Alphabet “Air Writing” Instructions

– Start with Capital ‘C’ because it is the easiest. After the first few times, you can change to alphabet order (ABCDE).

– 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 “write” the letters backwards, so that the letters appear the right-way-around to your class.
Alphabet “Air Writing”

Capital C:

Words:
(say these words out loud and have your students repeat them)

“Capital ‘C’ - same as the little ‘c.’”

Capital A:

Words:

“Capital ‘A’ is like a ladder – first leg... second leg... line in the middle.”

Capital B:

Words:

“Capital ‘B’ is like two honey-bees, sitting on a stick – tall line down; then two ‘bee’ bumps.”

Capital D:

Words:

“Capital ‘D’ is like a dinosaur – tall line down; then one big bump.”

Capital E:

Words:

“Capital ‘E’ is like an elephant – tall line down with the legs at the bottom; the nose is at the top; and the arms are in the middle.”