

# Getting Started

## **Sitting Position:**

*Sit comfortably in the middle of the chair with your back straight and both feet on the floor or a support. Your forearms should be resting on the table and your non-writing hand must be used to hold the book or writing paper in place.*

## **Pen Grip:**

*Hold the pen with your thumb and forefinger forming an oval. The grip should not be tense, so try to keep your hand relaxed. If you are left handed, try to tilt the paper rather than using an awkward grip and writing position.*

## **Good handwriting is based on the following conditions:**

- ★ *Consistent patterns of ovals and parallel lines.*
- ★ *Similar letters being of equal size and proportion.*
- ★ *The distance between words being approximately the width of a lower case letter 's'.*
- ★ *The length of the long vertical strokes (ascenders) and (descenders) above and below the base line, being no more than twice the height of the small letters.*
- ★ *Capital letters being no higher than the ascender strokes, and not joined to the lower case letters.*
- ★ *All letters being 'seated' on the base line.*

## **Avoiding 'b' and 'd' confusion:**

*Learning the cursive letters 'b' and 'd' has deliberately been kept well apart. The structured order of this scheme is not alphabetical, but instead has been based on letter family groups. Letters with a similar formation are introduced in sequence so that your handwriting skills develop and progress systematically. The cursive letter 'd' is taught early on after 'c', 'o' and 'a', whereas the cursive letter 'b' is introduced later and closely associated with 'h' and 'k'. Having the usual reminder of 'h' can help to remember the direction of 'b'. Using the phrase 'honey bee' can reinforce the correct direction even more!*

**I i i** Learn the cursive shape

1. Trace over each letter, remembering the three stages.



4. Trace the outline and repeat three more



7. Trace the outline to join the two letters and repeat two more.



10. Repeat the pattern to the end of the line using 'standard' size cursive writing.



2. Keeping the pen on the paper, change direction by making a vertical stroke down to the base line with a small curve to the right.

3. Complete the letter by dotting the 'i'.

1. Start the approach stroke on the line going up to the edge of the darkest shading.

2. Four more smaller repeats.



5. Four more smaller repeats.



8. Three more smaller repeats.



3. Four more smaller repeats.



6. Four more smaller repeats.



9. Three more smaller repeats.

