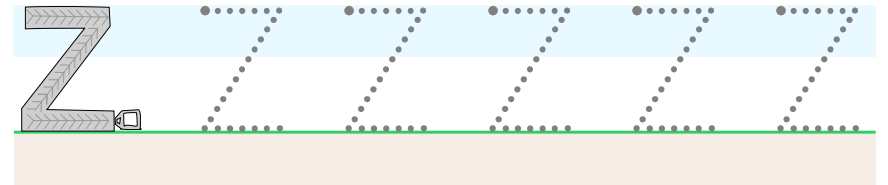
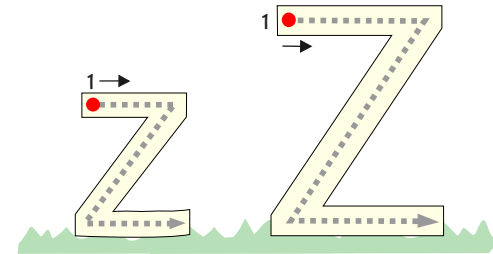
3



Lesson 6 Worksheet Page 2 of 3

Trace the dotted letters.

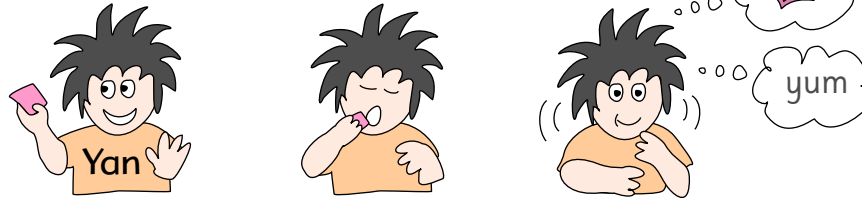
(Name)



Lesson 6 Worksheet Page 3 of 3

Trace the dotted letters. Then copy the words on the next line.

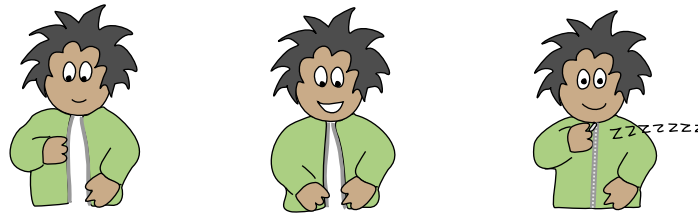
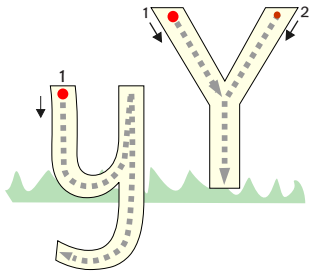
(Name)




cat
TRACE


cat
COPY

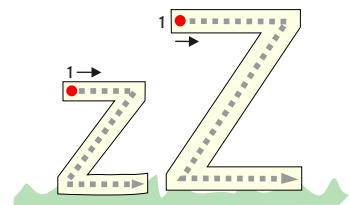
Yan ate yum, yum gum




cat
TRACE


cat
COPY

Zac can zip a zip



Lesson 7 Worksheet Page 1 of 2

Write the right letters for each name, and then trace the remaining letters in the name.

U V W X Y Z



na



ic



anda



Mr.



an



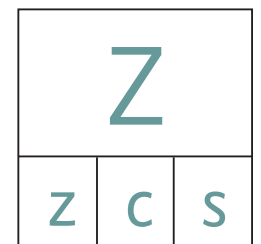
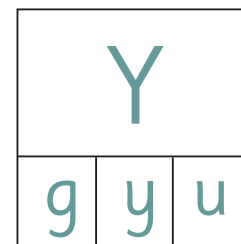
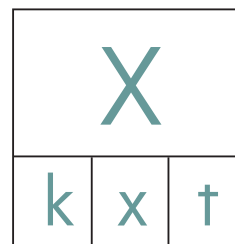
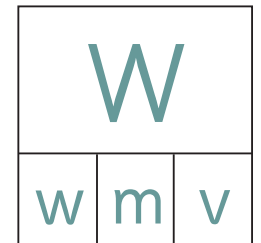
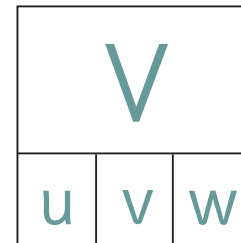
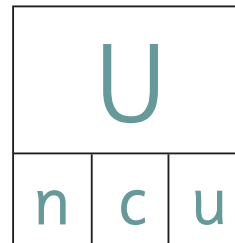
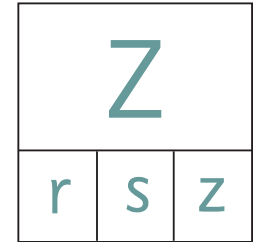
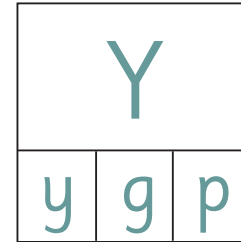
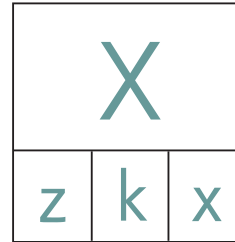
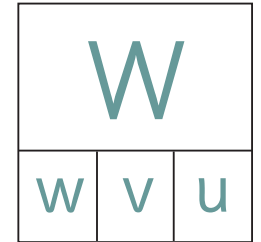
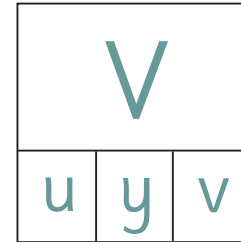
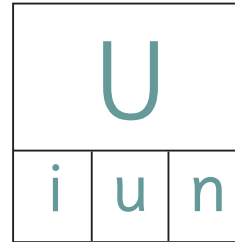
ac

Lesson 7 Worksheet Page 2 of 2

Trace the dotted letters.

(Name)

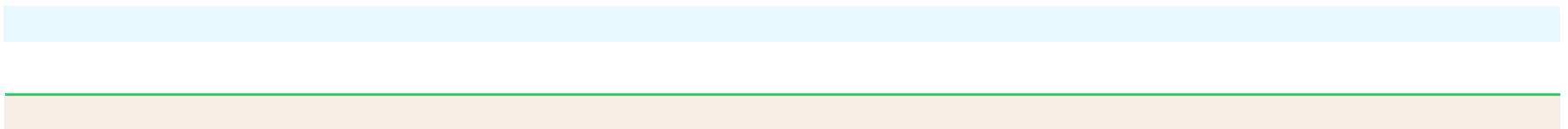
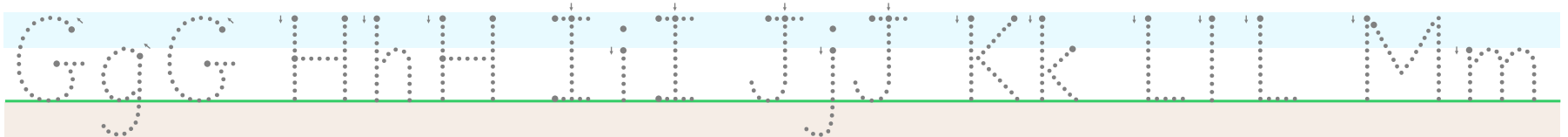
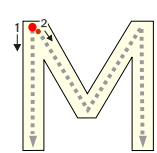
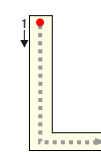
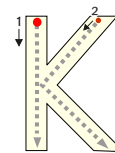
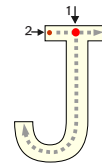
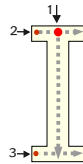
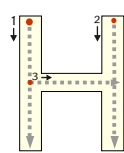
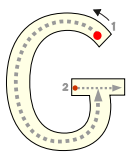
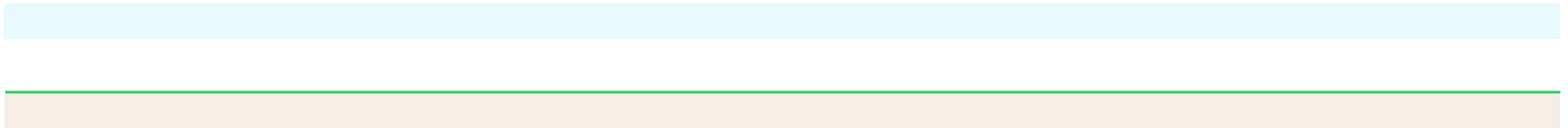
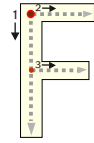
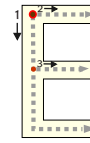
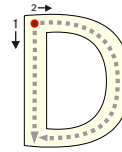
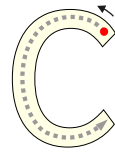
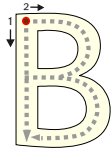
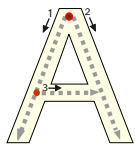
uU vV wW xX yY zZ



Lesson 8 Worksheet Page 1 of 1

Trace the dotted letters. Then copy the words on the next line.

(Name)



Lesson 9 Worksheet Page 1 of 1

Trace the dotted letters. Then copy the words on the next line.

(Name)

