Handwriting Mat
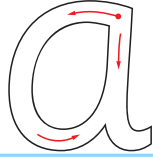## Lowercase

JUNIOR LEARNING

Instructions   **Practice**

All the way around, up and down.

a

Top to bottom, up to the middle and round.

b

Start at the top, half way round.

c

All the way round, up and down.

d

Across the middle, up and around.
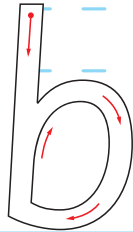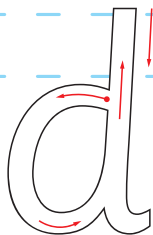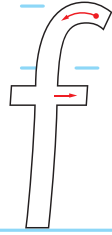
e

Letters & Sounds

Handwriting Mat
Lowercase
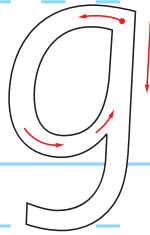
Name: _____

Junior LEARNING
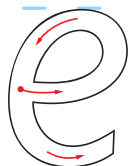
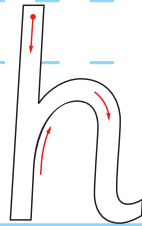**Instructions**   **Practice**

Over and down, then across it.

f
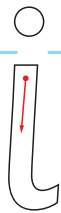
All the way round, up down with a curly tail.

g

Top to bottom, up to the middle and over.

h

Start at the top, down and curl, dot at the top.

i

Down and curl under, dot on the top.

j

Letters & Sounds

Handwriting Mat
Lowercase

Name: _____

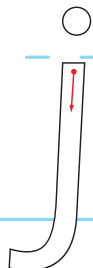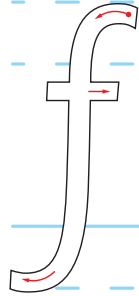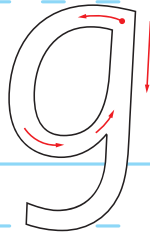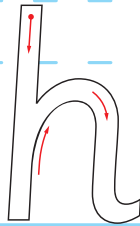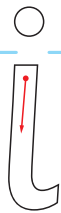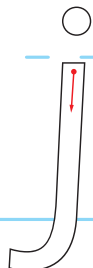| Instructions	Practice
Over and down with a flick, then across it.	f
All the way round, up down with a curly tail.	g
Top to bottom, up to the middle and over.	h
Start at the top, down and curl, dot at the top.	i
Down and curl under, dot on the top.	j

Letters & Sounds

Handwriting Mat
Lowercase

Name: _____

Junior LEARNING

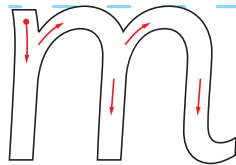| Instructions	Practice

Top to bottom, up to the middle, kick up, middle, kick down.

k

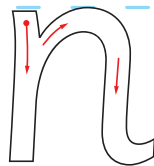Start at the top, down and curl.

l

Down, up and over, up and over.

m

Down, up and over.

n

Start at the top, all the way round.

o

Letters & Sounds
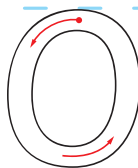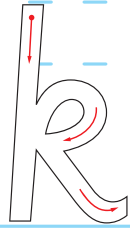
Handwriting Mat
Lowercase

Name: _____

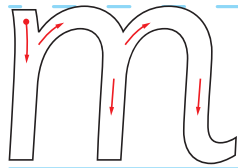**Instructions**   **Practice**

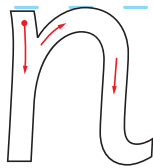Top to bottom, up to the middle and round, go down and out with a flick.
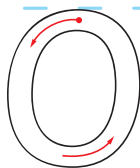
k

Start at the top, down and curl.

l

Down, up and over, up and over.

m

Down, up and over.

n

Start at the top, all the way round.

o

Letters & Sounds

Handwriting Mat
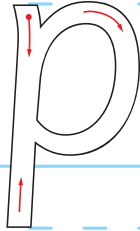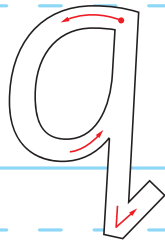## Lowercase

Junior LEARNING

Instructions | **Practice**

Start at the top, down, up and around.

p

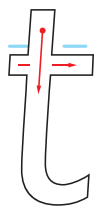All the way round, up and down with a flick.

q

Down, up and start to go over.

r

Around, across and around again.

s

Start at the top, down and curl, and cross it.

t

Letters & Sounds

Name: _____

Junior LEARNING
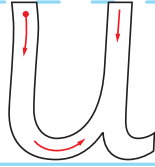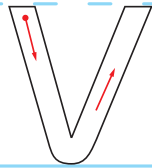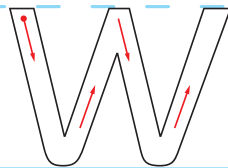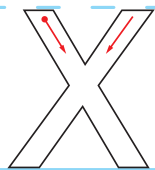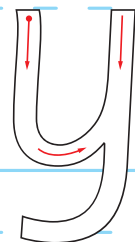
Instructions   Practice

Down and around, up and down.

Down and up.

Down up, down up.

Down the slide, start back at the top and cross it.

Down and around, up and down with a curly tail.

Letters & Sounds

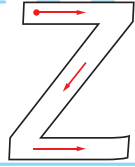# Handwriting Mat
Lowercase

Junior Learning

Instructions   **Practice**

Across the top, down through the middle and across the bottom.

z

Try to write a sentence in the space below:

Letters & Sounds

Handwriting Mat
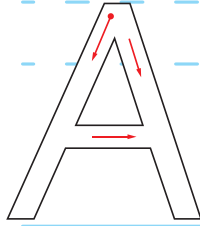## Uppercase

Name: _____

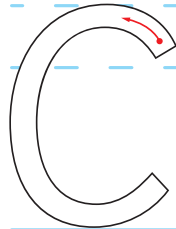**Junior LEARNING**

Instructions | **Practice**

Start at the top, down to the left, back up, down to the right, a line across the middle.
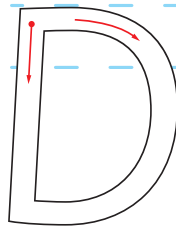
A

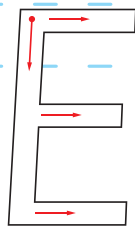Start at the top, down and up and around to the middle and around to the bottom.

B

Start at the top, half way round.

C

Start at the top, down, up and around to the bottom.

D

Start at the top, down, line across to the right at the top, middle and bottom.
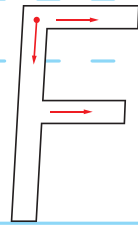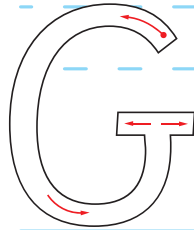
E

Letters & Sounds
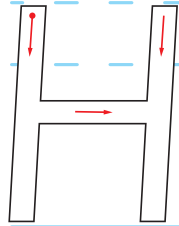
Instructions | Practice

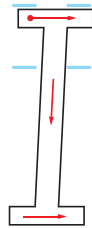Start at the top, down, line across to the right at the top and middle.

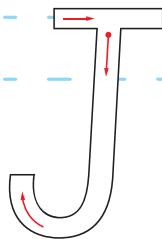Start at the top, half way round, short line left, short line right.

Start at the top, bottom, leave a space and repeat, join together with a line cross the middle.

A short line across the top, back to the middle, down and a short line across the bottom.

Start at the top, down and curl to the left, across the top.
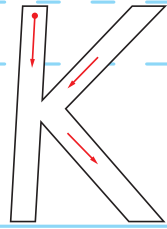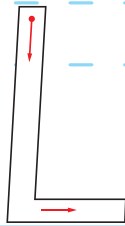
Letters & Sounds

Name: _____

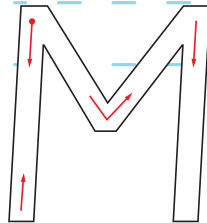**Instructions**   **Practice**

Start at the top, down, up to the middle, kick up and across to the right, middle, kick down and across to the right.
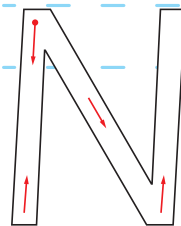
K

Start at the top, down and across to the right.
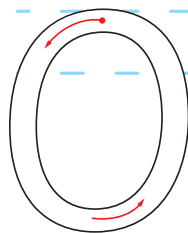
L

Start at the top, down, up and half way down to the right, up to the right and down.

M

Start at the top, down, up and down to the right, then up.

N

Start at the top, all the way round.

O

Letters & Sounds
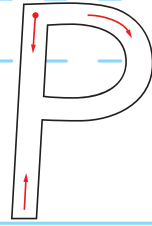
Handwriting Mat
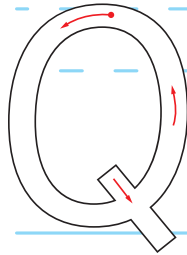## Uppercase

Name: _____

Instructions   **Practice**

Start at the top, down and up and around to the middle.

P

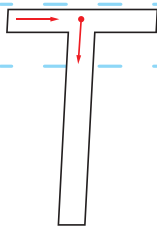Start at the top, all the way round and a small line across the bottom.

Q

Start at the top, down and up and around to the middle, kick down and across to the right.

R

Over the top, across the middle and back.

S

Start at the top, down and across the top.

T

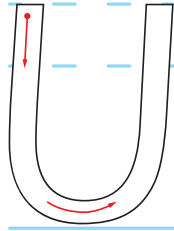©Junior Learning

Letters & Sounds
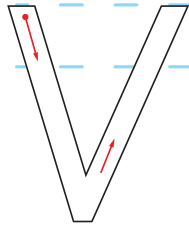
Name: _____

Junior LEARNING
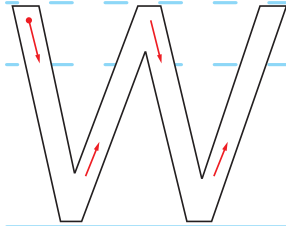
Instructions   Practice
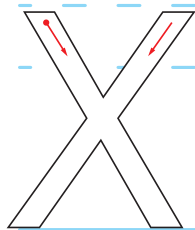
Start at the top, then go down and around.

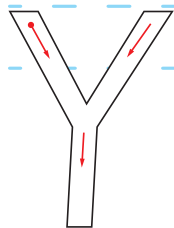Start at the top, down and across, up across to the right.

Start at the top, down and across, up across to the right and repeat.

Start at the top, down the slide, start back at the top and cross it.

Start at the top, down and across to the middle, up and across to the right, back down to the middle and a straight down.
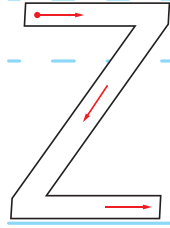
Letters & Sounds

Handwriting Mat
Uppercase

Name: _____

Instructions   **Practice**

Start at the top, across the top, down through the middle and across the bottom.

Try to write a sentence in the space below:

Letters & Sounds