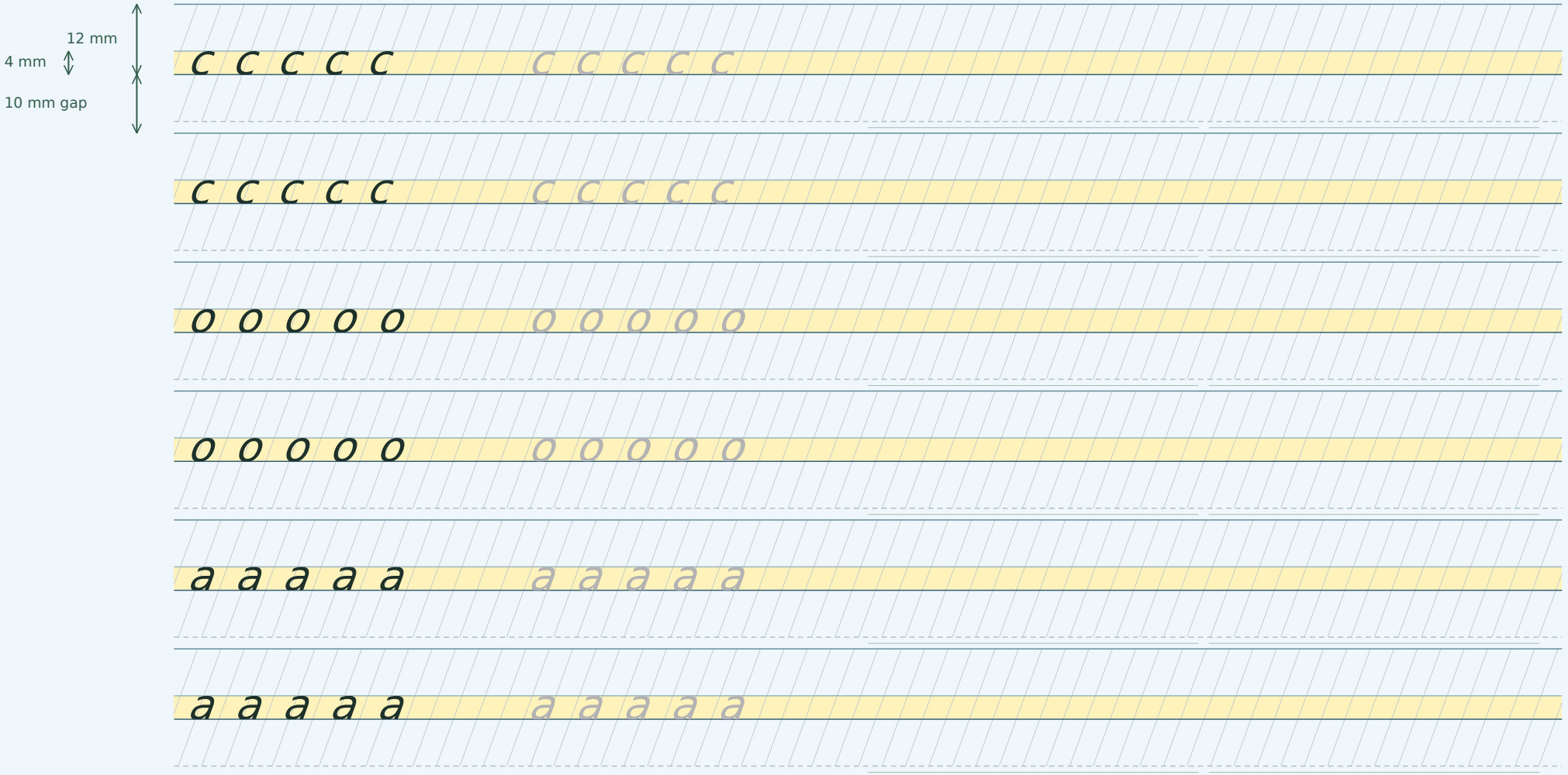
# How to Teach Handwriting to Kids: A Lesson Sequence with Practice Rows

Handwriting lesson worksheet: posture checklist, stroke-order models, two practice rows per letter




x-height 4 mm (baseline to midline); top 12 mm; descender 8 mm; gap 10 mm. Two rows per letter, five letters per row.

# How to Teach Handwriting to Kids: A Lesson Sequence with Practice Rows

Posture and grip checklist / 1 of 2

Student checklist; no answers pre-filled.

| | |
|---|---|
| Feet flat on floor | |
| Hips back in chair | |
| Table height so elbows near 90 degrees | |
| Paper angled toward writing hand | |
| Pinch pencil 2–3 cm from tip (hypothetical example) (cm) | |
| Ring and little fingers rest on paper | |
| Web space open / relaxed grip | |

# How to Teach Handwriting to Kids: A Lesson Sequence with Practice Rows

Posture and grip checklist / 2 of 2

Student checklist; no answers pre-filled.

| | |
|---|---|
| Hand shaken out for five seconds | |

# How to Teach Handwriting to Kids: A Lesson Sequence with Practice Rows

Stroke-order model notes for c, o, a

Student writes the modeled stroke order; valid style alternatives accepted if legible and within lines.

| | |
|---|---|
| c: stroke order (modeled) | |
| o: stroke order (modeled) | |
| a: stroke order (modeled) | |
| Best letter circled in each row (which row) | |
| One specific strength | |
| One next step | |

# How to Teach Handwriting to Kids: A Lesson Sequence with Practice Rows

## Three-point row rubric (student self-check)

Yes/no per row; one strength and one next step.

| Row | Posture and grip (yes/no) | Stroke order (yes/no) | Line use (yes/no) |
|---|---|---|---|
| c row 1 | | | |
| c row 2 | | | |
| o row 1 | | | |
| o row 2 | | | |
| a row 1 | | | |
| a row 2 | | | |

# How to Teach Handwriting to Kids: A Lesson Sequence with Practice Rows

Original tasks 1, 2, 3 / blank responses

Task 1

Set up a practice row for the lowercase letter 'i'. Describe the three lines (top, midline, baseline) and write the stroke order. Then state how many letters in a row of five meet the line-use check if all five have the dot above the midline and the stem from midline to baseline.

Task 2

A child writes a row of four lowercase 't' letters. Two start at the top line and cross at the midline; two start at the midline. Using the convention, how many meet the tall-letter check, and what is one next step?

Task 3

Plan a 25-minute lesson for the letters 'c', 'o', and 'a'. List the minutes for posture, modeling, and practice rows, and state the rubric points you will use.

# How to Teach Handwriting to Kids: A Lesson Sequence with Practice Rows

Original tasks 4 / blank responses

Task 4

A child's grip is very tight and the letters are shaky. Describe a two-step adjustment using the posture and grip section, and state how you will check whether the adjustment helped.