

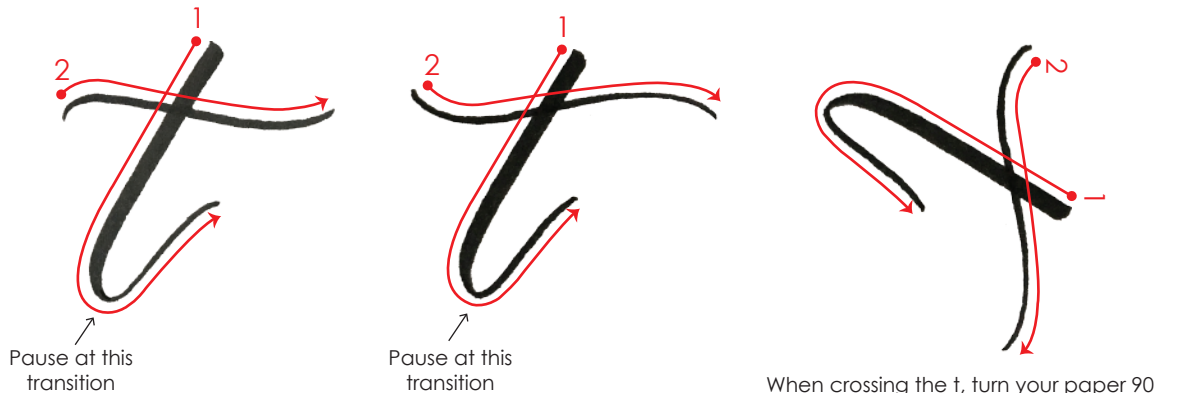
THE BETTER LETTERS IN 15 CHALLENGE

WEEK 1 | DAY 1 | LETTERS

TRUST YOUR CREATIVITY

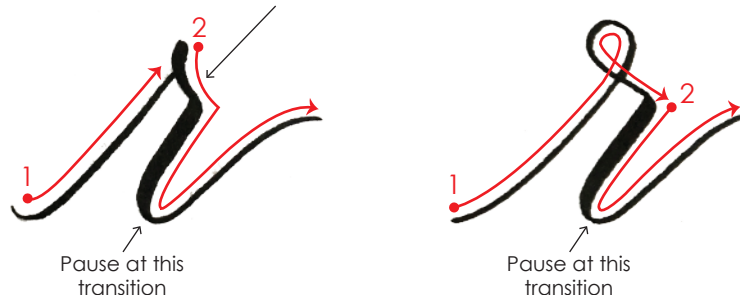
These are the letters we will be practicing today: t, r
Here are examples, variations, and guidelines for each letter:

2 ways you can cross your t
(you can also make a straight line or add flourishes at the start or end of the cross)



When crossing the t, turn your paper 90 degrees (your t will be in the position above) so that you are drawing the cross vertically, top to bottom, keeping the line thin—it's easier to get a nice long thick stroke this way.

Start by pushing down with a heavy downstroke then decreasing the pressure to taper the line a bit. Pause before beginning the next downstroke for a clean transition.



Slowing down and pausing (but **not** picking up your pen) at transitions help to keep the transitions clean (so that the thick line isn't extending into the thin line).

You do not have to practice both variations--pick the set in the left column (without bounce) or the set in the right column (with bounce).

On the next page, trace the grey letter then practice the letter on your own in the space provided. If you run out of space, there is an extra blank sheet with guidelines for you to print out and use.

t t t t t t t t

t t t t t t t t

r r r r r r r r

r r r r r r r r

Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid red, middle dashed blue, bottom solid red) for letter formation.