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

**Book 5: Making Waves:**
- Teaches the "wave" handwriting pattern, which is used to form the letters 'u' and 'y,' and is also used extensively (later in school) when joined-up handwriting is taught.
- Teaches lowercase letters 'u' and 'y'
- Introduces the 'qu' letter combination.
- Also practices the basic letter-pattern groups.

**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.
Lesson 1 (Part 1)
Verbal lesson: The wave pattern

This is the “wave” pattern (draw on blackboard or piece of paper) –

Air “Writing”

“Write” some “waves” in the air, making ONE sound for each “wave” –

“Whoosh, whoosh, whoosh...” (or, “Whee, whee, whee,” or any other sound of your choosing).

Then have your child/students “air write” “waves” in the air, also saying the sound out loud.

Notes: (1) Children/students need to make the sound – this is not a silent exercise. (2) Write BIG letters in the air. (2) Students should use the arm that they write with.

We use the “wave” pattern to write the letters <u> and <y> –

We also use the “wave” pattern when we do joined-up handwriting, which you’ll learn about when you’re a little bit older –

The gorilla is ill.

Lesson 1 (Part 1) continued...

Progressive Phonics Beginner Book 5 Handwriting

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Progressive Phonics Beginner Book 5 Handwriting
Lesson 1 (Part 1) Worksheet
Verbal lesson: The wave pattern

READ
up up up up up

TRACE
cup cup cup cup

COPY

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Progressive Phonics Beginner Book 5 Handwriting
Lesson 1 (Part 2)
Verbal lesson: Letter ‘u’ versus letter ‘n’

The letter <u> looks like an upside down letter <n> --

To help remember which is which, imagine that the letter <n> has feet.

If the letter <n> stands on its head, see what happens?

Its feet are up!

To write the letter <u> --

Draw one wave, keeping it all in the middle area. Then, without lifting your pencil, draw a little line down.

Air “Writing”

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

“One wave; then a little line down.”

Then have your child/students “air write” the letter many times, also saying the steps out loud.
Lesson 1 (Part 2) Worksheet
Verbal lesson: Letter ‘u’ versus letter ‘n’

- **READ**
  - up up up up up up
  - not up not up not up not up

- **TRACE**
  - up up up up up up
  - not up not up not up not up

- **COPY**
  - up up up up up up
  - not up not up not up not up

(Name)
Lesson 2 Worksheet
(no verbal lesson)

READ

us bus us bus

TRACE

us bus us bus

COPY

us bus us bus

READ

us bus us bus

TRACE

us bus us bus

COPY

uuu BBB

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Lesson 3 Worksheet
(no verbal lesson)

---

**READ**

fun sun run

cat

**TRACE**

fun sun run

cat

**COPY**

---

**READ**

fun sun run

cat

**TRACE**

fun sun run

cat

**COPY**

---

**READ**

fun sun run

cat

**TRACE**

fun sun run

cat

**COPY**

---
Lesson 4 Worksheet
(no verbal lesson)

but cut nut

READ

trace

Cat

COPY

but cut nut

READ

Cat

COPY

but cut nut

READ

Cat

COPY

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Lesson 5 Worksheet
(no verbal lesson)

(A cub is a young animal, especially a young bear, fox, lion, wolf, etc.)
Lesson 6
Verbal lesson: How to write the letter ‘y’

Writing the letter <y> is the same as writing the letter <u>, except that the <y> has a longer leg with a little curve, like a foot: (Draw on the blackboard or piece of paper.)

Air “Writing”

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

“Draw a letter <u>; then a LONG leg down with a foot at the bottom.”

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

To write the letter <y> –

Start out like you’re writing the letter <u>. Then, without lifting your pencil, draw a long leg down, curling it up a little bit at the end.
Lesson 6 Worksheet
How to write the letter <y>

(y) (Name)

READ yum yum yes

TRACE

CAT

COPY

READ yum yum yes

TRACE

CAT

COPY

READ yum yum yes

TRACE

CAT

COPY

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Lesson 7 Worksheet
(No verbal lesson)

READ

TRACEx

COPY

READ

TRACEx

COPY

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Lesson 8 Worksheet
(no verbal lesson)

coadge

ccc ooo aaa

aaa ddd ggg

ccc eee ooo
cat on dad
cat on dad
get dog doc
doc is another word for doctor
Lesson 9 Worksheet
(no verbal lesson)

**READ**

red man ran

**TRACE**

red man ran

**COPY**

red man ran

**READ**

mop hop pop

**TRACE**

mop hop pop

**COPY**

mop hop pop

**READ**

hhh bbb pp

**TRACE**

mmm nnn

**COPY**

mmm nnn

**READ**

mnrhbp

**TRACE**

mnrhbp

**COPY**

mnrhbp
Lesson 10 Worksheet
(no verbal lesson)

I fit in it

lip tip let jet

(Name)
Lesson 11 Worksheet
(no verbal lesson)

-six kid zips-
six kid zips

-wet vet van-
wet vet van

(Nam e)
**Lesson 12**

Verbal lesson: The ‘qu’ letter combination

This is the letter <q> (draw on a blackboard or piece of paper) –

![q]

The letter ‘q’ almost always has the letter <u> next to it, like this:

![qu]

Trivia for teachers and parents: According to one lexicon (word list), there are 2,108 English words that use the “qu” digraph, including plurals and all possible conjugations. Meanwhile, according to Wikipedia, there are only 71 words that use the letter “q” alone (without the letter “u,”), and all of these words have been “borrowed” from other languages.

**Lesson 12 continued...**

Together, the letters <q> and <u> make the “kwuh” sound, like in....

![images of words: quiet, quack, queen, quilt, question]

Why do we use TWO letters? Because we don’t have a letter in the alphabet for the “kwuh” sound, so this is how we write it.

Note: If a child asks what the letter “q” sounds like all by itself, tell him/her that it sounds like the letter <k> – “kuh.” But don’t bring this up unless a child asks; it is not necessary to know this at this time.
Lesson 12 Worksheet
Verbal Lesson: The ‘qu’ letter combination

**Quilt Quiet**

**Queen Quiz**

**Quilt Quiet**

**Queen Quiz**

**Quilt Quiet**

**Queen Quiz**

**Quilt Quiet**

**Queen Quiz**

**Quilt Quiet**

**Queen Quiz**
Lesson 13
Verbal lesson: Letter ‘q’ versus letter ‘g’

The letter <q> looks a lot like the letter <g> --

![g q]

To help remember which is which, imagine that the letter <g> is sitting on his big foot.

But instead of a foot, the letter <q> has a hand, reaching up to make sure that his best friend, the letter <u>, is sitting next to him.

Lesson 13 continued...

Air “Writing”

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

“Start like the letter <g>, but the <q> goes, “Yoo-hoo, where’s my <u>?!””

Then have your child/students “air write” the letter many times, also saying the steps out loud.
Lesson 13 Worksheet
Verbal Lesson: Letter <q> versus letter <g>

get big dog

quit quiz quilt

(quit means to stop)
Lesson 14 Worksheet
(No verbal lesson)

READ
up us yes yet

TRACE
up us yes yet

COPY
up us yes yet

READ
quit quiz quilt

TRACE
quit quiz quilt

COPY
quit quiz quilt