



Digital Tablet  
Practice Sheets E-book  
**Grade One Print**  
We Write To Read Series  
Peterson Directed Handwriting

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*The majority of these lesson sheets provide a movement model for training by tracing with the pointer finger. The goal is internalization of the process that will create the form. Please visit the Information Directory page on our web site for links to presentations that offer in depth explanations.*

[www.peterson-handwriting.com/Info.html](http://www.peterson-handwriting.com/Info.html)



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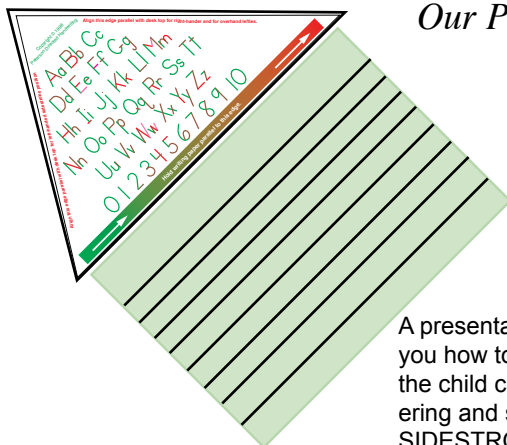
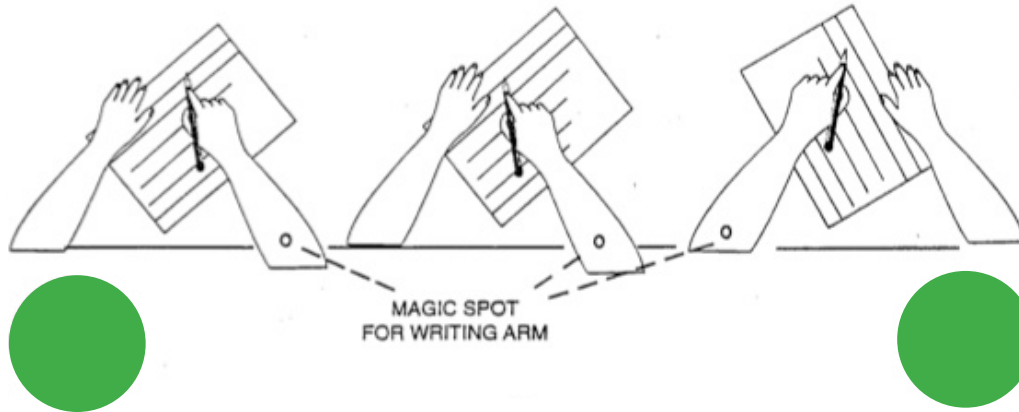
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# LESSON SHEETS FOR GRADE ONE WE WRITE TO READ SERIES FROM PETERSON DIRECTED HANDWRITING

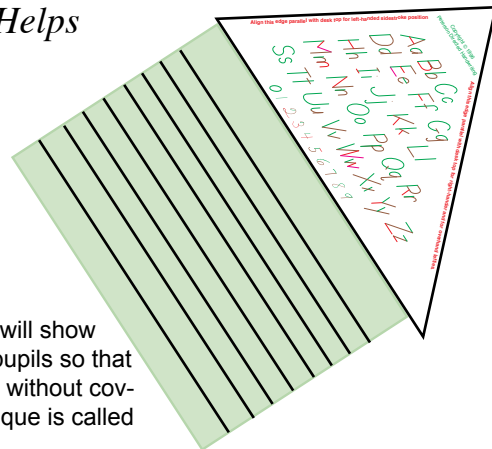
Thank you for choosing this new *E-book* approach to reproducible pages from Peterson Directed Handwriting. You can print these pages as needed from Acrobat Reader or PDF By Hand on your computer at home or in school. And, if you are lucky enough to have a color printer available, you can produce multiple copies of the chosen worksheet in color. If your printer is not color capable, the images will print in grayscale.

Please remember that fluency is an important goal. Independent practice on these pages will not include a challenge to move fluently. We need to get the students moving to create a demand for better position and to provide regular opportunity to improve control of the fluent kind of movement needed when using handwriting as a tool. The child will not be able to produce exact copies of the model initially. Regular movement practice will greatly improve the outcome as control skill improves.

The directed lesson strategy will provide regular opportunity for the child to internalize the start-point, stroke movement sequence and end-point needed to write each letter. When dynamics are internalized, the child will be able to create a legible letter without a visual model. At the same time, we are working to help the child learn how to use good position skills for rhythmic movement. Our action words are designed to create a beat when chanted aloud. The challenge is therefore, to move the pencil with the voice as letters are created. This challenge enhances the internalization process by directly involving the motor system. Good position and emerging fluency should naturally result in forward slant as language skills improve.



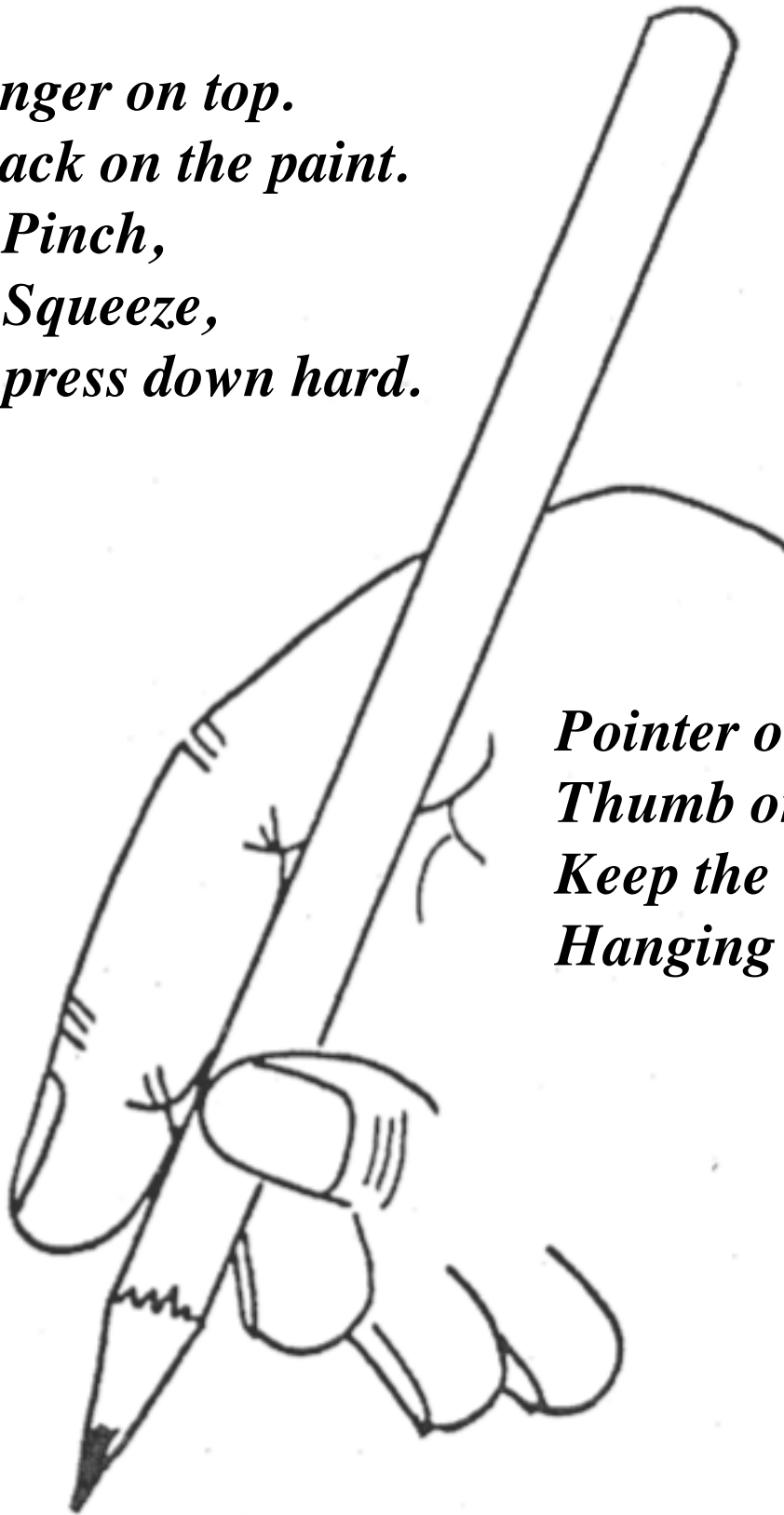
## Our Position Guide Helps



A presentation on our web site will show you how to coach left-handed pupils so that the child can learn how to write without covering and smearing. The technique is called SIDESTROKE.

# *Hold Your Pencil Softly*

*One finger on top.  
Stay back on the paint.  
Don't Pinch,  
Don't Squeeze,  
Don't press down hard.*



*Pointer on the paint,  
Thumb on the side.  
Keep the other fingers,  
Hanging down beside.*

## Overview

### Three Phases

The pages provided in this e-book are designed to help you to DEVELOP fluent patterns, guide PRACTICE to improve control and provide opportunity to APPLY practiced skills by correlating handwriting objectives into applied work to enhance transfer of learning. To include fluency as a goal, you need to teach the child how to move the pencil with his or her voice.

Letters are presented in a sequence based upon related movements starting with basic strokes. Basic strokes are then related to letters by showing separate strokes with our unique Color/Rhythm process. This presentation is an exaggeration designed to help you overcome early experience that has resulted in movement patterns that often are contrary to the top-down, left-to-right, pattern of our language.

Teaching the child to build letters with separate strokes prior to “threading the strokes together,” helps with two important motor skills. Anchoring (moving the pencil to touch) is necessary for good size and spacing. Goal oriented movement (one key characteristic of fluent movement) is the second motor skill. Early experience is visually guided. The child is watching the pencil move as the stroke is created. To learn how to use goal oriented movement, the child must learn to look ahead of the pencil to an end-point. Thus, using separate strokes initially enhances this learning and allows internalization of rhythm information into the pattern which will guide the movement once language skills develop to a point that the pupil will be able to generate text in the form of written words.

DEVELOP pages provide movement models. The goal is to allow the motor system to record dynamic information in the internalization process. **PLEASE DO NOT** have children trace these models with a pencil or crayon. We now know that pencil tracing demands a visually guided movement that will result in poor movement pattern dynamics. We have been recommending for decades, that student use the pointer finger to trace the movement models. Fingertracing experience will also help with pencil grip adjustments by training the pointer finger as the “driver” of the pencil.

PRACTICE of fluent movement will allow control to improve. Please recognize that independent copy work on these pages will not include a movement challenge. As a result, it will most often be practice of drawing movement as well as the current habit for position skills. Your chances of changing a poor pencil grip for example, will be very small unless you maintain the movement challenge. A tight cramped grip posture retards movement. Get the child moving and he or she will discover the need to change and relax.

APPLY activities initially involve concepts like size and spacing. But, as soon as a few letters are learned, we will begin to apply them in words. We strongly recommend that you take the movement strategy into your language and reading programs as often as possible. Count is the best grammar of action for direction of word writing. When the child is able to write a word while counting aloud for the strokes, the word is internalized as a dynamic unit. It is a simple strategy. We count for each of the strokes needed to create the shape. Your students can learn how to figure out the count for any target word by referring to the Peterson color/rhythm wall cards or position guide. One count is needed for each color in the letter. Add counts progressively through the word (1,2 - 3,4 - 5,6 not 1,2 - 1,2- 12).

hand  
1,2 3,4 5,6 7,8

### Writing Size

You will find that DEVELOP pages provide lines separated by one-half inch with a “tail space.” This size demands arm movement for gross motor patterning. A blank master with the same ruling is also included. After using the DEVELOP master for patterning, use the blank master to make sure that the student can write the letter without looking at a model.

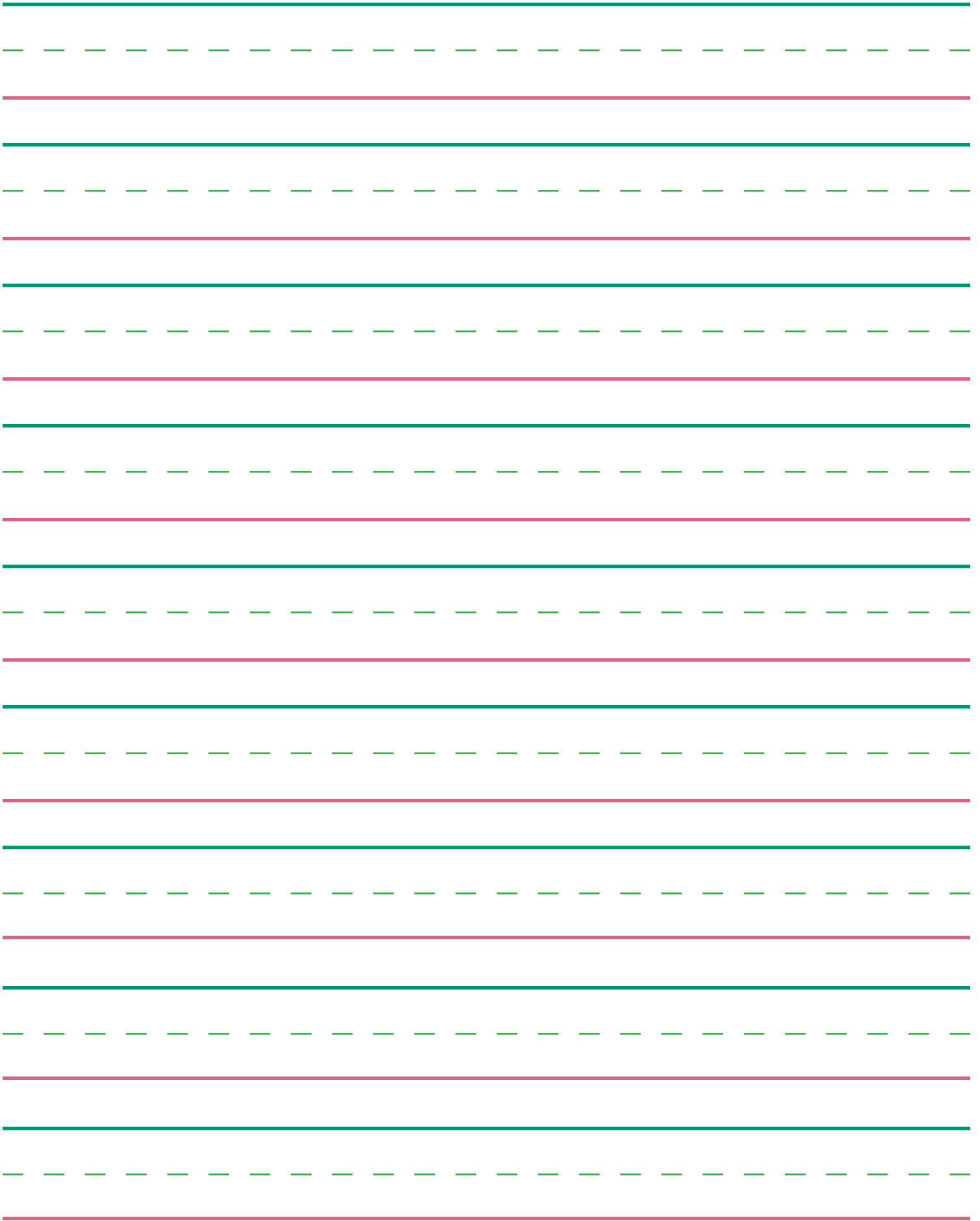
You are also provided with a blank master for practice at a reduced size. This page provides top, middle and baselines with a “tail space,” but the lines are separated by three-eighth inch spaces. Establish mastery at the large size first. Then try the smaller ruling to find out how the children handle the reduction. Sentence writing is difficult at the large size due to the limited number of letters that can fit across the page. The small size ruling offers a better format for sentences and stories. You will find these blank practice masters on the following two pages.

When using the count technique as a tool for word integration, consider having the children write on unlined paper first until the word pattern is internalized. Then move to paper with lines to try again. Using fluent movement on lined paper is a whole new challenge that will be handled more easily if the word pattern has already been internalized. Using the lines demands that the brain use the visual feedback system. Starting on lines, may make it more difficult for the child to count and write as a result.

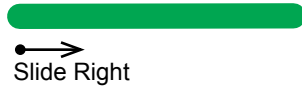
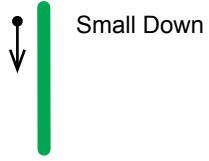
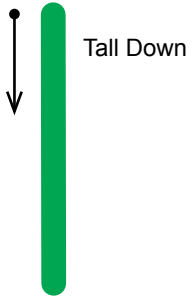
Gross-Motor Letter Practice

Children need to be able to produce each letter from "inside the brain" without looking at a model. This half-inch-rule page allows gross motor involvement and better control as a result. Use this page to direct Write & Say practice of target forms after they are introduced on the "DEVELOP" page. Write & Say is the key to improving control of fluent movement. The child who does not verbalize, is drawing rather than writing and may not have internalized the movement sequence. Get the pencils moving with the voices. Accuracy will improve with rhythmic practice.

The page contains six sets of handwriting practice lines. Each set consists of three horizontal lines: a solid green line at the top, a dashed green line in the middle, and a solid red line at the bottom. These lines are spaced evenly down the page to provide a guide for letter height and placement.



# Learn How To Move For Two Basic Strokes

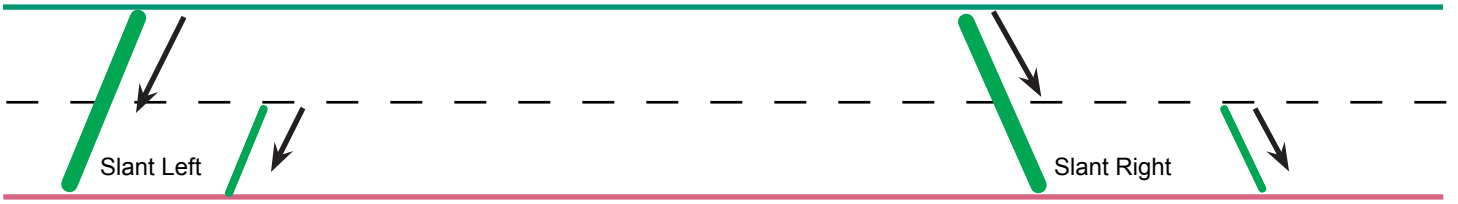


Learn to move your hand and arm with your voice. Finger trace as you say the action words. Write & Say using the lines below. Touch the top line as you say "Tall" or middle line as you say, "Small." Make the stroke as you say "Down" or "Slide."


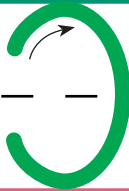
Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line. There are four sets of these lines provided for practice.



# Basic Strokes - Slant Left and Right



# Basic Stroke - Round Tops

	Hook Around		Roll Around
Left curve, bump the top line - around - bump the baseline	Left curve bump the middle line - around - bump the baseline	Right curve bump the top line - around - bump the baseline	Right curve bump the middle line - around - bump the baseline

Handwriting practice lines consisting of four sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.

# Numerals

Start at the top line with straight down strokes.

1. Down

1. Down  
2. Slide  
3. Down

1. Down  
2. Roll Around  
3. Slide

Start with right curve round top



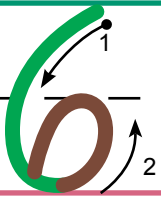
- 1. Roll Slant
- 2. Slide



- 1. Roll Around
- 2. Roll Around

Handwriting practice lines consisting of four sets of horizontal lines: a solid green top line, a dashed black middle line, and a solid red bottom line.

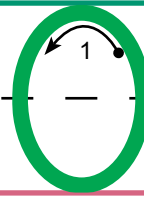
# More Numerals



1. Curve Down
2. Loop

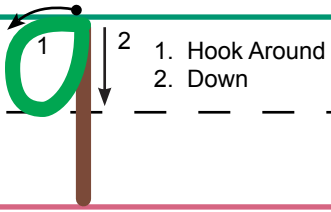


1. Hook Snake
2. Roll Up

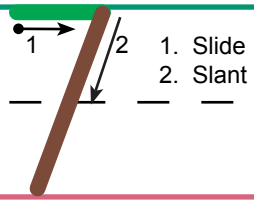


1. Hook Around Close

Blank handwriting practice lines for numerals 6, 8, and 0. Each numeral's section consists of four sets of horizontal lines: a top green line, a middle dashed line, and a bottom red line. The first set of lines is already filled with the tracing guide for the numeral. The remaining three sets of lines are blank for independent practice.



1. Hook Around  
2. Down



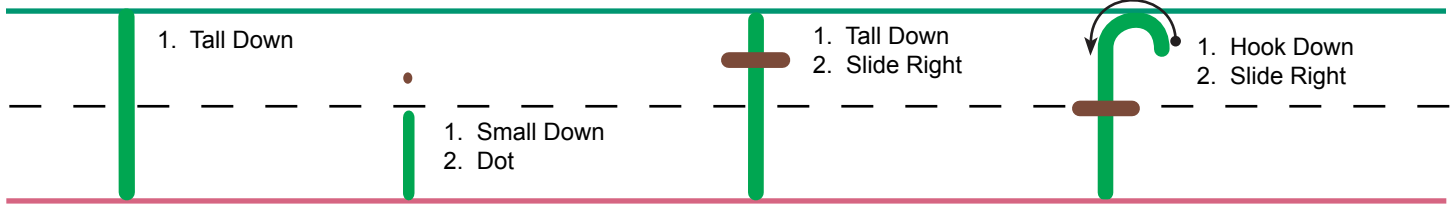
1. Slide  
2. Slant

Handwriting practice lines consisting of four horizontal lines: a solid green top line, a dashed black middle line, a solid red bottom line, and a solid green baseline. The first row contains the tracing guides for 'a' and 'l'. The following seven rows are blank for practice.

# Move With Your Voice To Master These Letters

Touch the top or middle line first.

Round Top

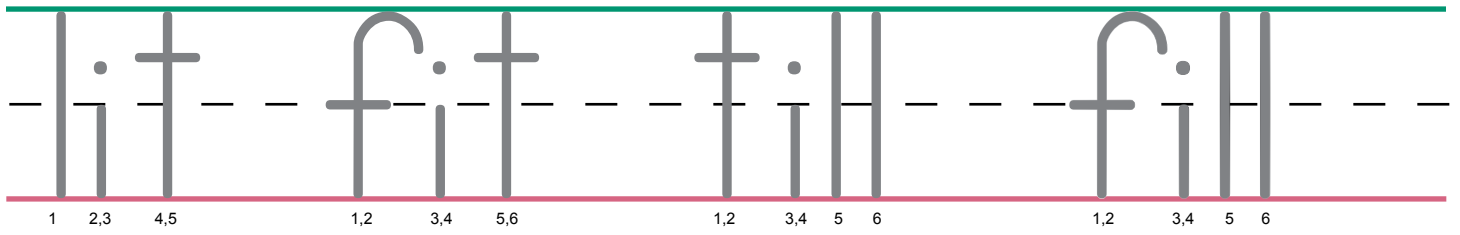


Write softly.  
Check your pencil holding.

Handwriting practice lines consisting of four sets of three horizontal lines (top green, middle dashed, bottom red) for writing practice.

Use The Letters You Know To Master These Words

Fingertrace and count for the strokes then count as you write each word.



Check Your Spacing.

Four sets of blank writing lines for practicing word spacing. Each set consists of a top green line, a middle dashed line, and a bottom red line.



# Left-Curve Round Top Letters

These left curve tops bump the middle line.



1. Hook Around



1. Hook Around  
2. Slide

Four sets of handwriting lines for practice. Each set consists of a solid green top line, a dashed black middle line, and a solid red bottom line. The first set is pre-filled with the letters 'C' and 'e' as shown in the examples above. The remaining three sets are blank for practice.

Use Count To Master These Words

Fingertrace With Count Then Count As You Write.



Always make the top first!



# Left Curve Round Tops Plus Stick Strokes

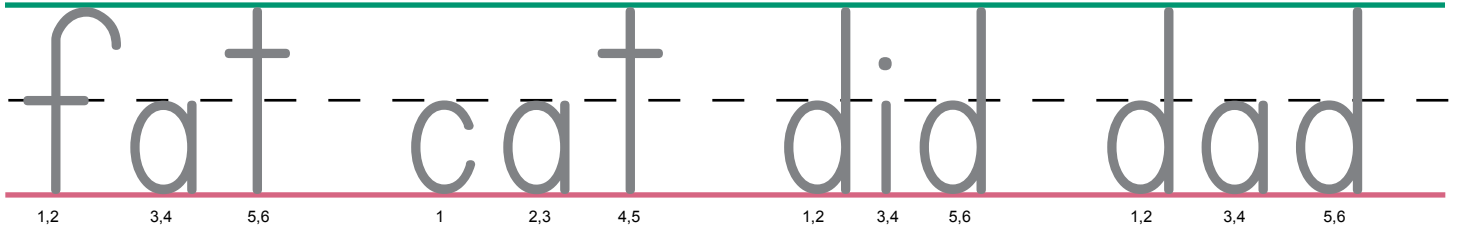
Left-curve tops that bump the middle line.

Handwriting practice row with four lines: a solid green top line, a dashed black middle line, a solid red bottom line, and a solid green baseline. On the left, a lowercase letter 'a' is shown with a green outline and a brown stick stroke. To its right, the stroke order is listed: 1. Hook Around, 2. Small Down. On the right, a lowercase letter 'c' is shown with a green outline and a brown stick stroke. To its right, the stroke order is listed: 1. Hook Around, 2. Tall Down.

Four sets of handwriting practice lines, each consisting of a solid green top line, a dashed black middle line, a solid red bottom line, and a solid green baseline. These lines are provided for independent practice of the 'a' and 'c' strokes.

## Use The New Letters In Words

Fingertrace and say. Then Write and say. Can you count aloud as you write the words?

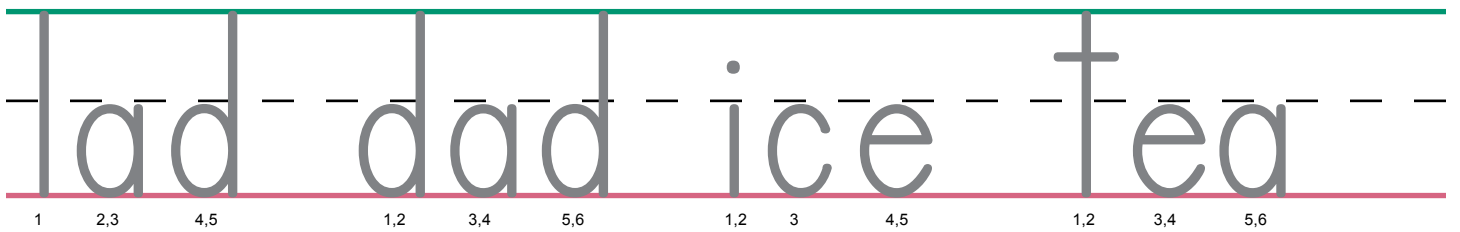
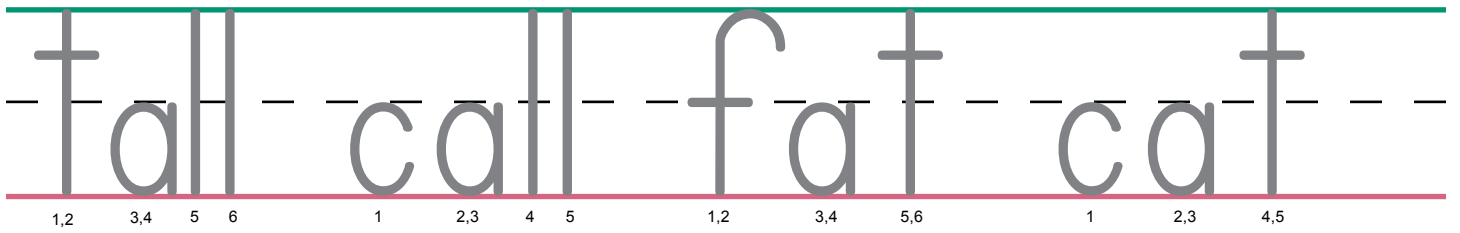
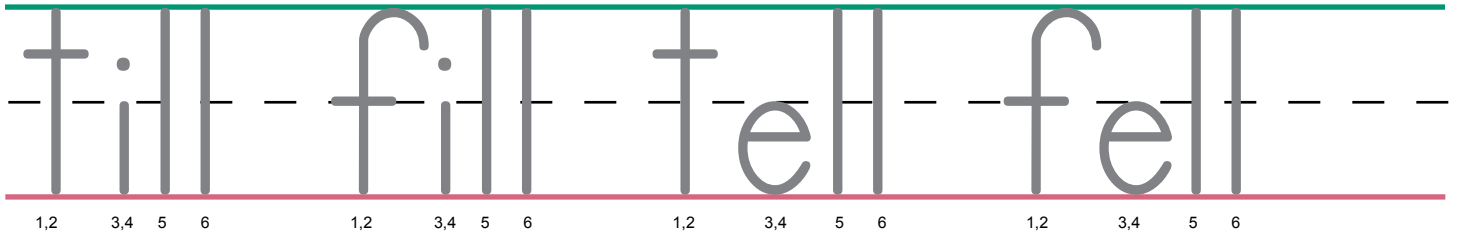


Put Letters in words close together.  
Space words apart.

Four sets of handwriting practice lines. Each set consists of a solid green top line, a dashed black middle line, and a solid red bottom line.

# Word Practice

Fingertrace and count. Then write the word as you count aloud.



## Fluency Score

Use the three-word sequence for a timed-writing exercise. Allow one minute for writing. Ask the pupils to write the sequence as many times as they can until you call stop. Count the number of legible letters to determine a fluency score for each child.

Name \_\_\_\_\_

Pupils who were able to write while counting aloud on the previous practice activity will be able to write the sequence easily because they have internalized the words and need not copy letter-by-letter. Those who have not internalized the letters and words should be identified for help. Low fluency scores suggest visual copying rather than writing. Some copy out of habit. Repeat a second time to look for improvement. A score below 20 LPM indicates a need for process help with one or more letters.

tall - fat - cat

# More Left Curve Round Top Letters



1. Hook Snake Around

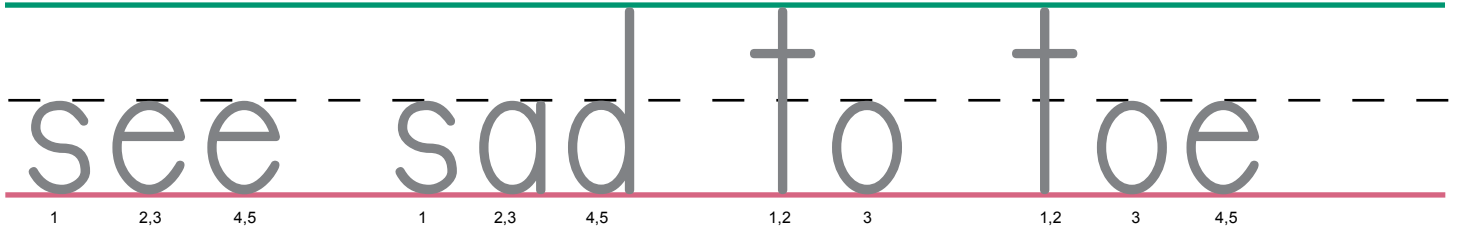


1. Hook Around Close

Handwriting practice lines consisting of four sets of horizontal lines. Each set includes a solid green top line, a dashed black middle line, and a solid red bottom line. The first set contains the letters 'S' and 'O' with stroke order instructions. The remaining three sets are blank for practice.

## Use New Letters In Words

Fingertrace and Say, then Write and Say. Can you write each word as you count aloud?



Check your pencil position. Keep fingers back on the paint. Don't pinch.

Four sets of handwriting practice lines are provided. Each set consists of three horizontal lines: a solid green top line, a dashed black middle line, and a solid red bottom line. These lines are intended for the student to practice writing the words 'see', 'sad', 'to', and 'toe' independently.



# Down Stroke Curve The Bottom



1. Down Curve Up
2. Small Down

Word Practice

Whisper as you count and write.

cut use fuss us

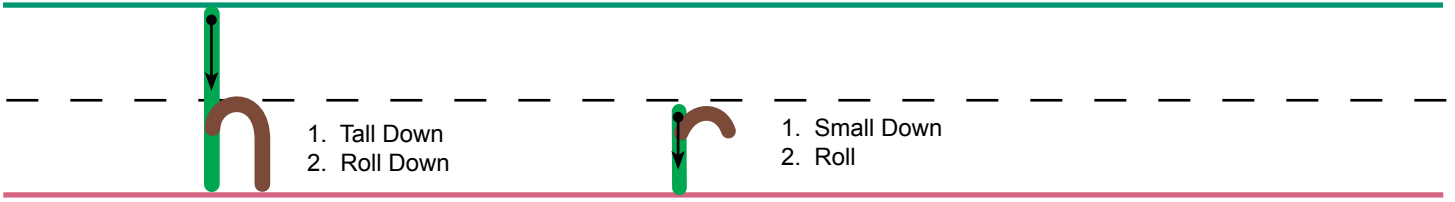
1 2,3 4,5 1,2 3 4,5 1,2 3,4 5 6 1,2 3

Write softly please! Make your pencil whisper.

Blank handwriting practice lines consisting of four sets of horizontal lines: a top green line, a middle dashed line, a bottom red line, and a baseline green line.

## Straight Sticks Plus Right Curves

These letters lend well to "threading." Once sure that start point and direction are understood, teach pupils to make the moves without lifting between strokes to improve the rhythm of the formation sequence.

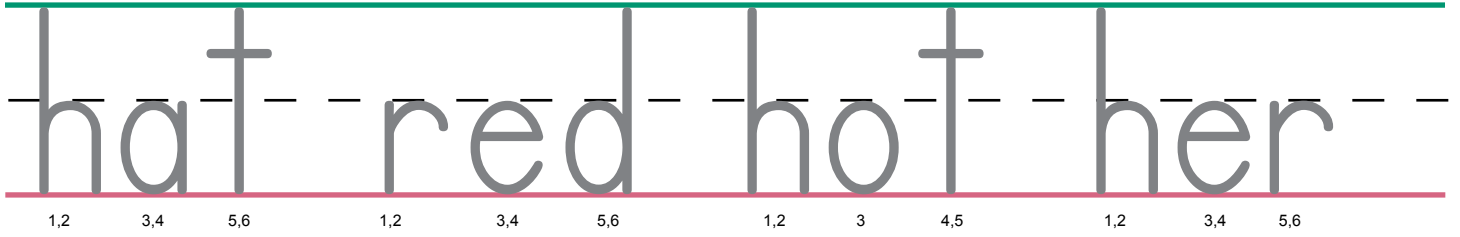


Please remember that fluent production across the page may result in forward slant. The need to move steadily all the way across the page can stimulate the use of writing position for the paper. Forward slant is a good sign.



# Word Practice

Fingertrace and Say, then Write & Say.



Tops of letters are most important for reading. Cover the bottoms and check your size and spacing.



## More Letters That Use The Same Strokes

Threading is again the goal for these letters. Once the correct start point and sequence is understood, teach the no-lift process to improve rhythm.



1. Small Down
2. Roll Down



1. Small Down
2. Roll Down
3. Roll Down

To move with the beat created by our action words, the child must learn to look ahead to the lines as goals rather than watch the pencil move. Some may not hit the lines at first and revert to careful drawing as a result. As rhythm and timing improve so will control. The trick is to keep voices working and pencils moving with the chant.

Handwriting practice lines consisting of four sets of three horizontal lines (solid green top, dashed black middle, solid red bottom) for tracing the letters 'n' and 'm'.

Word Practice

Fingertrace and Say, then Write and Say.

ten men one man

1,2 3,4 5,6 1,2,3 4,5 6,7 1 2,3 4,5 1,2,3 4,5 6,7

Stop on the baseline


Handwriting practice lines consisting of four sets of horizontal lines. Each set includes a solid green top line, a dashed middle line, and a solid red bottom line (baseline).

## Straight Stick And Right Curve

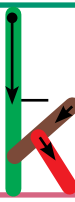
## Straight Stick and Slants

Fingertrace and Say, then Write and Say.

1. Tall Down  
2. Roll Around



1. Tall Down  
2. Slant In  
3. Slant Out



Lowercase b is a good no-lift letter, but not k. This 3 stroke process will help later for the cursive k which demands a roll plus a double downstroke for legibility.

Handwriting practice lines consisting of four horizontal lines: a top green line, a middle dashed line, a bottom pink line, and a baseline green line. There are four such sets of lines provided for practice.

Fingertrace and count, then write and count to master each word.

bed - bad - like - hike

1,2 3,4 5,6      1,2 3,4 5,6      1 2,3 4,5,6 7,8      1,2 3,4 5,6,7 8,9

Write softly please!

Handwriting practice lines consisting of four sets of horizontal lines. Each set includes a solid green top line, a dashed black middle line, and a solid red bottom line, providing a guide for letter height and placement.



## These Letters Start With A Slant

These letters can be threaded (down then up process). But, you may want to introduce with four downstrokes initially for the anchoring practice (touching lines) and for the top-down, left-to-right reading connection.

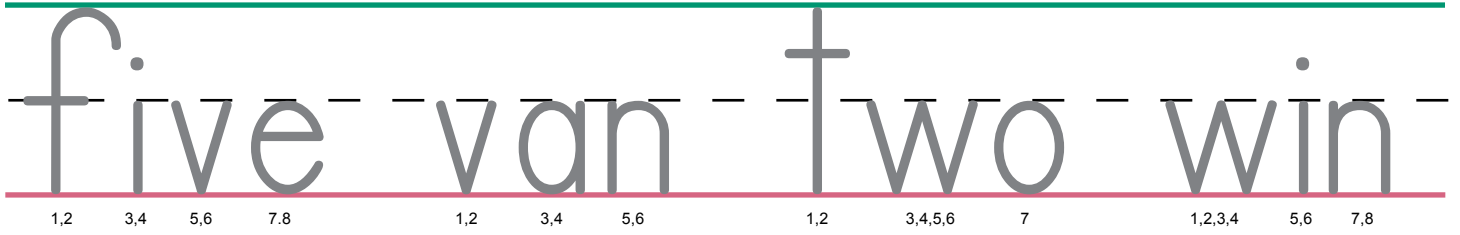
1. Slant Right  
2. Slant

1. Slant Right  
2. Slant

1. Slant Right  
2. Slant  
3. Slant  
4. Slant

# Word Practice

Fingertrace and Say, then Write and Say. Can you write each word as count for the strokes?



The spacing challenge presented by these words is an important part of the lesson. Letter Tops Evaluation can focus attention on the space between letters in the word and the amount of space between words. Help the pupil understand how to improve spacing by choosing a better start point for each letter.

Four sets of handwriting practice lines, each consisting of a solid green top line, a dashed middle line, and a solid red bottom line, for independent writing practice.

# Slants and Slides



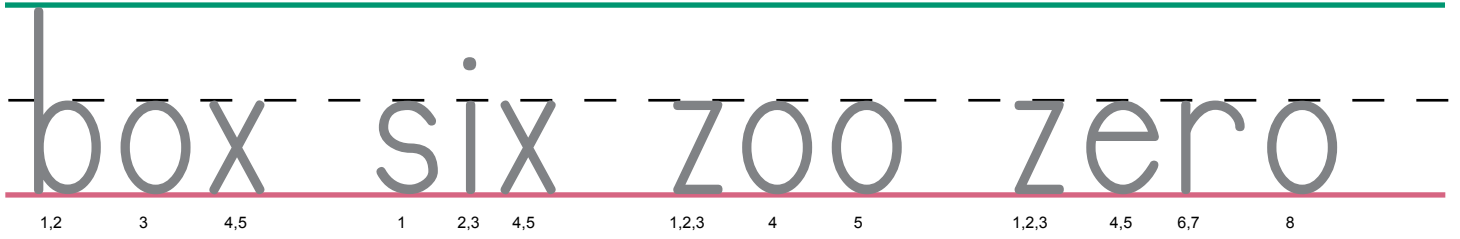
1. Slant Right
2. Cross



1. Slide
2. Slant
3. Slide

# Word Practice

Fingertrace and Say, then Write and Say to master new letters and these words.



Check your spacing skill.

Four sets of handwriting practice lines. Each set consists of a top green line, a middle dashed line, and a bottom red line, providing a guide for letter height and placement.

# Tails Make A Difference

All tail letters touch the middle line first.

The page features four sets of handwriting lines. Each set consists of a solid green top line, a dashed black middle line, and a solid red bottom line. The first set contains the letters 'i', 'j', 'a', 'g', and 'q' with numbered stroke order instructions and arrows indicating the direction of the pen strokes.

**Letter i:** 1. Down Tail, 2. Dot

**Letter j:** 1. Down Tail, 2. Dot

**Letter a:** 1. Hook Around, 2. Down Tail

**Letter g:** 1. Hook Around, 2. Down Tail

**Letter q:** 1. Hook Around, 2. Down Hook

# Tail Letters In Words

Fingertrace and Say, then Write and Say to master these words.



Tail letters touch the middle line.

Four sets of handwriting practice lines. Each set consists of a solid green top line, a dashed black middle line, and a solid red bottom line. The first set is positioned directly below the 'Tail letters touch the middle line.' instruction.

# Straight and Slant Tails

1. Down Tail  
2. Roll Around

1. Slant Right  
2. Slant Tail

# Words With Tail Letters

Fingertrace and Say, then Write and Say to master these words.



Check size and spacing.

Four sets of handwriting lines for practice. Each set consists of a solid green top line, a dashed black middle line, and a solid red bottom line.



# Color Words

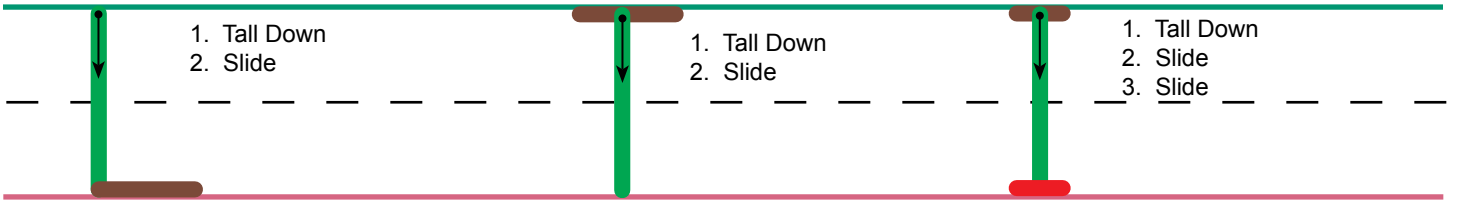
Fingertrace and Say, then Write and Say to master these words.



Check for smooth gray lines.

Four sets of handwriting practice lines. Each set consists of a solid green top line, a dashed gray middle line, and a solid red bottom line.

# Capital Letters



L e a h T o m I v a n

Below the first row of handwriting lines, there are four more identical rows of lines (solid green top, dashed black middle, solid red bottom) for practice.

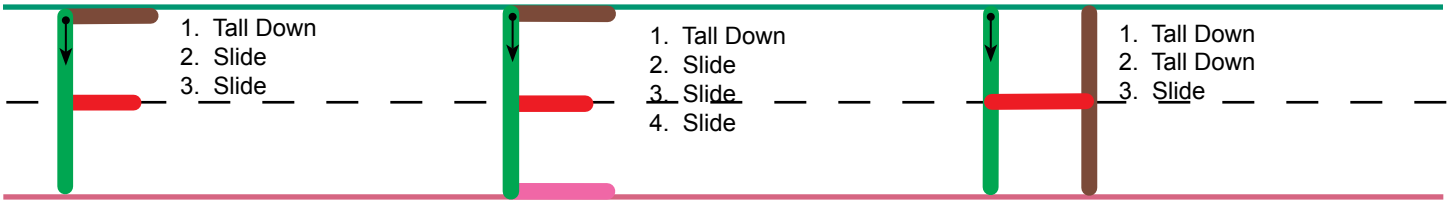
The rug is blue.

The dog is big.

I like to jump.

Blank handwriting practice lines consisting of a solid green top line, a dashed middle line, and a solid red bottom line.

More Capital Letters From Tall Stick And Slide Right Strokes



Fran Erin Hank

Blank handwriting practice lines consisting of four sets of three horizontal lines (top green, middle dashed, bottom pink) for practicing the letters F, E, and H.

# Tall Stick Plus Right Curve Capital Letters

**P** 1. Tall Down  
2. Roll Around

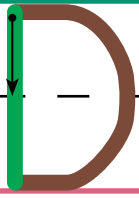
**B** 1. Tall Down  
2. Roll Around  
3. Roll Around

**R** 1. Tall Down  
2. Roll Around  
3. Slant

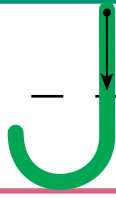
Pat Brian Rudy

Blank handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated three times.

Two More Capital Letters Start With Downstrokes



1. Tall Down
2. Roll Around

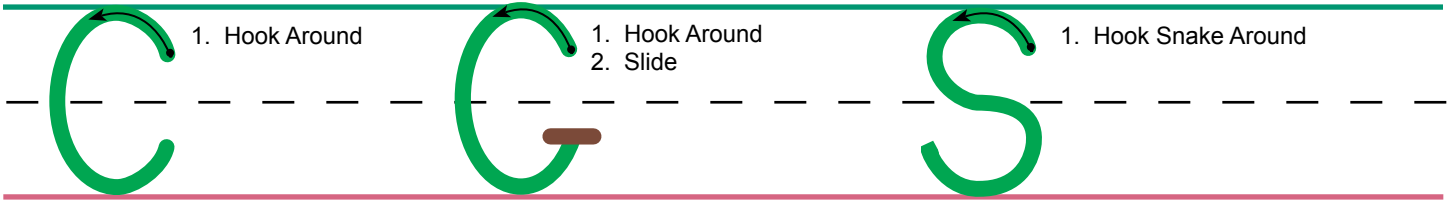


1. Tall Hook

Daniel Jerry

Hold your pencil back on the paint!

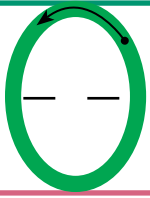
# Left Curve Capital Letters



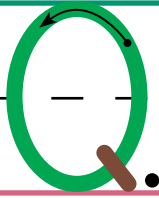
Make the round tops first!



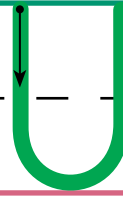
# More Left Curve Capital Letters



1. Around Left Close



1. Around Left Close  
2. Slant



1. Tall Down  
2. Curve Up

Ollie Quincy Uri



# Downstrokes Plus Slants

1. Tall Down  
2. Tall Down  
3. Slant Right

1. Tall Down  
2. Tall Down  
3. Slant Right  
4. Slant Left

1. Tall Down  
2. Slant Left  
3. Slant Right

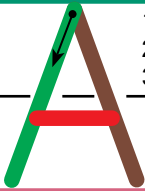
Nina - Mark - Kurt

Check your size


Four sets of handwriting lines for practice, each consisting of a solid green top line, a dashed middle line, and a solid red bottom line.

# More Capital Letters That Need Slant Strokes


1. Slant Left  
2. Slant Right  
3. Slide Right



1. Slide Right  
2. Slant Left  
3. Slide Right



1. Slant Right  
2. Slant Left  
3. Small Down

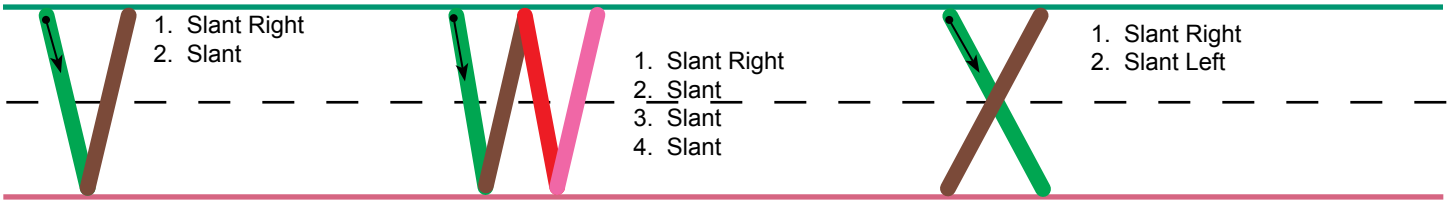


Ali Zora Yetta

Check your spacing!

Blank handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

# Slant Stroke Capital Letters



Vera Wade Xena

Below the tracing guide, there are three sets of handwriting lines (top green, middle dashed, bottom red) for practicing the letters. The first set contains the words 'Vera', 'Wade', and 'Xena' in a light gray font for tracing. The second and third sets are blank for independent practice.

Sentence Practice

I like to write. Lines help me  
make letters the right size.

The page contains ten sets of handwriting practice lines. Each set consists of three horizontal lines: a solid green top line, a dashed green middle line, and a solid red bottom line. These lines are spaced evenly down the page to provide a guide for letter height and placement.

## Pencil Holding Rules

One finger on top. Stay back on  
the point. Write softly. Please  
don't pinch your pencil.

## Sentence Practice

Keep letters close to make words. Space words apart. Use the lines for good size. Move your pencil smoothly.

Term Progress Sample

I have worked hard on my handwriting skills this year. Is this sample easy to read?

Name

Date