The images, artwork, and words used in this course are all designed to connect children to the good and the beautiful: family, faith, high moral character, and the wonders and beauty of nature and human life.

Handwriting Level 1 is designed for children ages 5–7 who are in Level K or Level 1 language arts. This level focuses on correct print formation of letters and numbers and, near the end of the course, introduces short words and sentences. This course also helps children practice spelling number words. The text size reduces halfway through the course as the child gains the motor skills for smaller print.

It is critical that children gain a strong foundation in correct letter formation. Do not move too fast through these foundational skills. Many new writers attempt to begin letters at the bottom rather than at the top. It is important to follow the arrows shown and begin at the top, as this will benefit the child when he or she is learning cursive, and it will help the child develop nice penmanship without straining the hand or wrist.

**COURSE ORGANIZATION**

At the beginning of the course, and at different times throughout the course, the child will complete “overview” sheets. These sheets give the child general exposure to all letters and numbers. The rest of the course introduces 2–3 new letters at a time, going in order of the most frequently used letters. This approach helps the child focus on mastering letters before moving on and, at the same time, gives the child experience with all letters, which is helpful as he or she may need to write words and letters for other subjects. This workbook includes 100 sheets, or about 3–4 sheets per week for a normal school year.

**COLORING AND DRAWING**

Each sheet in this course provides an opportunity for the child to draw, color, or complete an activity such as a maze or dot-to-dot. These are not merely for fun; they also improve both drawing and fine motor skills. Many children also enjoy handwriting sheets much more with the opportunity to do a little art or other activity after the handwriting portion of the sheet is completed.

**DOING HANDWRITING AS A FAMILY**

Handwriting time can be done together as a family. As some children will not finish one page in the same amount of time as others, you may want to set a certain length of time for handwriting each day, such as 10–15 minutes. Wherever children are on the page, have them stop at the end of the specified time. At the next handwriting session, they can pick up right where they left off. Some children may complete more than one page during a session, and some children may complete less than a page.

**TIPS FOR LEFT-HANDED WRITERS**

Left-handed writers often find it more comfortable to tilt the book slightly to the right and position it closer to the left side. If the child tends to write from right to left, placing a dot at the left side to remind him or her where to start may be helpful. Left-handed writers often tend to “hook” their wrists above what they are writing in order to see what they have already written. This can cause strain on the wrist and make writing difficult. Remind the child to keep the wrist straight.

---

**Copyright Notice:** It is illegal and dishonest to share this document with those outside your own household or to post this document online. If you received this document without purchasing it, you are also participating in illegal and dishonest activity. You can purchase your own legal copy at www.thegoodandthebeautiful.com. If you purchased the PDF file, you may print as many copies as desired for use within your own household.
SECTION ONE

60 Point Font

Form Drawing
Writing First Name
Writing Letters and Numbers
Tracing and Writing Words and Sentences
Drawing
Introduction to Handwriting—Form Drawing

Practice the strokes used to create letters by tracing the dotted lines and shapes. Start on the green dot.

Copy the lines into the boxes below. Start on the green dot.
Trace the dotted lines and shapes. Start on the green dot.

Copy the wave forms into the box below. Start on the green dot.

Trace the dotted lines of the rainbow and the clouds with different colors.
Overview of Letters A–J

Trace each letter and then write it again, starting on the dot.

Color the jars so it looks like they contain different colors of jam.
Trace each letter, starting on the dot.

Trace the outline of the butterfly and then color it.

Copy the lines into the boxes below.
Overview of Letters K–T

Trace each letter and then write it again, starting on the dot.

Color the picture.
Trace each letter, starting on the dot.

Connect the dots and then color the picture.

Trace each letter, starting on the dot.
Overview of Letters U–Z, Numbers, and Punctuation

Trace each letter or number and then write it again, starting on the dot.

Copy the flowers.

Trace the punctuation marks.
Trace each letter, number, or punctuation mark, starting on the dot.

Place one hand on the box and then, with your other hand, trace around your fingers and thumb using a crayon or colored pencil.
Introducing Letters Cc and Oo

Write your first name. If needed, have a parent or teacher write it down, and then you trace it here.

Trace each letter and then write it again, starting on the dot. The letter C shape is how many letters start.

Trace each letter and then write it, starting on the dot.

Draw rain falling from the clouds.
Trace the loops with your finger and then copy them into the box. Drawing loops helps with letter C formation.

Trace each letter and then write it again, starting on the dot. The letter O starts like C, but you close the circle.

Color the picture.
Review of Letters Cc and Oo - Introducing Letter Ss

Write your first name. If needed, have a parent or teacher write it down, and then you trace it here.

__________________________

Trace each letter and then write it again, starting on the dot. The letter S begins with a C shape.

C C C C C

C C C C C

S S S S S

Color the picture.

![Windmills](image-url)
Trace each letter and then write it again, starting on the dot.

Trace the lines with your finger. Then copy them into the box.

Color the picture.
Write your first name. If needed, have a parent or teacher write it down, and then you trace it here.

Trace each letter and then write it again, starting on the dot.

Copy the flowers.
Trace each letter and then write it again, starting on the dot.

Draw a line between the two lines using a pencil or colored pencil. Try not to touch the lines.

Color the picture.
Trace each letter and then write it again, starting on the dot. Each of the lowercase letters begins like C. The letter D is tall. Lowercase letter G falls below the baseline.

Color the picture. Draw leaves all around the trunk of the tree.

Trace each letter and then write it again, starting on the dot.
Trace each letter and then write it again, starting on the dot.

Trace the lines with your finger. Then copy them into the box below.

Add more details to the scene, like a sidewalk, more puddles, trees, or rain clouds. Then color the picture.