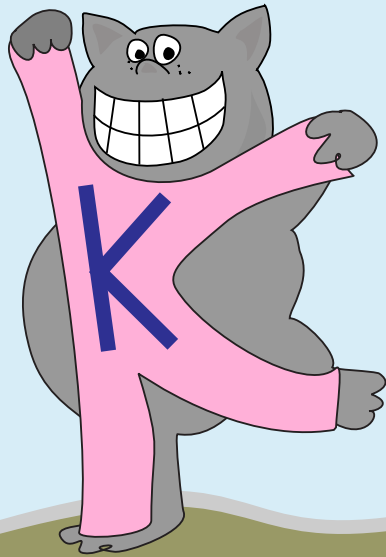


Progressive Printing^{T.M.} CAPITALS

age
4½+



Book 3: KLMNO

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

Book 3: KLMNO

- For Kindergarten or First Grade (not for pre-school).
- Teaches Capitals K, L, M, N & O.
- Teaches the third rule of capital letters (things can have special names, and those names start with a capital letter).

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 (Part 1)

Verbal lesson: Names Of Things

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

Capitals Rule #3 (names of things)

Just like people, THINGS can have names too –

- **Books...** (Hold up a book and show the name)
- **Movies and Cartoons...** (give examples*)
- **Candy and food...** (give examples*)

* Give examples that are familiar to your students.

Of course, not all things have names. But when then DO have a special name, those names always start with a capital letter.

So here is the rule – **when a thing has a special name, its name always starts with a capital letter.**

Repeat after me –

“If a thing has a special name, that name always starts with a capital letter.” **

** The rule is more complicated than this. For example, in a book title, the “little words” (a, the, on, etc.) are not capitalized, except when they are the first word in the title. But for people just learning the English alphabet, the simplified rule (above) is good enough for now.

Lesson 1

Verbal Lesson Continued...

Now take a tour of the classroom/school/home, looking for things with capitalized names –

On the shelf...
(books, magazines
& DVDs)

Lunch boxes...
Juice boxes,
candy bars, etc.

**Kitchen
cupboards...**
Cereal boxes,
cans of food,
etc.

**Bathroom or
cleaning supplies...**
Cleaning products,
etc. – anything
with a brand
name.

**Electronic
devices (phones
and tables)...**
Names of games,
apps, e-books,
etc.

Lesson 2 (Verbal lesson)

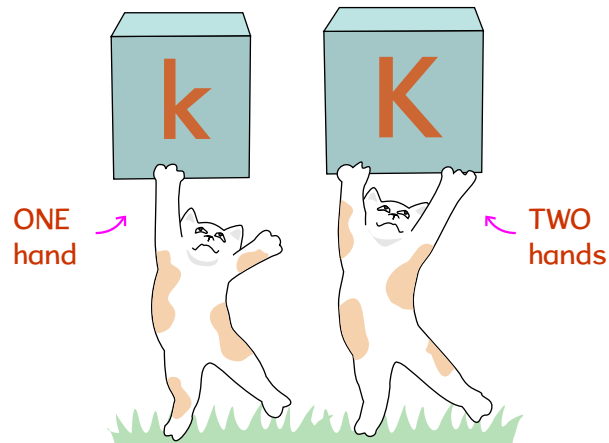
How to write the Capital K.

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

“Kuh” for kitten



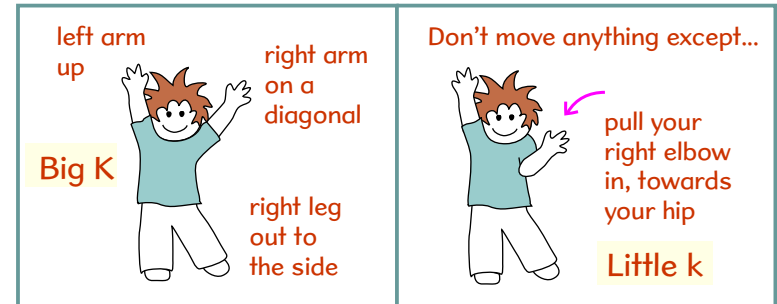
The Capital K looks a lot like the “Little k” except that the slanted line is taller.



If you told the kittens to hold up a box, the “Little k” would use ONE hand, and the Capital K would use TWO hands.

Lesson 2 continued...

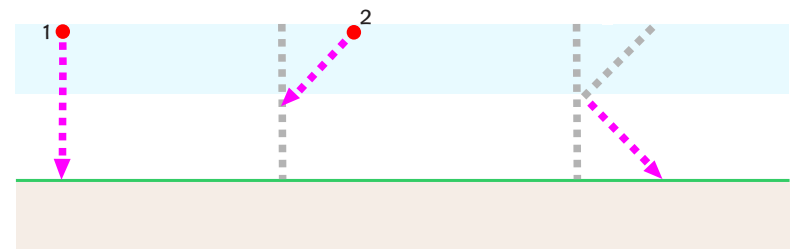
Let’s do the “K for Kitten Dance.” First, stand like this...



...and then “dance” (rhythmically move one arm up and down), saying, “Big K, Little k.”



To write the Capital K –



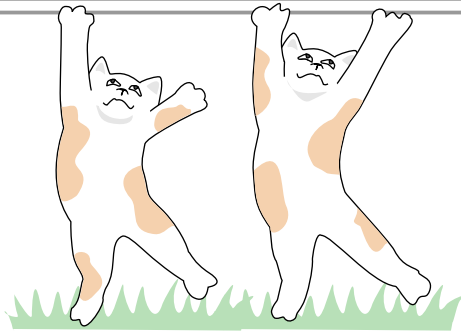
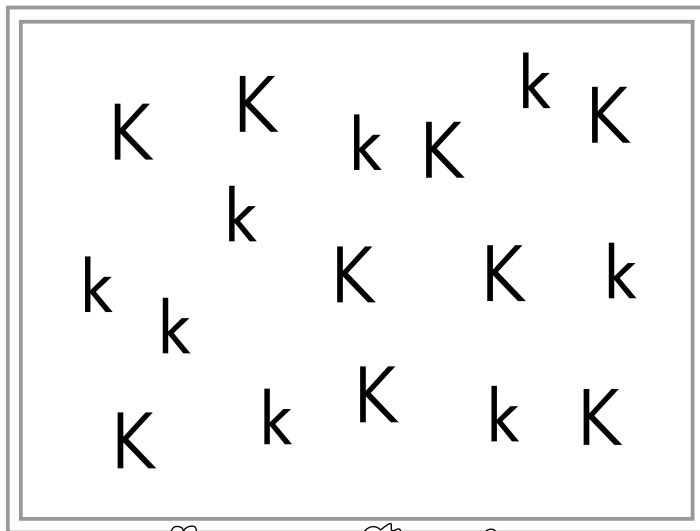
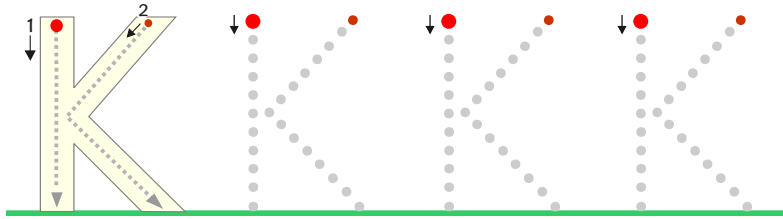
Draw the tall line down, starting at the top.

Now draw the second line, starting at the top and bringing it in to touch the middle of the first line.

Then, without lifting your pencil, bring the second line out again until it touches the grass line (green line).

Lesson 2 Worksheet Page 1

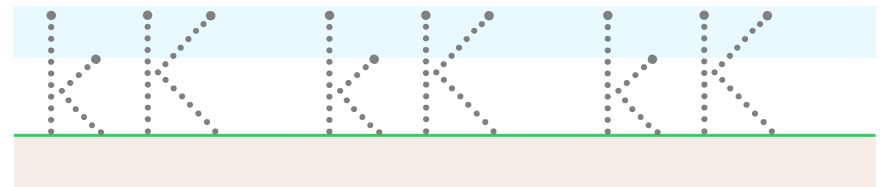
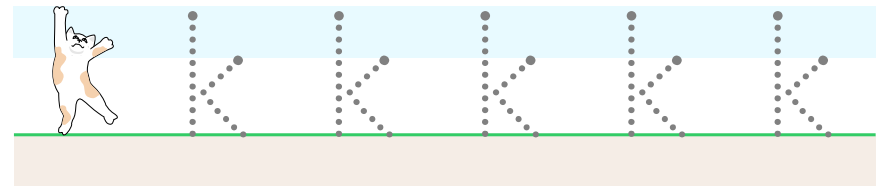
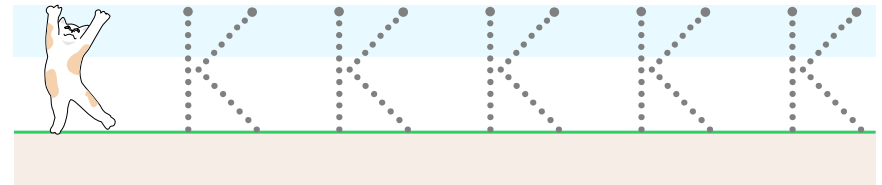
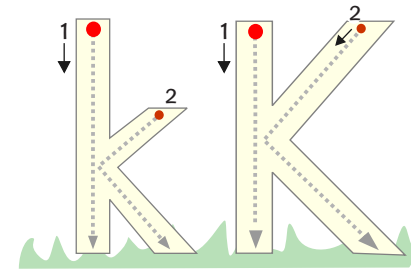
Trace the dotted letters. Then circle the Capital K letters in the box.



Lesson 2 Worksheet Page 2

Trace the dotted letters.

_____ (Name)

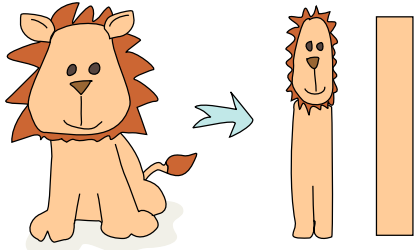


Lesson 3 (Verbal lesson)

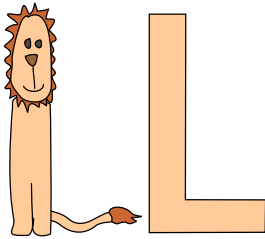
How to write the Capital L.

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

"Luh" for lion

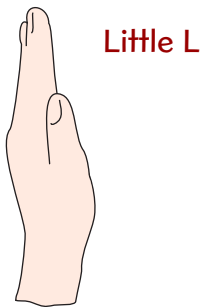


Little L looks like a really thin "lion-line."



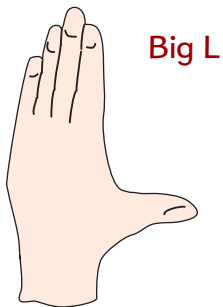
Capital L looks like a "lion-line" with a tail.

Let's use our hands to make the Capital L.



Little L

Raise your left hand with your fingers pointing straight up.

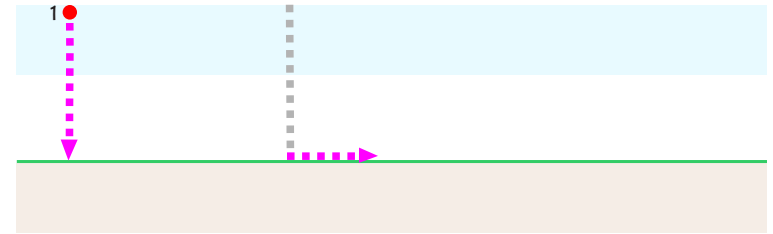


Big L

Lower your thumb so that it's sticking straight out.

Lesson 3 continued...

To write the Capital L –

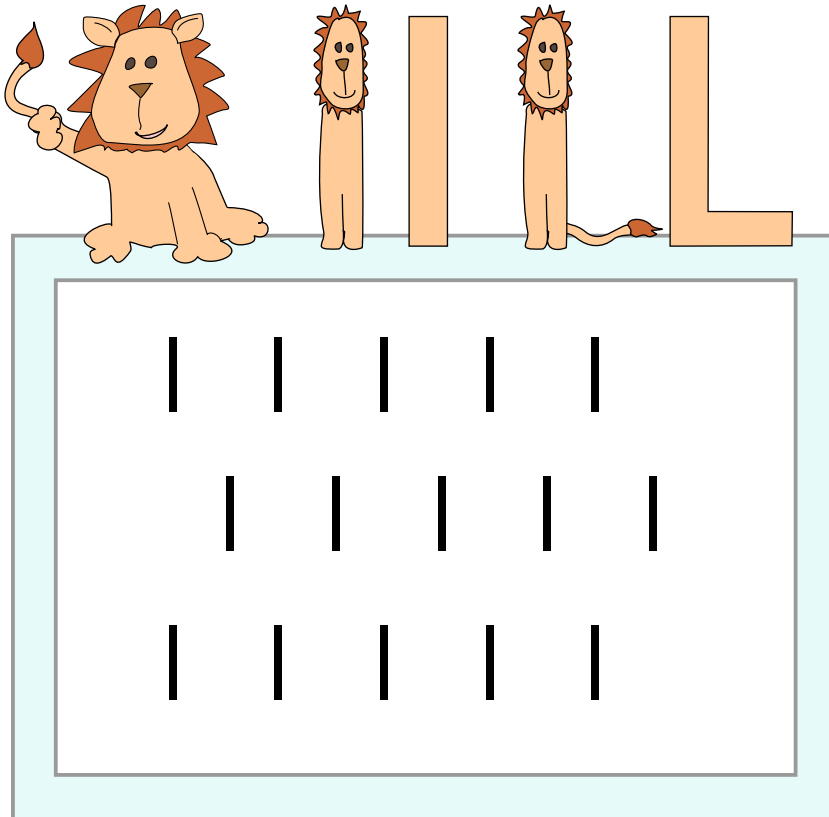
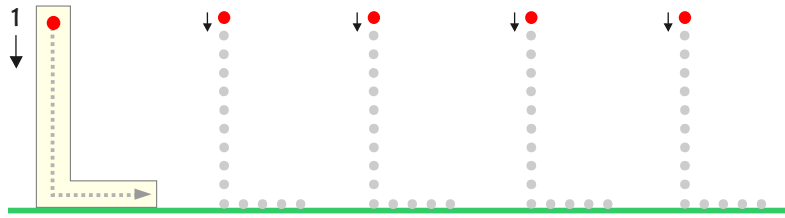


Draw the tall line down, starting at the top.

Then, without lifting your pencil, draw the bottom line.

Lesson 3 Worksheet Page 1

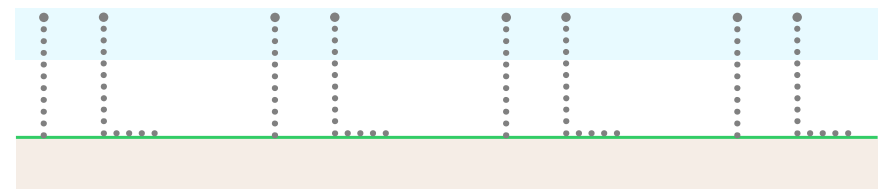
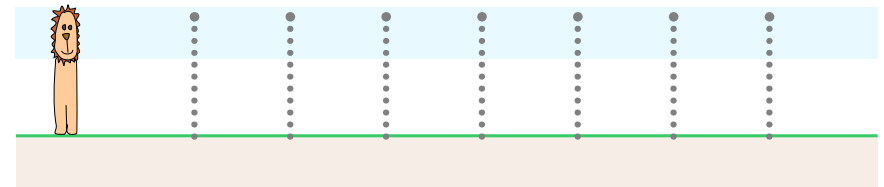
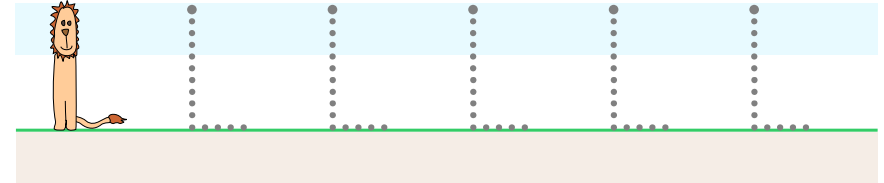
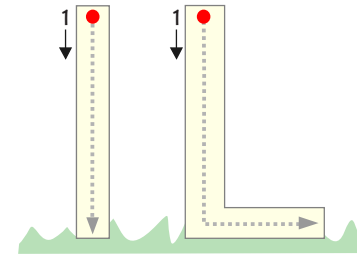
Trace the dotted letters. Then turn the Little L's into Capital L's by adding a "lion's tail" to them.



Lesson 3 Worksheet Page 2

Trace the dotted letters.

(Name)

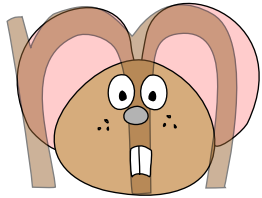


Lesson 4 (Verbal lesson)

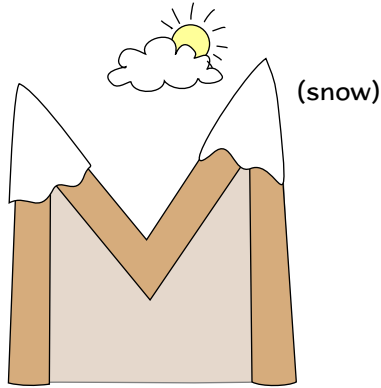
How to write the Capital M.

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

The mouse and the mountain



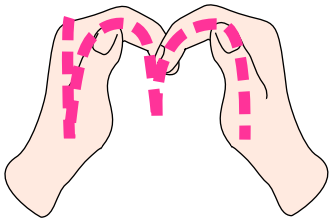
The Little M looks like a little mouse with big ears.



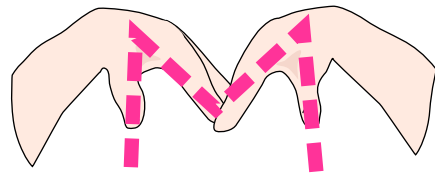
The Capital M looks like a couple of tall, pointy mountains.

Let's use our hands to make the Capital M.

Little M

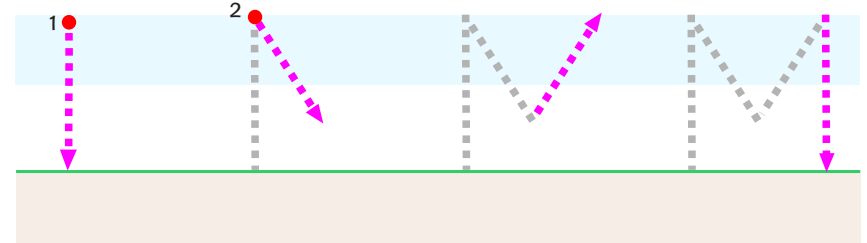


Capital M



Lesson 4 continued...

To write the Capital M –



Draw the first line down, starting at the top.

Now draw the second line, again starting at the top.

This is a **slanted** line that comes way down, but not as far down as the grass line.

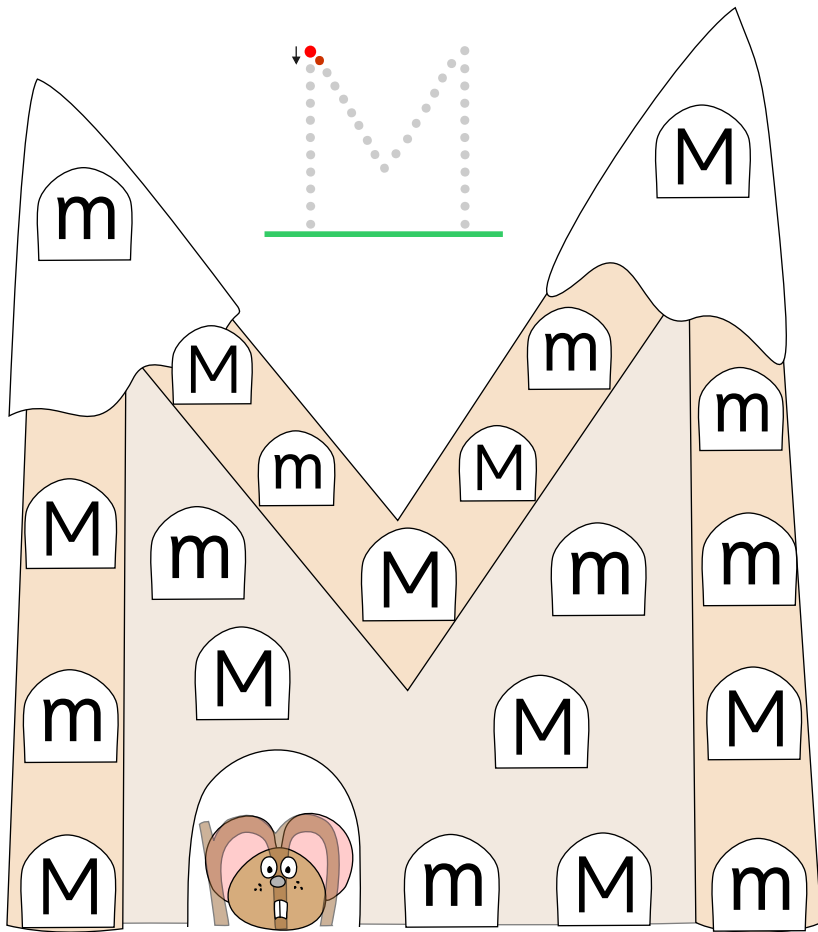
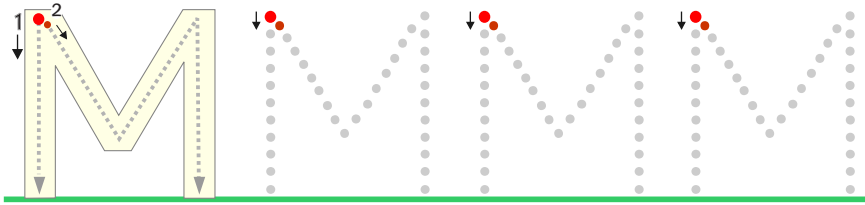
Without lifting your pencil, bring the slanted line back up to the top.

Don't lift your pencil yet!

Now bring the line straight down, all the way to the grass line.

Lesson 4 Worksheet Page 1

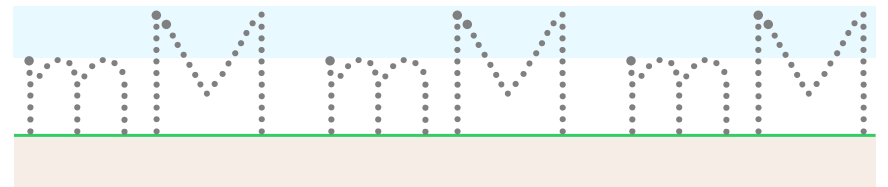
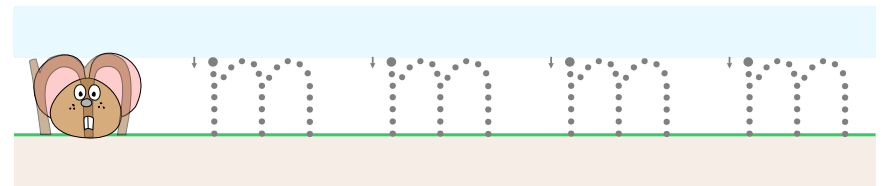
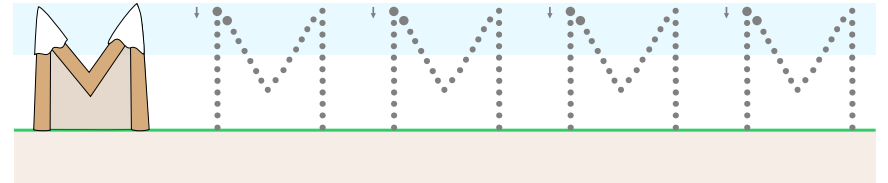
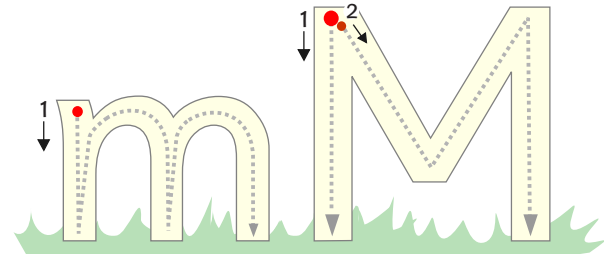
The mountains are full of mouse-holes!
Trace the dotted letters, and then color the
mouse-holes that have a Capital M in them.



Lesson 4 Worksheet Page 2

Trace the dotted letters.

_____ (Name)

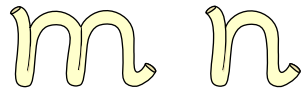


Lesson 5 (Verbal lesson)

How to write the Capital N.

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

"Nuh" for Noodles



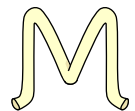
The letter 'm' has **TWO** bumps, and the letter 'n' has only **ONE** bump.



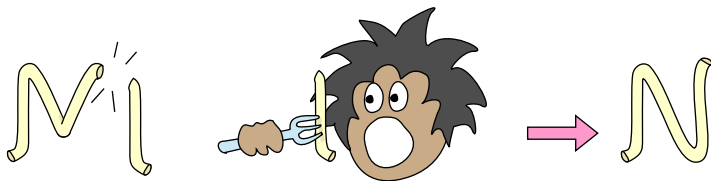
If you have a noodle, and you make a letter 'm'...



Cut off one of the bumps (and eat it)... Ta, da!
Now you have a "Little n."

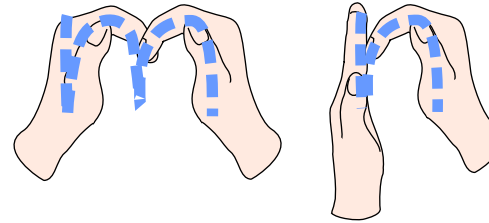


If you have a noodle, and you make a Capital M...

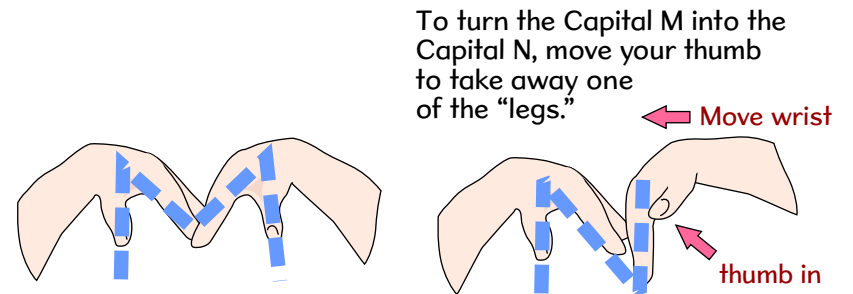


Cut off one of the legs (and eat it...yum!), now you have a Capital N.

Lesson 5 continued...



To turn the little 'm' into the little 'n,' take away one of the "bumps."

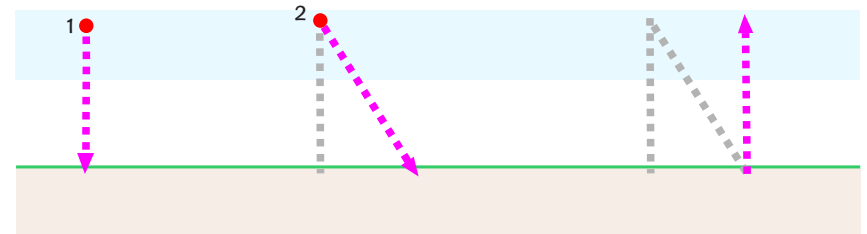


To turn the Capital M into the Capital N, move your thumb to take away one of the "legs."

Move wrist

thumb in

To write the Capital N –



Draw the first line down, starting at the top.

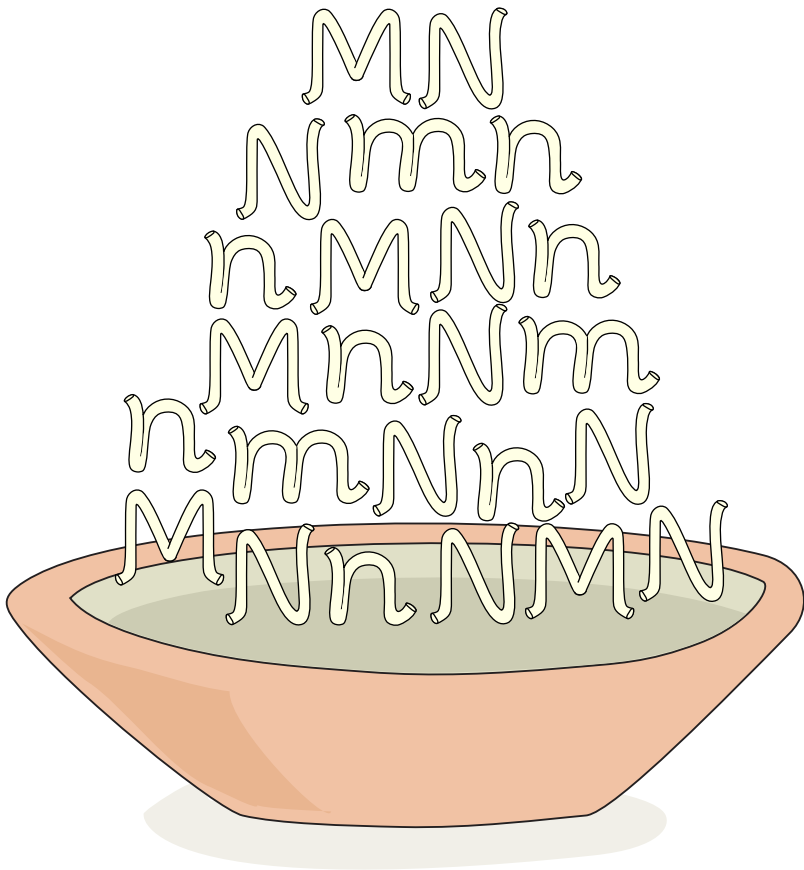
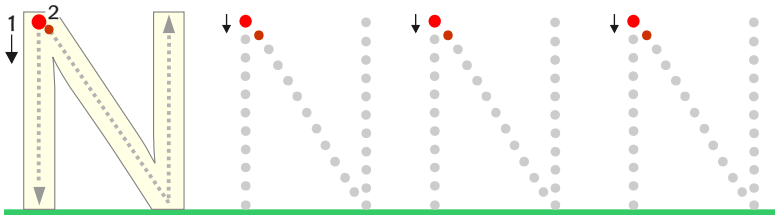
Now draw the second line, again starting at the top.

Go all the way down to the grass line.

Without lifting your pencil, bring the line back again, all the way to the top.

Lesson 5 Worksheet Page 1

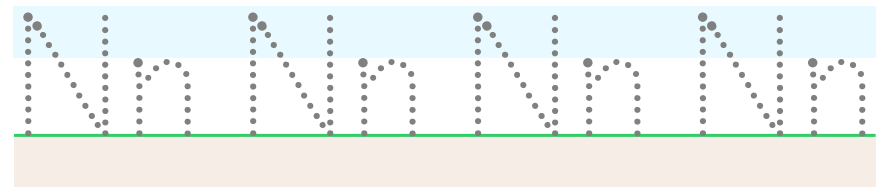
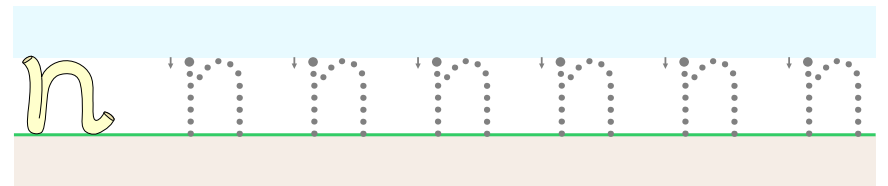
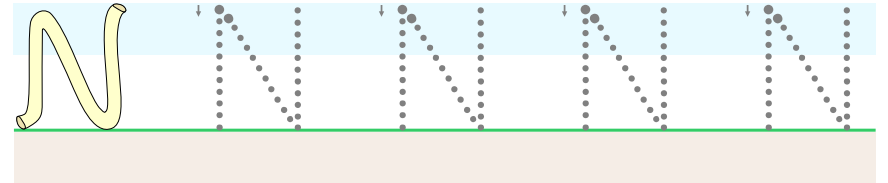
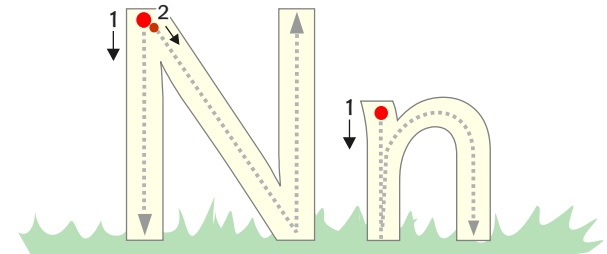
Trace the dotted letters. Then draw a circle around all the noodles that are a Capital N or a little 'n.'



Lesson 5 Worksheet Page 2

Trace the dotted letters.

(Name)

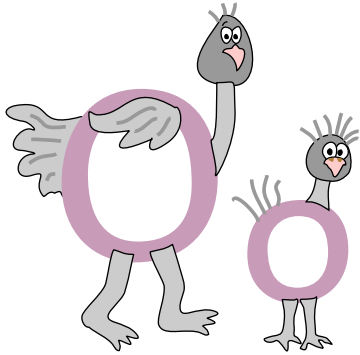


Lesson 6 (Verbal lesson)

How to write the Capital O.

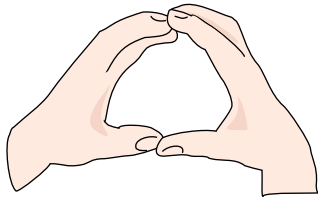
(Demonstrate
on a blackboard
or on a piece of paper.)

"-o-" for ostrich

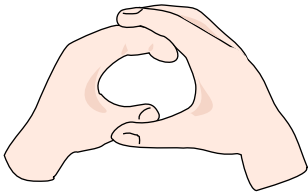


The Capital O looks just like the little 'o,' except that it's bigger, sort of like a mommy ostrich and a baby ostrich.

Let's use our hands to make the letter 'o.'



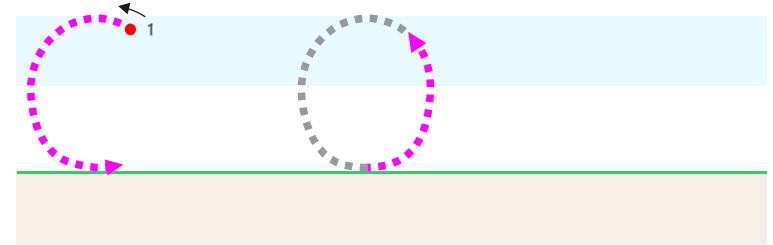
Capital O



Little o

Lesson 6 continued...

To write the Capital O –

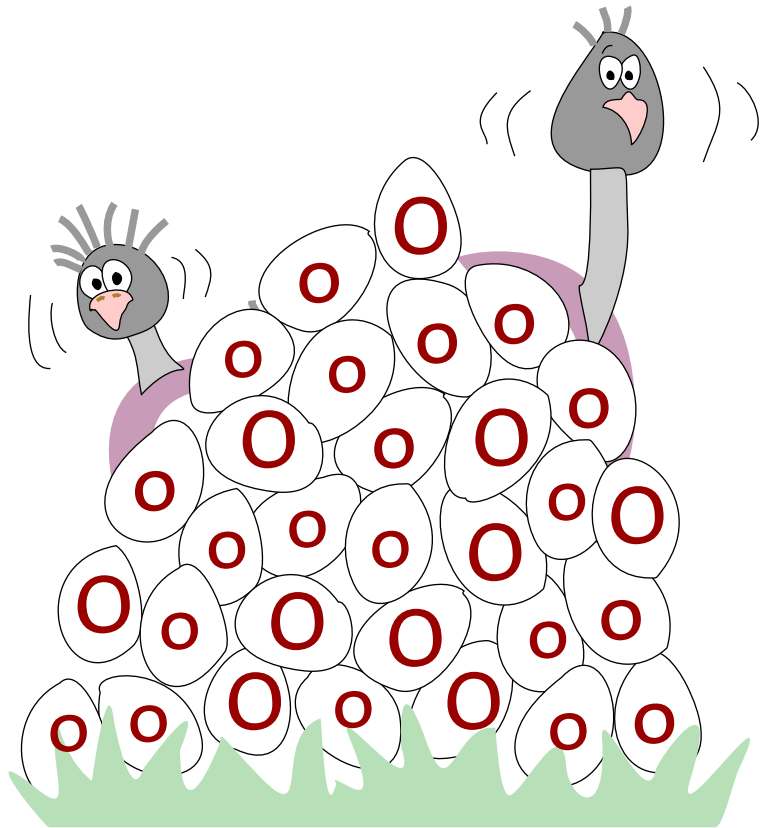
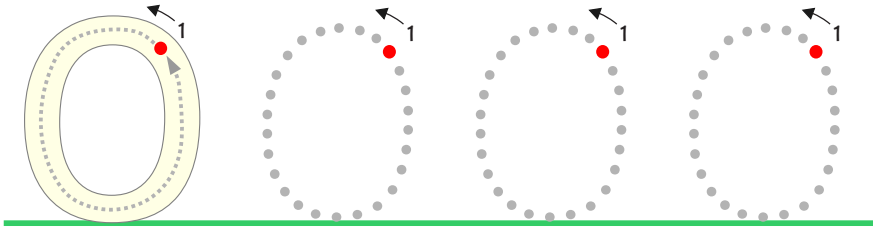


Start out like you're making a Capital C.

Then, without stopping or lifting your pencil, finish the circle.

Lesson 6 Worksheet Page 1

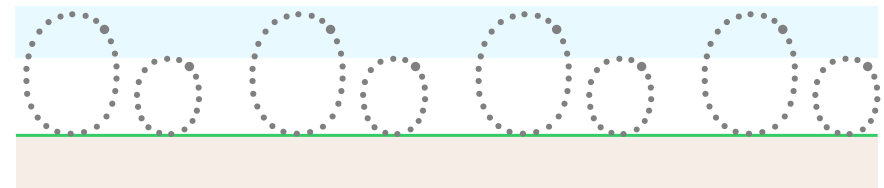
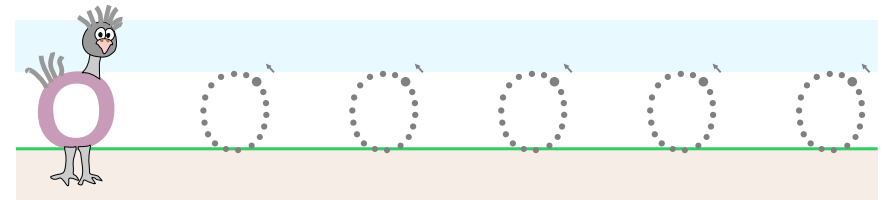
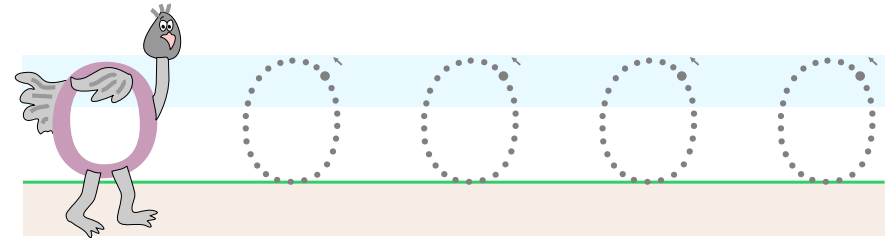
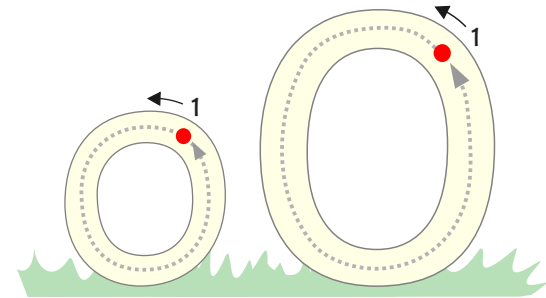
Egg hunt! Trace the dotted letters. Then color the ten ostrich eggs that have a Capital O on them.



Lesson 6 Worksheet Page 2

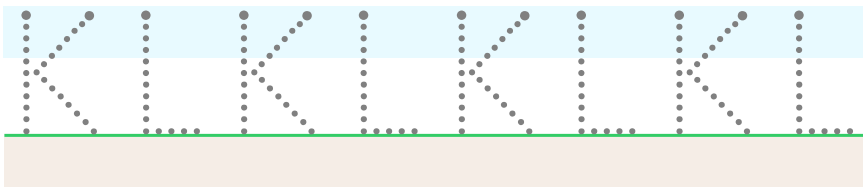
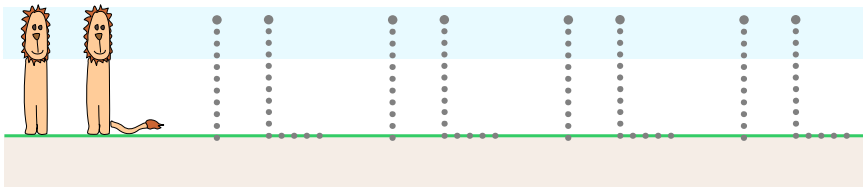
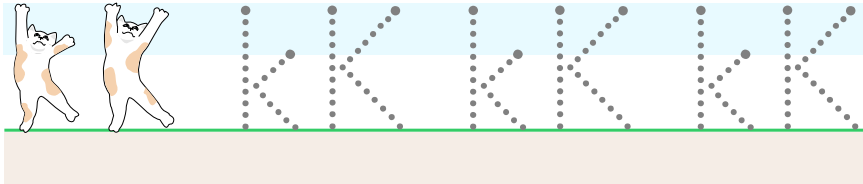
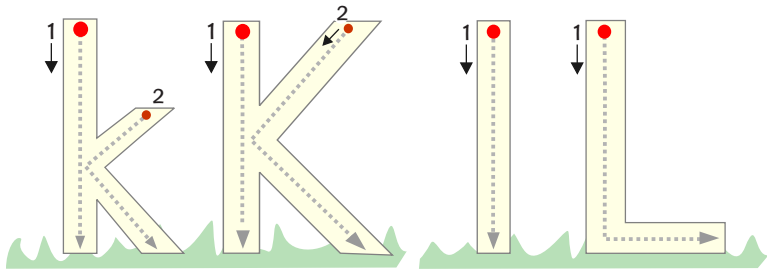
Trace the dotted letters.

(Name)



Lesson 7 (No verbal lesson) – Worksheet Page 1

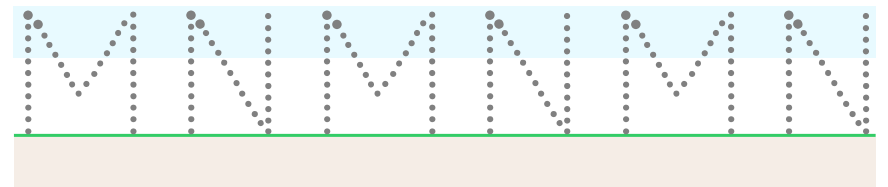
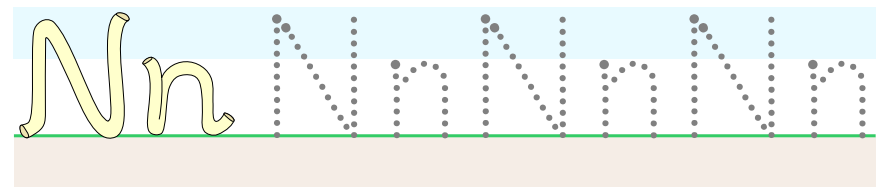
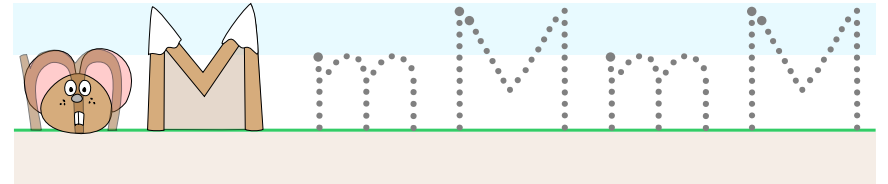
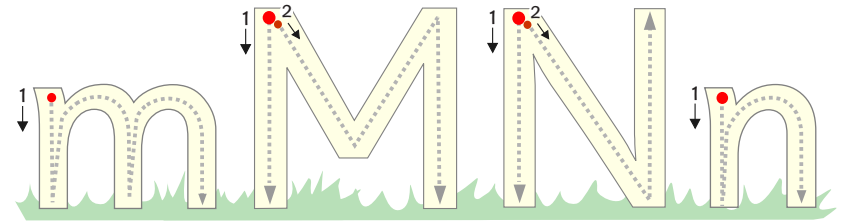
Trace the dotted letters.



Lesson 7 Worksheet Page 2

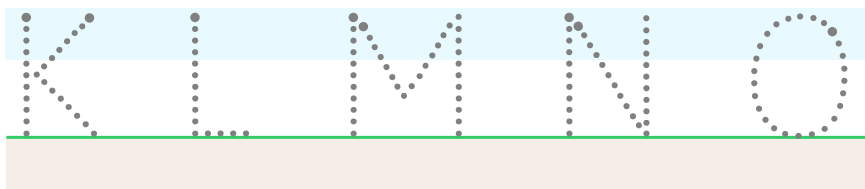
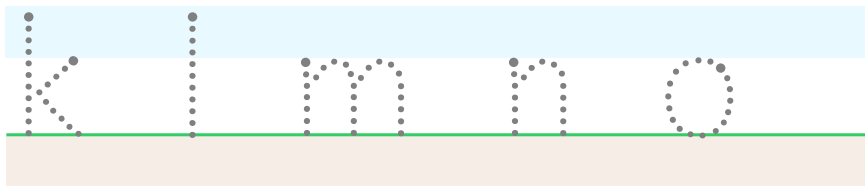
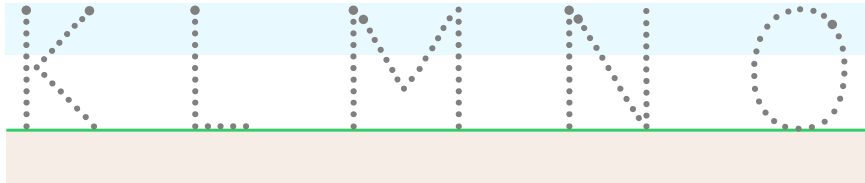
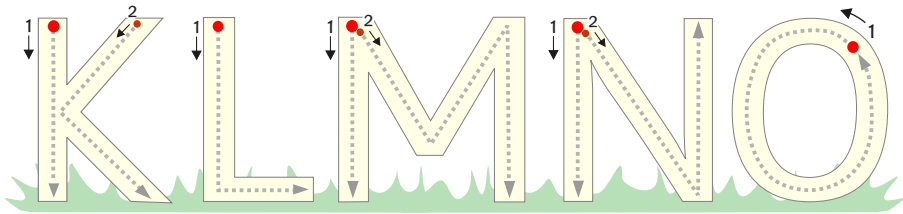
Trace the dotted letters.

_____ (Name)



Lesson 8 (No verbal lesson) – Worksheet Page 1

Trace the dotted letters.



Lesson 8 Worksheet Page 2

Circle the little letters that match the capital letters in each box.

(Name)

Kk Ll Mm Nn Oo

K	L	M
l b k	t l f	n h m
N	O	K
r n m	c a o	h k l
L	M	N
i t l	m e r	h n u
O	N	L
o a c	m r n	l h t

Lesson 9 (No verbal lesson) – Worksheet Page 1

Trace the dotted letters.

Tracing practice for uppercase letters A, B, C, D, E, F, G, H, I, J, K, L, M, N, O. Each letter is shown with stroke order arrows and numbers, followed by a row of dotted letters on a blue and green background for tracing.

Lesson 9 Worksheet Page 2

Circle the little letters that match the capital letters in each box.

(Name) _____

A	B	C
c o a	b l h	o c e
D	E	F
h f d	e a o	t f l
G	H	I
j a g	f h k	i j r
J	K	L
i t j	h t k	i l t
M	N	O
m n r	m n r	e c o

- Aa
- Bb
- Cc
- Dd
- Ee
- Ff
- Gg
- Hh
- Ii
- Jj
- Kk
- Ll
- Mm
- Nn
- Oo