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

Part One:
- Teaches lowercase letters 'o' and 'j.'
- Practices writing short-vowel letter 'o' words.
- In addition to tracing, children now start copying words and phrases, to help them learn how to write independently.

Part Two:
- Practices the letter pattern groups (the letters that share the same motions). This helps memorize proper letter formation.

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

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.

Letters taught: o, j

Also practices (by tracing and copying) the different letter pattern groups.
Lesson 1: How to write the letter ‘o’

To write the letter ‘o’ —

The letter ‘o’ is basically a little circle, although it doesn’t have to be perfectly round.

(Demonstrate on a blackboard or piece of paper.)

First write the letter ‘c’ —

Continue around (no stopping) until you are back to where you started.

Notes:
1. Children/students need to say the steps out loud — this is not a silent exercise.
2. Write BIG letters in the air.

Then have your child/students “air write” the letter many times, also saying the steps out loud.

“Start like the letter ‘c’, but go all the way around.”

“Write” the letter ‘o’ in the air, using big arm movements, saying:

Air “Writing”

Write the letter ‘o’ in the air, using big arm movements, saying:

Notes:
1. Children/students need to say the steps out loud.
2. Write BIG letters in the air.

Then have your child/students “air write” the letter many times, also saying the steps out loud.

“Start like the letter ‘c’, but go all the way around.”

“Write” the letter ‘o’ in the air, using big arm movements, saying:

Air “Writing”

Write the letter ‘o’ in the air, using big arm movements, saying:

Notes:
1. Children/students need to say the steps out loud.
2. Write BIG letters in the air.
Lesson 1

Practice Page (1 page)
(Do this AFTER the verbal lesson.)

READ

TRACE

COPY

on on on on

on on on on

on on on on

on on on on
Practice Page #1 (of 2)
(No verbal lesson – just practice.)

Lesson 2

Lot

Lot lot lot

Let lip leg

Lot lot lot

READ

a lot

TRACE

a lot

COPY

Cat a lot
Lesson 2

Practice Page #2 (of 2)
(Do this AFTER the verbal lesson.)

not

not not not

lot lot lot lot

not not not

not a lot

READ

TRACE

COPY

not a lot

nnnnn oooo

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Progressive Phonics Beginner Book 4 Handwriting
Lesson 3
(No verbal lesson – just practice.)

**got**

```
got got got got
lot lot lot lot
got got got got
```

**READ**
```
I got a lot
```

**TRACE**
```
I got a lot
```

**COPY**
```
I got a lot
```
Lesson 4

Practice Page #1 (of 2)
(No verbal lesson – just practice.)

pot

Pot got hot

Got got got

Pot pot pot

Cat

Pot got hot

Pot pot pot

Cat

Pot got hot

COPY
Practice Page (1 page)
(No verbal lesson – just practice.)

pop on top

READ

TRACE

COPY

(Name)
Lesson 6
(No verbal lesson – just practice.)

mop mop

hop hop hop

mop hop

READ

mop hop

TRACE

Cat

mop hop

COPY

Cat

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Progressive Phonics Beginner Book 4 Handwriting
Practice Page (1 page)
(No verbal lesson – just practice.)

Read: dot on dog
Trace: dot on dog
Copy: dot on dog

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Progressive Phonics Beginner Book 4 Handwriting
Lesson 8

How to write the letter ‘j’

(Demonstrate on a blackboard or piece of paper.)

The letter <j> is a lot like the letter <i>, but with two big differences.

- The letter <j> is longer, going down into the “underground” area.
- The letter <j> has a little “foot” at the end of its “leg.”

To write the letter <j> –

1. Draw a line down into the “underground” area and curl it (just a little) to make the “foot.”
2. Then draw the little dot on top.

Air “Writing”

“Write” the letter <j> in the air, using big arm movements, saying:

“Long leg down with a little foot and a dot on top.”

Then have your child/students “air write” the letter many times, also saying the steps out loud.
Practice Page (1 page)

(Do this AFTER the verbal lesson.)

**Lesson 8**

```
job
```

```
job job job
```

```
job job job
```

```
did did did
```

```
did his job
```

```
READ did his job
```

```
TRACE did his job
```

```
COPY did his job
```

---

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Progressive Phonics Beginner Book 4 Handwriting
Practice Page
(No verbal lesson – just practice.)

fox

READ fox on box

TRACE fox on box

COPY fox on box

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Part II

Letter Pattern Group #1
(Letters that share similar motions)
(Treat each page as one lesson)

COA

cat on can

READ

TRACE

COPY

COPY

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Letter Pattern Group #2

adg

aaa ddd ggg

dad dog

READ

dad dog

TRACE

Cat

Cat

COPY

COPY

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Letter Pattern Group #4

\[
\begin{array}{c}
\text{m} \\
\text{n} \\
\text{r} \\
\text{m} \\
\text{n} \\
\text{n} \\
\text{m} \\
\text{n} \\
\text{n} \\
\end{array}
\]

READ

\[
\begin{array}{c}
\text{man} \\
\text{ran} \\
\text{man} \\
\text{ran} \\
\text{man} \\
\text{ran} \\
\text{man} \\
\text{ran} \\
\text{man} \\
\text{ran} \\
\end{array}
\]

TRACE

\[
\begin{array}{c}
\text{cat} \\
\text{man} \\
\text{ran} \\
\text{cat} \\
\text{man} \\
\text{ran} \\
\text{cat} \\
\text{man} \\
\text{ran} \\
\text{cat} \\
\text{man} \\
\text{ran} \\
\end{array}
\]

COPY

\[
\begin{array}{c}
\text{cat} \\
\text{man} \\
\text{ran} \\
\text{cat} \\
\text{man} \\
\text{ran} \\
\text{cat} \\
\text{man} \\
\text{ran} \\
\text{cat} \\
\text{man} \\
\text{ran} \\
\end{array}
\]

\[
\begin{array}{c}
\text{cat} \\
\text{man} \\
\text{ran} \\
\text{cat} \\
\text{man} \\
\text{ran} \\
\text{cat} \\
\text{man} \\
\text{ran} \\
\text{cat} \\
\text{man} \\
\text{ran} \\
\end{array}
\]
Letter Pattern Group #5

hen bit pen

READ

TRACE

COPY

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Letter Pattern Group #6

I lit a lamp

READ

TRACE

COPY

I lit a lamp

COPY

Cat

COPY
Letter Pattern Group #7

if it fit

(if it fit)

READ

TRACE

COPY
Letter Pattern Group #8

READ

jam in jar

cat

COPY

Cat

COPY

Cat

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Progressive Phonics Beginner Book 4 Handwriting
Letter Pattern Group #9

```
1 2 2
1

x k
```

READ

```
six kids
```

TRACE

```
cat
```

COPY

```
six kids
```

COPY

```
cat
```

COPY
Letter Pattern Group #10

WWW VVV VVV

READ

wet vet

WRITING PRACTICE

wet vet

Cat

COPY

Cat

COPY

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Letter Pattern Group #11

\[ \text{SZ} \]

\[ \text{SSSSS} \quad \text{ZZZZZ} \]

READ six zips

TRACE six zips

COPY six zips

COPY six zips

COPY six zips

COPY six zips