

Pencil

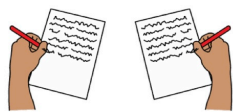
Tripod grip



pinch...pinch...pinch...flip

Paper

Tilt to the side



left handed

Right handed

Position

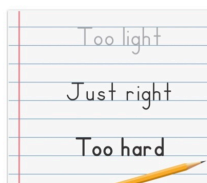
BBC TNT



Sit down
Bottoms to back of chair
Two feet forward on the floor
Tummy near table

Pressure

Put your pencil on the paper



Get ready to write

Lower Case Letters



Around the astronaut's helmet and down into space.

a



Down the bear's back, up and around its tummy.

b



Curl around the cat.

c



Around the duck's body, up to its head and down to its feet.

d



Around the elephant's eye and curl down its trunk.

e



Down the flamingo to its foot and across its wings

f



Around the goat's face and curl under its chin.

g



Down, up and over the helicopter.

h



Down the iguana and dot the leaf.

i



Down the jellyfish and dot its head.

j



Down the kite, up to the top corner and down to the bottom corner.

k



Down the lollipop stick.

l



Down, up and over the mouse's ears.

m



Down, up and over the net.

n



All around the octopus.

o



Down the penguin's back, up and around its head.

p



Around the queen's face, down her robe and a flick at the end.

q



From the cloud to the ground and over the rainbow.

r



Down the snake from head to tail.

s



Down the tiger and across its neck.

t



Down and around the umbrella and back to the ground.

u



Down to the bottom of the volcano and back up to the top.

v



Down and up and down and up the waves.

w



From the top, across the box to the bottom. From the top again, across the box to the bottom.

x



Down, around the yoyo and curl around the string.

y



Across the top of the zebra's head, zig-zag down its neck and along.

z

Pencil

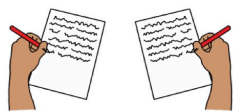
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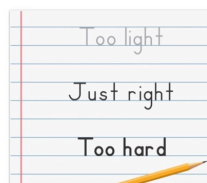
BBC TNT



Sit down
Bottoms to back of chair
Two feet forward on the floor
Tummy near table

Pressure

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Get ready to write

Upper Case Letters

A

From the top, diagonally down to the left, up to the top, diagonally down to the right. Lift up and across.

**B**

From the top, down, back to the top. Round to the middle, round to the bottom.

**C**

From the top, curl around to the left to sit on the line.

**D**

From the top, down, back to the top. Curve right, down to the bottom.

**E**

From the top, down, back to the top. Across, back. Lift up and across the middle. Lift up and across the bottom line.

**F**

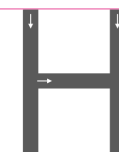
From the top, down, back to the top. Across, back. Lift up and across the middle.

**G**

From the top, curl around to the line, carry on up, then straight down. Lift up and across.

**H**

From the top and down. Space. From the top and down. Lift up and join the lines across the middle.

**I**

From the top to the bottom and stop.

**J**

From the top, all the way down, then short curl to the left.

**K**

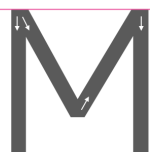
From the top, down, up to the middle. Diagonally up, back and diagonally down to the line.

**L**

From the top, down and across the line.

**M**

From the top, down, back to the top. Diagonally down, diagonally up. Straight down to the line.

**N**

From the top, down, back to the top. Diagonally down, then straight up to the top.

**O**

From the top - all around the o.

**P**

From the top, down then back up. Curve right to half way down.

**Q**

From the top - all around the o. Lift off. Short line diagonally down.

**R**

From the top, down, then back up. Curve right to halfway down. Diagonally down to the line.

**S**

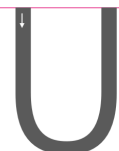
From the top, curl around to the left. Then curl around to the right to make a snake shape.

**T**

From the top, down and stop. Lift up and from the left, make a line across the top.

**U**

From the top, down and curve right, then straight up to the top.

**V**

From the top diagonally right to the bottom, then diagonally up to the top.

**W**

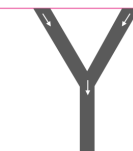
From the top diagonally right to the bottom, diagonally up to the top, diagonally down to the line, then diagonally up again.

**X**

From the top, diagonally right to the bottom. Space. Start at the top, then diagonally left to the bottom.

**Y**

From the top diagonally right to the middle. Space. From the top diagonally left to the middle. Straight down to the bottom.

**Z**

From the top go across, diagonally down to the left and across the bottom.

