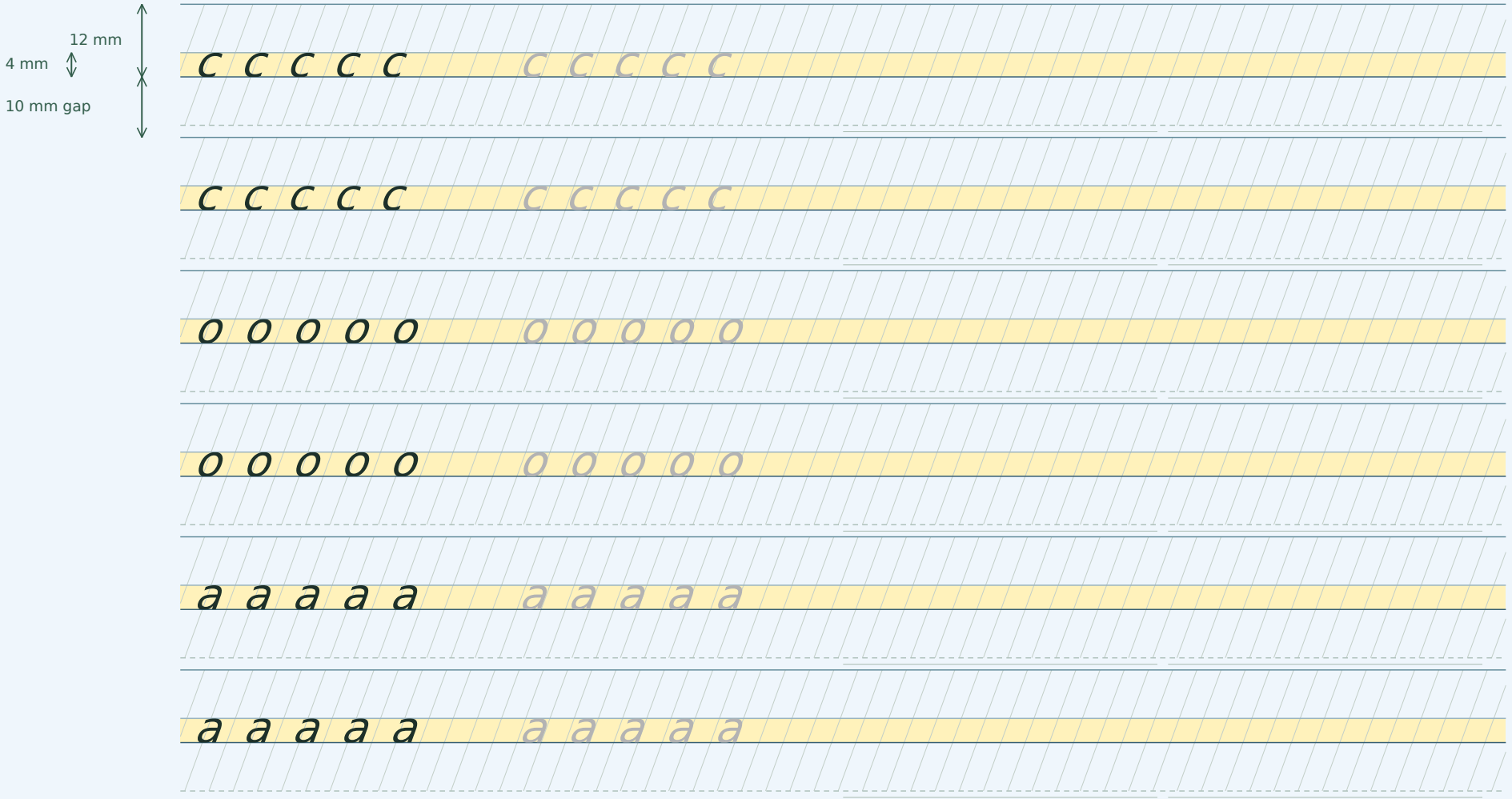
How to Teach Handwriting to Kids: A Lesson Sequence with Practice Rows

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.

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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	

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Posture and grip checklist / 2 of 2

Student checklist; no answers pre-filled.

Hand shaken out for five seconds	

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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	

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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			

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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.

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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.