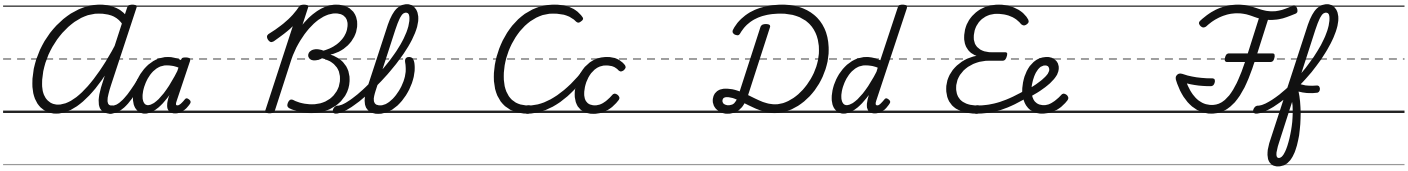
A FREE HANDWRITING WORKBOOK

The Cursive Alphabet

Learn every capital and lowercase letter, the joins, numbers and sentences, one page at a time.



thecursivealphabet.com

Free to print for personal, home and classroom use. Please do not sell it.

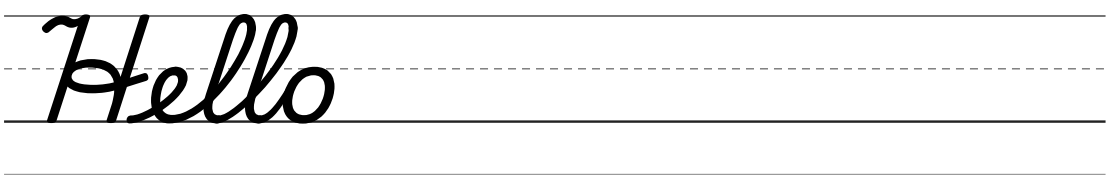
Watch every letter written stroke by stroke, and print single-letter sheets, at thecursivealphabet.com.

How to use this workbook

One letter a day

Each letter has two facing pages. Read where the pen starts and the strokes, look at the arrows, then trace the gray letters and write your own on the empty rows. On the second page, practice the joins and four words. Fifteen minutes a day is enough: in about a month you will have worked through every letter, the numbers and the sentences.

The guide lines



Capitals and tall letters reach the topline. Small letters such as a, e and o stop at the midline. Tails such as g, j and y drop to the descender line. Every row gives you at least half an inch of room above the baseline.

Before you start

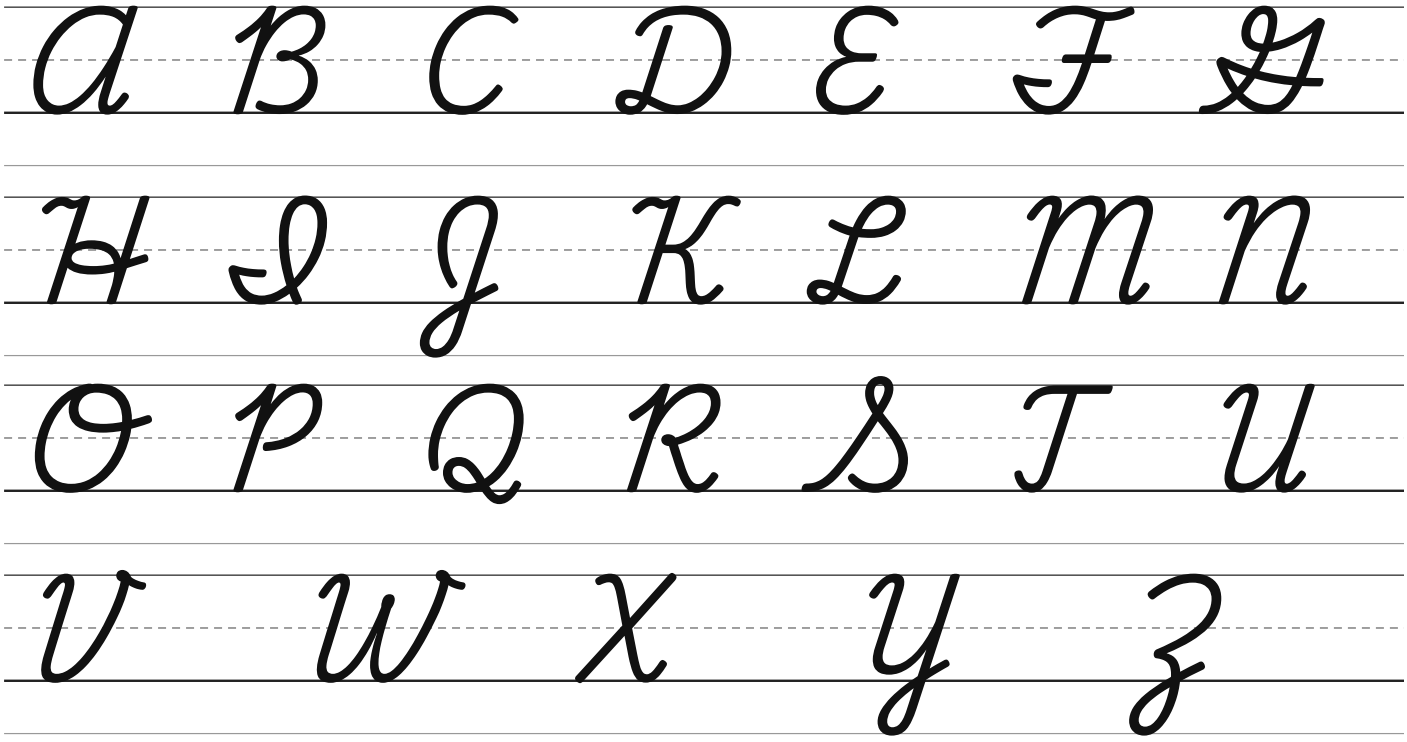
- Print at 100% or "Actual size", not "Fit to page", so the rows keep their size.
- Sit up with both feet on the floor and the paper in front of your writing arm.
- Turn the paper: the top tips to the left if you write with your right hand, to the right if you write with your left.
- Hold the pen lightly and move your whole arm, not just your fingers. Slow and even beats fast.
- Keep the slant the same in every letter. The joins come easily once the slant is steady.

See it move

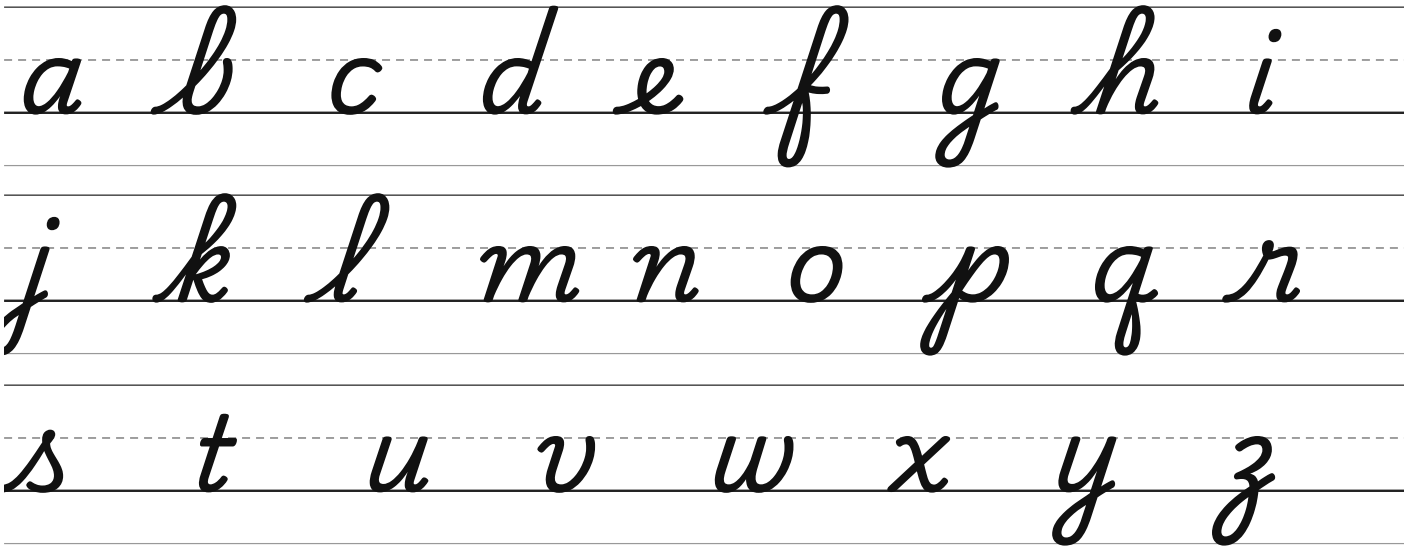
Every letter in this book is animated stroke by stroke at thecursivealphabet.com, with single-letter practice sheets, a worksheet maker for your own words and a name writer.

The alphabet at a glance

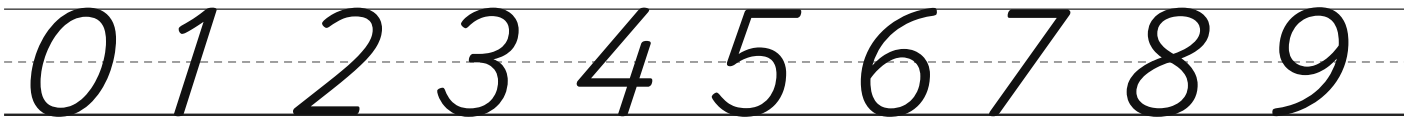
Capitals



Lowercase



Numbers



Cursive *A* and *a*

Capital A

A

Where the pen starts: Just below the topline, on the right side of the letter.

Strokes:

1. Curve up and over to the left, then down to the baseline and around the bottom (a big oval, counterclockwise).
2. Keep curving up the right side until the oval closes at the top.
3. Without lifting, slant straight back down the right side to the baseline.
4. Swing up to the right to finish.

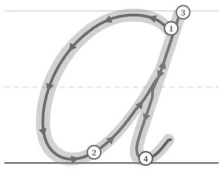
Lowercase a

a

Where the pen starts: At the midline, on the right side of the oval.

Strokes:

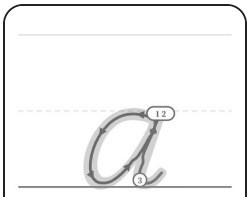
1. Curve back to the left and down to the baseline, around the bottom and up the right side until the oval closes where it began.
2. Slant straight back down the right side to the baseline.
3. Swing up to the right to finish.



Capital A

Tip

Close the oval before you trace back down. An open top turns the A into a C with an extra line, and the retrace should sit right on the oval, not beside it.



Lowercase a

Trace the capital A.

A *A* *A* *A* *A* *A* *A*

Write the capital A.

Trace the lowercase a.

a *a* *a* *a* *a* *a* *a* *a* *a* *a*

Write the lowercase a.

Joining a

Practice these pairs until the join feels like one movement.

An

Practice words

Trace each word, then write it on the rest of the line.

and

always

Anna

Alaska

Watch out for

- **Capital A:** The oval is left open at the top, so the letter reads as a C with a stroke after it.
- **Lowercase a:** The oval is not closed at the top, so the a reads as a c followed by an i without its dot.

Your own words with A and a.

Cursive B and b

Capital B

Where the pen starts: A little above the midline, on the left.

Strokes:

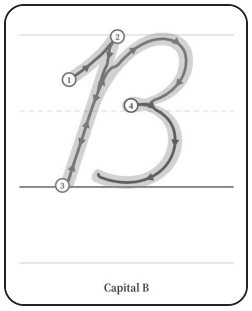
1. Short upstroke to the topline (the rocker).
2. Slant straight down to the baseline.
3. Retrace up the stem most of the way to the top, then curve up over the top and forward and down to the midline, ending in a small knot a little short of the stem.
4. From the knot, curve forward again, larger, down to the baseline, and stop just to the right of the stem.

Lowercase b

Where the pen starts: At the baseline, on the left.

Strokes:

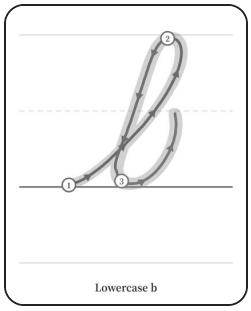
1. Swing up to the topline.
2. Loop back to the left and slant straight down to the baseline.
3. Swing up to the midline and stop.



Capital B

Tip

Make the lower bowl of the capital a little larger than the upper one, and tuck it in close to the stem. In the lowercase b, the swing up at the end is what joins it to the next letter, so stop it at the midline, not the baseline.



Lowercase b

Trace the capital B.

Write the capital B.

Trace the lowercase b.

Write the lowercase b.

Joining b

Capital B lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.

Be Bu Ba be bo ab

Practice words

Trace each word, then write it on the rest of the line.

be be

about about

Ben Ben

bubble bubble

Watch out for

- **Capital B:** The two bowls are drawn as one big curve with no knot at the midline, so the B reads as a D.
- **Lowercase b:** The bridge is left out, so the b reads as an l.

Your own words with B and b.

Cursive C and c

Capital C

Where the pen starts: Just below the topline, on the right.

Strokes:

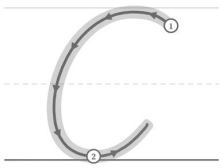
1. Curve up and over to the left, then down the left side to the baseline (one long downcurve).
2. Round the bottom and swing up to the right to finish.

Lowercase c

Where the pen starts: Just below the midline, on the right.

Strokes:

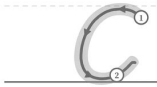
1. Curve up and over to the left, down to the baseline and around the bottom.
2. Swing up to the right to finish.



Capital C

Tip

The curve is wider than you think. Keep the opening on the right, start just below the top, and let the tail lead out at the baseline.



Lowercase c

Trace the capital C.

Write the capital C.

Trace the lowercase c.

Write the lowercase c.

Joining c

Practice these pairs until the join feels like one movement.

Co Ca Ch co ce ic

Practice words

Trace each word, then write it on the rest of the line.

cat cat

cake cake

Carol Carol

circle circle

Watch out for

- **Capital C:** A big loop is added at the start, so the C reads as a cursive O that was not closed.
- **Lowercase c:** The curve closes on itself, so the c becomes an o or an a.

Your own words with C and c.

Cursive $\mathcal{D}$ and d

Capital D

$\mathcal{D}$

Where the pen starts: A little below the topline, on the stem.

Strokes:

1. Slant straight down to the baseline.
2. Make a small loop at the bottom, turning to the left.
3. Curve forward along the baseline, up and around the right side to the topline.
4. Finish at the top with a small curl turned inward (to the left).

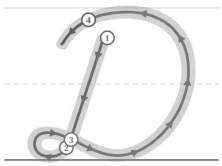
Lowercase d

d

Where the pen starts: At the midline, on the right side of the oval.

Strokes:

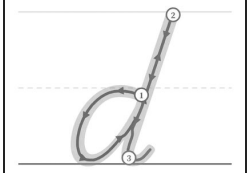
1. Curve back to the left and down to the baseline, around the bottom and up the right side, past the midline up to the topline.
2. Retrace straight back down the stem to the baseline.
3. Swing up to the right to finish.



Capital D

Tip

In the lowercase d, the stem is traced twice, up and down on the same line. If it opens into a loop, it reads as a different letter.



Lowercase d

Trace the capital D.

$\mathcal{D}$ $\mathcal{D}$ $\mathcal{D}$ $\mathcal{D}$ $\mathcal{D}$ $\mathcal{D}$ $\mathcal{D}$ $\mathcal{D}$

Write the capital D.

Trace the lowercase d.

d d d d d d d d d d

Write the lowercase d.

Joining d

Capital D lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.

De Di Do da di nd

Practice words

Trace each word, then write it on the rest of the line.

day day

dad dad

David David

bird bird

Watch out for

- **Capital D:** The bottom loop is skipped, so the D is a print D with a slant.
- **Lowercase d:** The oval does not meet the stem, so the d reads as a c followed by an l.

Your own words with D and d.

Cursive *E* and *e*

Capital E

Where the pen starts: Just below the topline, on the right.

Strokes:

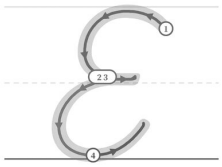
1. Curve up and over to the left and down to the midline (the top curve).
2. At the midline make a tiny knot: a short out-and-back to the right.
3. Curve left again and down to the baseline (the bottom curve, a little larger).
4. Round the bottom and swing up to the right to finish.

Lowercase e

Where the pen starts: At the baseline, on the left.

Strokes:

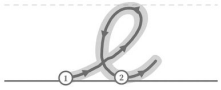
1. Swing up to the midline, loop back to the left and slant down to the baseline (one motion).
2. Swing up to the right to finish.



Capital E

Tip

The lowercase e loop should stay open. If the downstroke runs back down on top of the upstroke, the loop closes up and the e reads as an undotted i. Keep the upstroke and the downstroke apart.



Lowercase e

Trace the capital E.

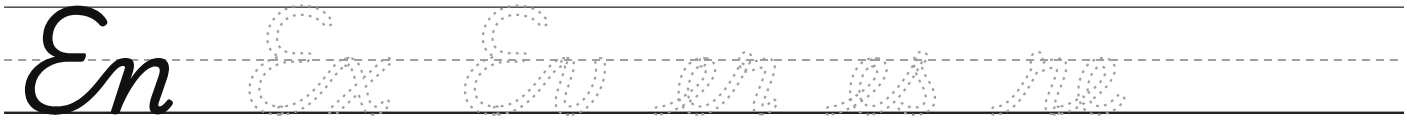
Write the capital E.

Trace the lowercase e.

Write the lowercase e.

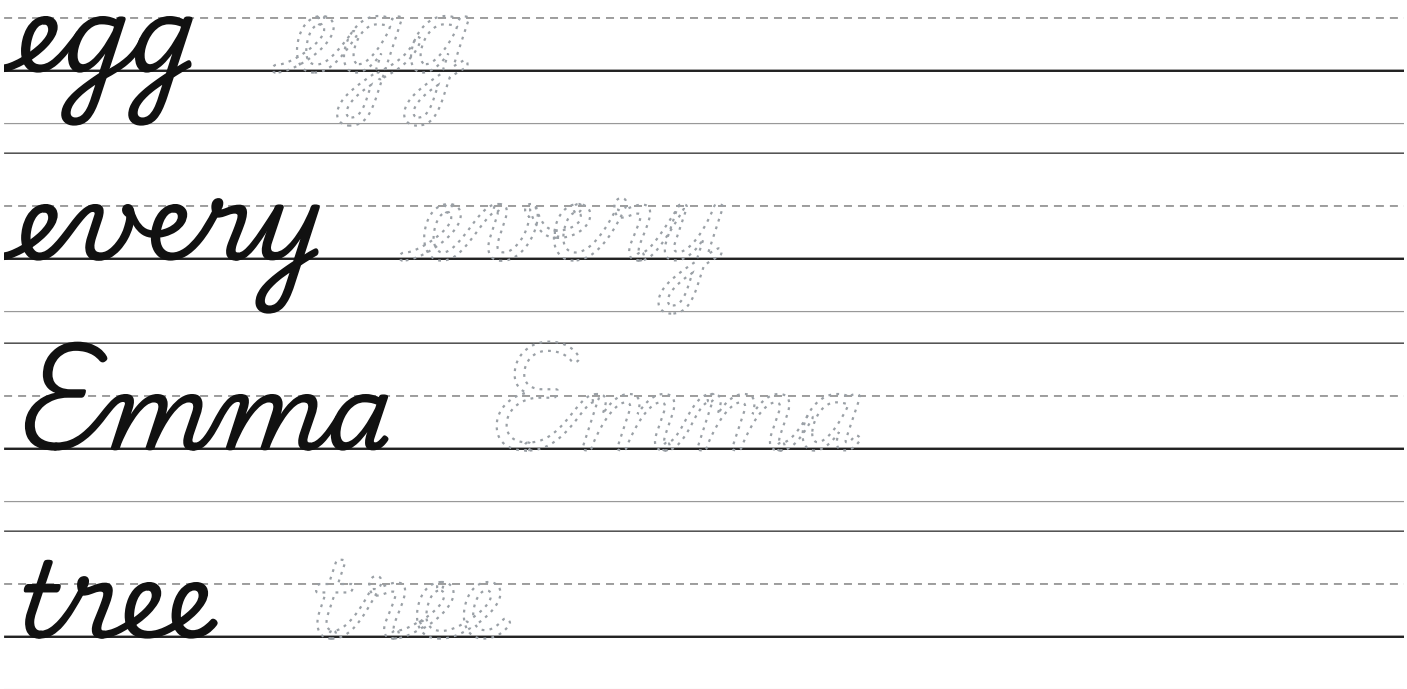
Joining e

Practice these pairs until the join feels like one movement.



Practice words

Trace each word, then write it on the rest of the line.



Watch out for

- **Capital E:** The middle knot is left out, so the letter is a plain backward 3.
- **Lowercase e:** The loop is pressed shut, so the e reads as an i without a dot or as a c.

Your own words with E and e.

Cursive $\mathcal{F}$ and f

Capital F

Where the pen starts: At the topline, on the stem.

Strokes:

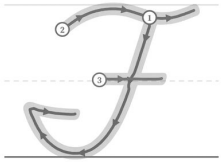
1. Slant down (with a slight curve) to the baseline, then curve left and up into a small hook that ends pointing right, about a third of the way up.
2. Lift the pen, then the top: start to the left of the stem a little below the topline, curve up and over to the right in a shallow wave across the top, ending to the right of the stem.
3. Lift the pen, then slide right: a short bar across the stem at the midline.

Lowercase f

Where the pen starts: At the baseline, on the left.

Strokes:

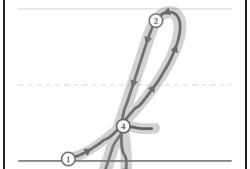
1. Swing up to the topline and loop back to the left.
2. Slant straight down through the baseline to the descender line.
3. Loop back (in this font the lower loop turns to the left) and come up to close against the stem about halfway up the short letters' height.
4. Finish with a short stroke to the right from that point.



Capital F

Tip

Lowercase f needs the full height, from the topline to the descender line. The lower loop turns the opposite way from the upper one, and the join out comes from where that lower loop closes.



Lowercase f

Trace the capital F.

Write the capital F.

Trace the lowercase f.

Write the lowercase f.

Joining f

Capital F lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.

Fo Fr Fi fo fi of

Practice words

Trace each word, then write it on the rest of the line.

fun fun

after after

Frank Frank

fifty fifty

Watch out for

- **Capital F:** The midline bar is left off, so the F reads as a T.
- **Lowercase f:** The tail stays above the baseline, so the f reads as a b or a p.

Your own words with F and f.

Cursive G and g

Capital G

Where the pen starts: At the baseline, on the left.

Strokes:

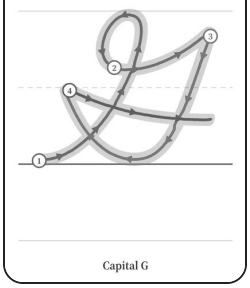
1. Swing up to the topline and loop back to the left.
2. From the loop, go straight up and to the right to just below the topline.
3. Turn sharply and curve down the right side to the baseline, round the bottom to the left, crossing the first stroke, and up the left side to the midline.
4. Slide right across the whole letter, about a third of the way up from the baseline.

Lowercase g

Where the pen starts: At the midline, on the right side of the oval.

Strokes:

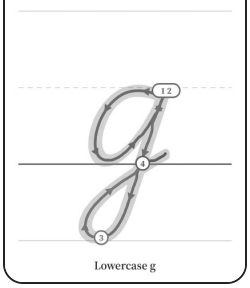
1. Curve back to the left and down to the baseline, around the bottom and up the right side until the oval closes where it began.
2. Slant straight down past the baseline to the descender line.
3. Loop back to the left under the baseline and come up through the baseline.
4. Swing up to the right to finish.



Capital G

Tip

Learn the capital in two halves. First the loop and the rise, then the long curve down. The last stroke slides right about a third of the way up and stops at the right edge of the letter, so it does not run on into a crossbar.



Lowercase g

Trace the capital G.

Write the capital G.

Trace the lowercase g.

Write the lowercase g.

Joining g

Capital G lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.

Gr go ge gg gr

Practice words

Trace each word, then write it on the rest of the line.

go go

egg egg

Grace Grace

giggle giggle

Watch out for

- **Capital G:** The long curve is stopped at the baseline instead of coming up the left side, so the G falls apart into a 'y' and a bar.
- **Lowercase g:** The oval is not closed, so the g reads as a c with a j after it.

Your own words with G and g.

Cursive H and h

Capital H

Where the pen starts: Just below the topline, on the left, with a small curl.

Strokes:

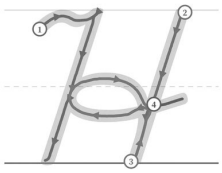
1. Curve up to the topline, then slant straight down to the baseline (the first stem).
2. Lift the pen, then start at the top right and slant straight down to the baseline (the second stem).
3. Retrace up the second stem to the midline, swing left to touch the first stem, loop around and come back right across the second stem.
4. Finish with a short upturn to the right.

Lowercase h

Where the pen starts: At the baseline, on the left.

Strokes:

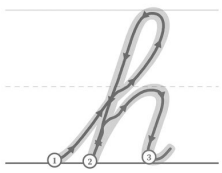
1. Swing up to the topline, loop back to the left and slant straight down to the baseline.
2. Retrace up the stem and curve over to the midline (the hump), then slant down to the baseline.
3. Swing up to the right to finish.



Capital H

Tip

In the lowercase h, the hump starts from the stem and comes back down on a second stem. Keep the two stems parallel. The loop at the top is what makes it an h instead of an n.



Lowercase h

Trace the capital H.

Write the capital H.

Trace the lowercase h.

Write the lowercase h.

Joining h

Capital H lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.

Ha Ho He hi ha th

Practice words

Trace each word, then write it on the rest of the line.

hat hat

hello hello

Henry Henry

high high

Watch out for

- **Capital H:** The crossing loop does not reach the first stem, so the H falls into two separate pieces.
- **Lowercase h:** The hump starts from the baseline instead of retracing the stem, leaving a gap.

Your own words with H and h.

Cursive *I* and *i*

Capital I

Where the pen starts: At the baseline, right of the middle of the letter.

Strokes:

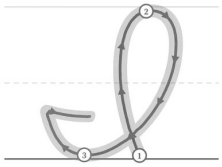
1. Curve up and to the left, then up the left side to the topline.
2. Curve over the top and slant down the right side to the baseline.
3. Curve under to the left along the baseline, then up into a small hook that ends about half a short letter's height up, pointing in.

Lowercase i

Where the pen starts: At the midline. At the start of a word, many people add a short upstroke from the baseline first.

Strokes:

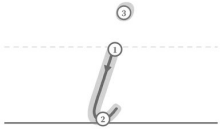
1. Slant straight down to the baseline.
2. Swing up to the right to finish.
3. Lift the pen, then dot above the stroke, after the word is written.



Capital I

Tip

Dot the i after you finish the word, not as you go. The dot sits about halfway between the midline and the topline, straight above the stroke.



Lowercase i

Trace the capital I.

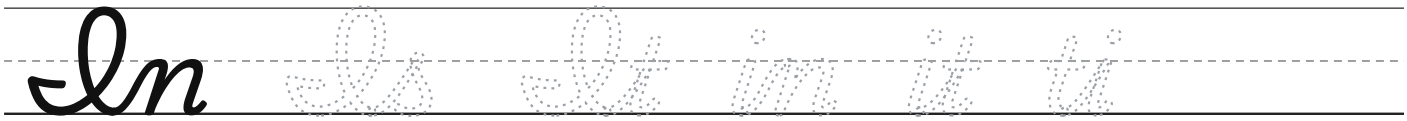
Write the capital I.

Trace the lowercase i.

Write the lowercase i.

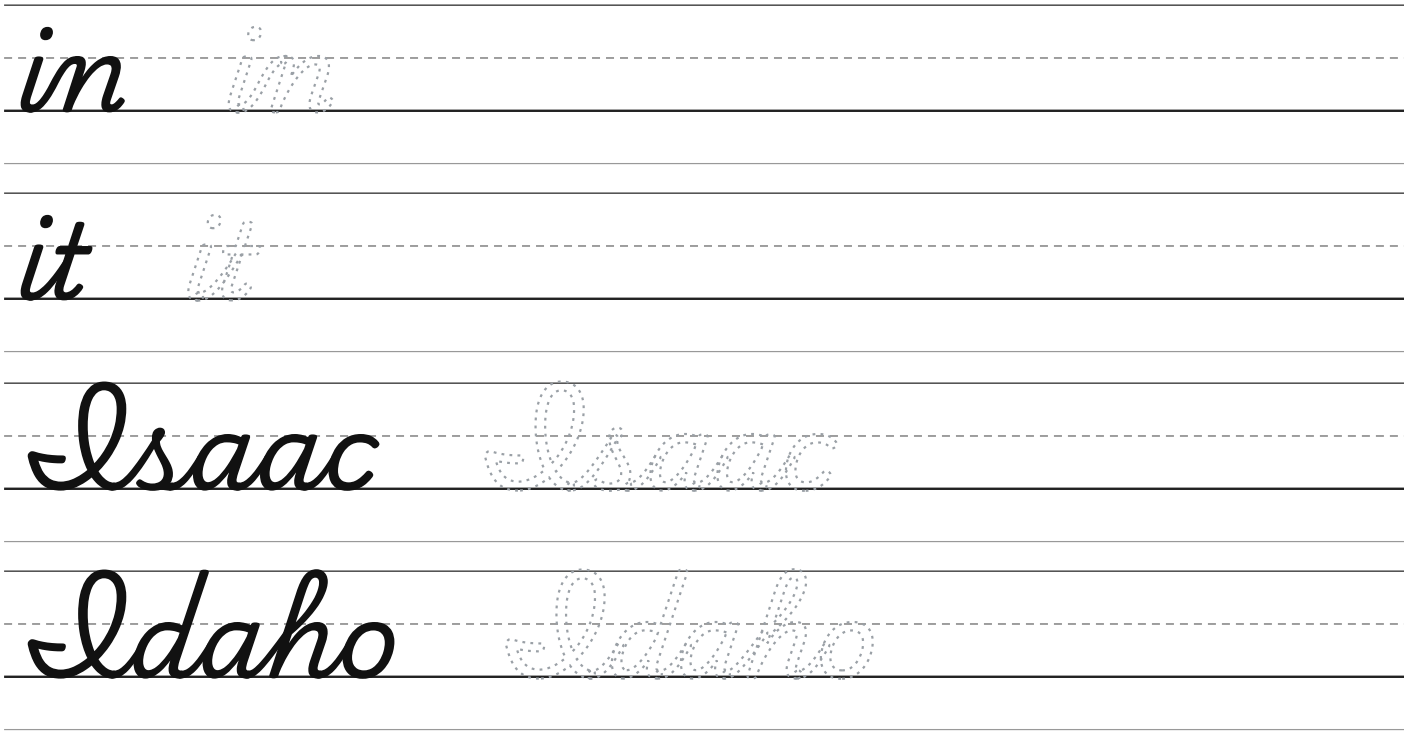
Joining i

Capital I lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.



Practice words

Trace each word, then write it on the rest of the line.



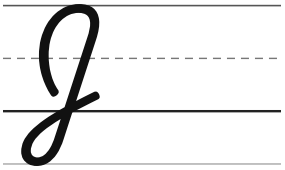
Watch out for

- **Capital I:** The loop is drawn narrow and the hook left off, so the I reads as a cursive l or a 1.
- **Lowercase i:** The dot is forgotten, so the i reads as part of a u.

Your own words with I and i.

Cursive J and j

Capital J



Where the pen starts: About a third of the way up to the midline, on the left.

Strokes:

1. Curve up the left side to the topline.
2. Curve over the top and slant down the right side, past the baseline to the descender line.
3. Loop back to the left under the baseline and come up through the baseline.
4. Swing up to the right to finish.

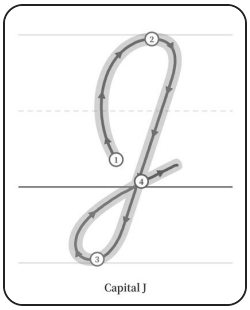
Lowercase j



Where the pen starts: At the midline. At the start of a word, many people add a short upstroke from the baseline first.

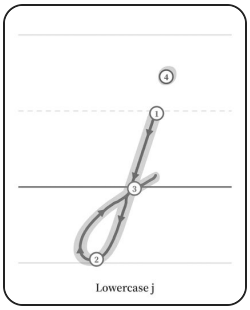
Strokes:

1. Slant straight down past the baseline to the descender line.
2. Loop back to the left under the baseline and come up through the baseline.
3. Swing up to the right to finish.
4. Lift the pen, then dot above the stroke, after the word is written.



Tip

Like the i, the lowercase j takes its dot last. The loop under the line turns to the left and should be about the same size as the loop on a g or y.



Trace the capital J.

Write the capital J.

Trace the lowercase j.

Write the lowercase j.

Joining j

Practice these pairs until the join feels like one movement.

Jo Ja Ju je ji ja

Practice words

Trace each word, then write it on the rest of the line.

jam jam

joy joy

June June

jump jump

Watch out for

- **Capital J:** The bottom loop is drawn as big as the top loop, so the J looks like a figure 8 on a slant.
- **Lowercase j:** The tail stays above the baseline, so the j reads as an i.

Your own words with J and j.

Cursive $\mathcal{K}$ and k

Capital K

$\mathcal{K}$

Where the pen starts: Just below the topline, on the left, with a small curl.

Strokes:

1. Curve up to the topline, then slant straight down to the baseline (the stem).
2. Lift the pen, then start at the top right with a small curl and curve down and to the left to the stem at the midline.
3. Touch the stem and turn back along it, then curve out and down to the baseline (the leg).
4. Swing up to the right to finish.

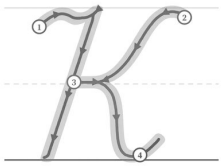
Lowercase k

k

Where the pen starts: At the baseline, on the left.

Strokes:

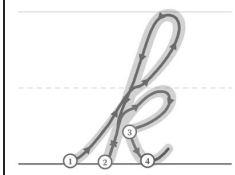
1. Swing up to the topline, loop back to the left and slant straight down to the baseline.
2. Retrace up the stem and curve over to the midline, then pull back in to make a small loop that closes on the stem.
3. Slant out and down to the baseline (the leg).
4. Swing up to the right to finish.



Capital K

Tip

The small loop in the lowercase k has to close against the stem. If it floats away from the stem, the letter reads as an h. Keep it small.



Lowercase k

Trace the capital K.

$\mathcal{K}$ $\mathcal{K}$ $\mathcal{K}$ $\mathcal{K}$ $\mathcal{K}$ $\mathcal{K}$ $\mathcal{K}$

Write the capital K.

Trace the lowercase k.

k k k k k k k k k

Write the lowercase k.

Joining k

Practice these pairs until the join feels like one movement.

Ki Ka Kn ka ki ck

Practice words

Trace each word, then write it on the rest of the line.

kite kite

keep keep

Kate Kate

book book

Watch out for

- **Capital K:** The arm never touches the stem, so the K falls into two pieces.
- **Lowercase k:** The small loop does not close on the stem, so the k reads as an h.

Your own words with K and k.

Cursive ℒ and ℓ

Capital L

Where the pen starts: About halfway between the midline and the topline, on the left.

Strokes:

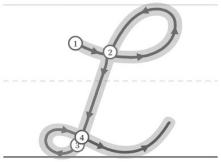
1. Dip slightly, then swing up to the topline and loop back over to the left, as in a lowercase l.
2. Curve down to the left all the way to the baseline.
3. Make a small loop at the bottom, turning to the left.
4. Curve under along the baseline to the right and swing up to finish.

Lowercase l

Where the pen starts: At the baseline, on the left.

Strokes:

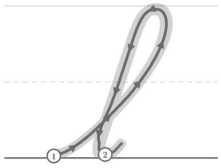
1. Swing up to the topline, loop back to the left and slant straight down to the baseline.
2. Swing up to the right to finish.



Capital L

Tip

The lowercase l is the plainest tall loop in cursive, and the b, h, k and f all start the same way. Get this one right and the others follow. Keep the loop narrow and the downstroke straight.



Lowercase l

Trace the capital L.

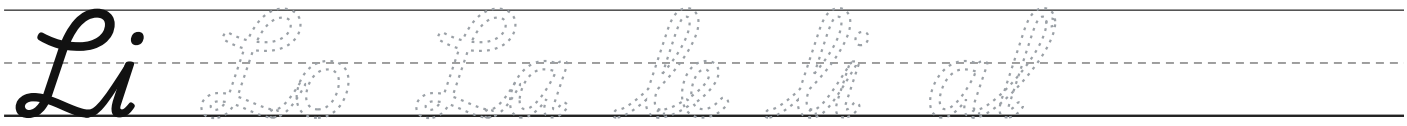
Write the capital L.

Trace the lowercase l.

Write the lowercase l.

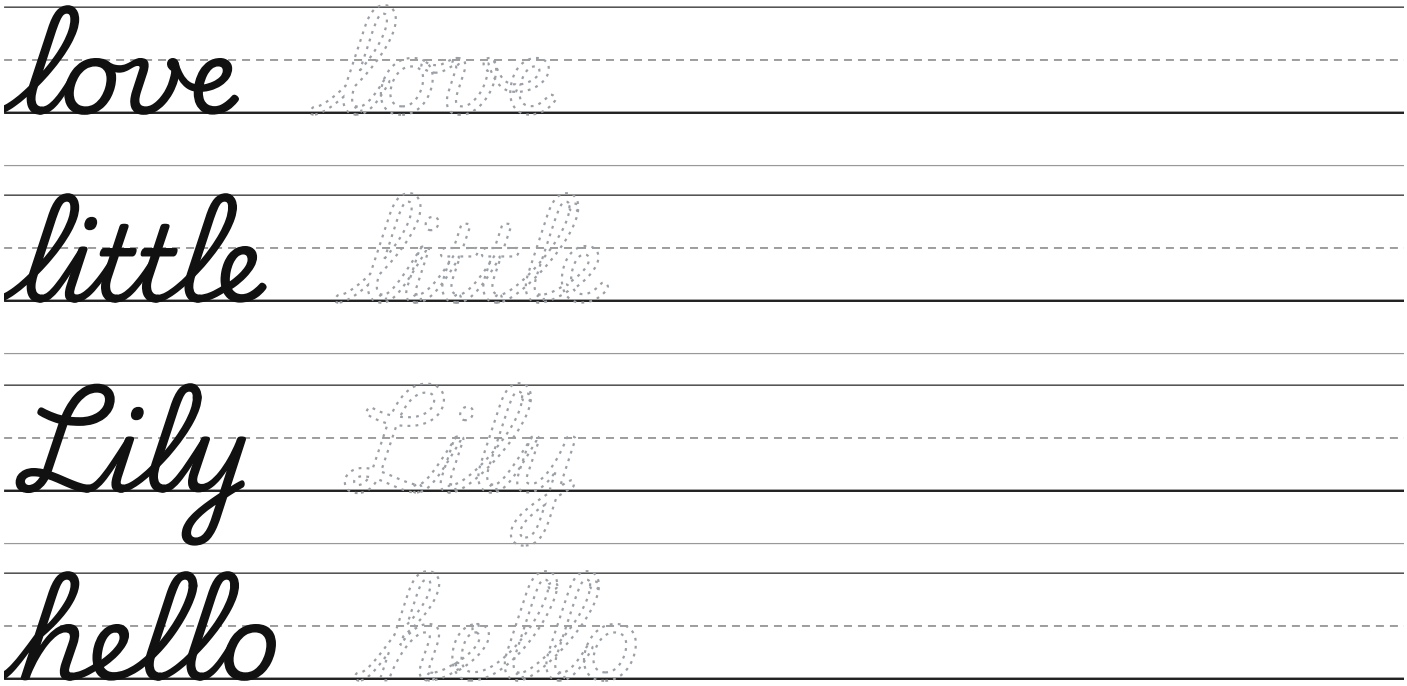
Joining l

Practice these pairs until the join feels like one movement.



Practice words

Trace each word, then write it on the rest of the line.



Watch out for

- **Capital L:** The top loop is left out, so the L reads as a cursive 2 or a Z.
- **Lowercase l:** The loop is pressed shut, so the l reads as a t without its cross.

Your own words with L and l.

Cursive *M* and *m*

Capital M

Where the pen starts: Just below the topline, on the left, with a small curl.

Strokes:

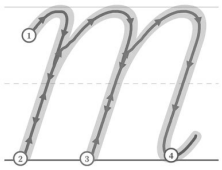
1. Curve up to the topline, then slant down to the baseline (the first stem).
2. Retrace up the first stem most of the way, then curve over to the topline and slant down to the baseline (the second stem).
3. Retrace up the second stem most of the way, then curve over again and slant down to the baseline (the third stem).
4. Swing up to the right to finish.

Lowercase m

Where the pen starts: About three quarters of the way up to the midline, on the left.

Strokes:

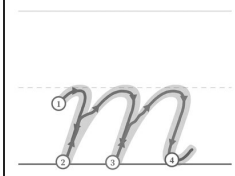
1. Curve up and over to the midline and slant down to the baseline (the first hump).
2. Retrace up and over the midline and slant down to the baseline (the second hump).
3. Retrace up and over again and slant down to the baseline (the third hump).
4. Swing up to the right to finish.



Capital M

Tip

Each hump needs its own stem. The pen retraces the first stem before it starts the second hump, so the retrace is part of the letter, not a mistake. Keep the humps the same width.



Lowercase m

Trace the capital M.

Write the capital M.

Trace the lowercase m.

Write the lowercase m.

Joining m

Practice these pairs until the join feels like one movement.

Ma Mo Me me ma

Practice words

Trace each word, then write it on the rest of the line.

me me

mom mom

Mary Mary

summer summer

Watch out for

- **Capital M:** The humps are pointed, so the M looks like a print M on a slant.
- **Lowercase m:** The humps are pointed, so the m looks like a print m or a w upside down.

Your own words with M and m.

Cursive *N* and *n*

Capital N

Where the pen starts: Just below the topline, on the left, with a small curl.

Strokes:

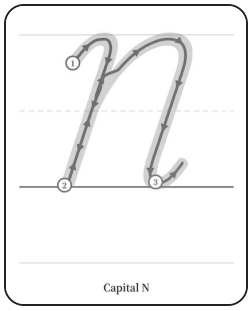
1. Curve up to the topline, then slant down to the baseline (the first stem).
2. Retrace up the first stem most of the way, then curve over to the topline and slant down to the baseline (the second stem).
3. Swing up to the right to finish.

Lowercase n

Where the pen starts: About three quarters of the way up to the midline, on the left.

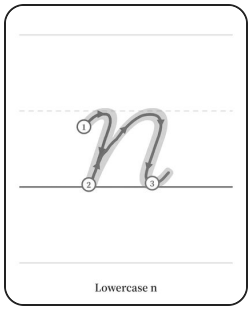
Strokes:

1. Curve up and over to the midline and slant down to the baseline (the first hump).
2. Retrace up and over the midline and slant down to the baseline (the second hump).
3. Swing up to the right to finish.



Tip

Count the humps. A lowercase n has two. If you add a third, you have written an m.



Trace the capital N.

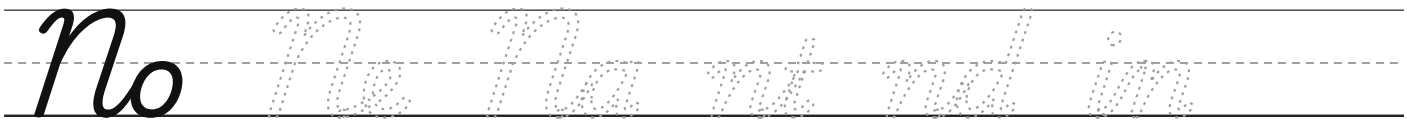
Write the capital N.

Trace the lowercase n.

Write the lowercase n.

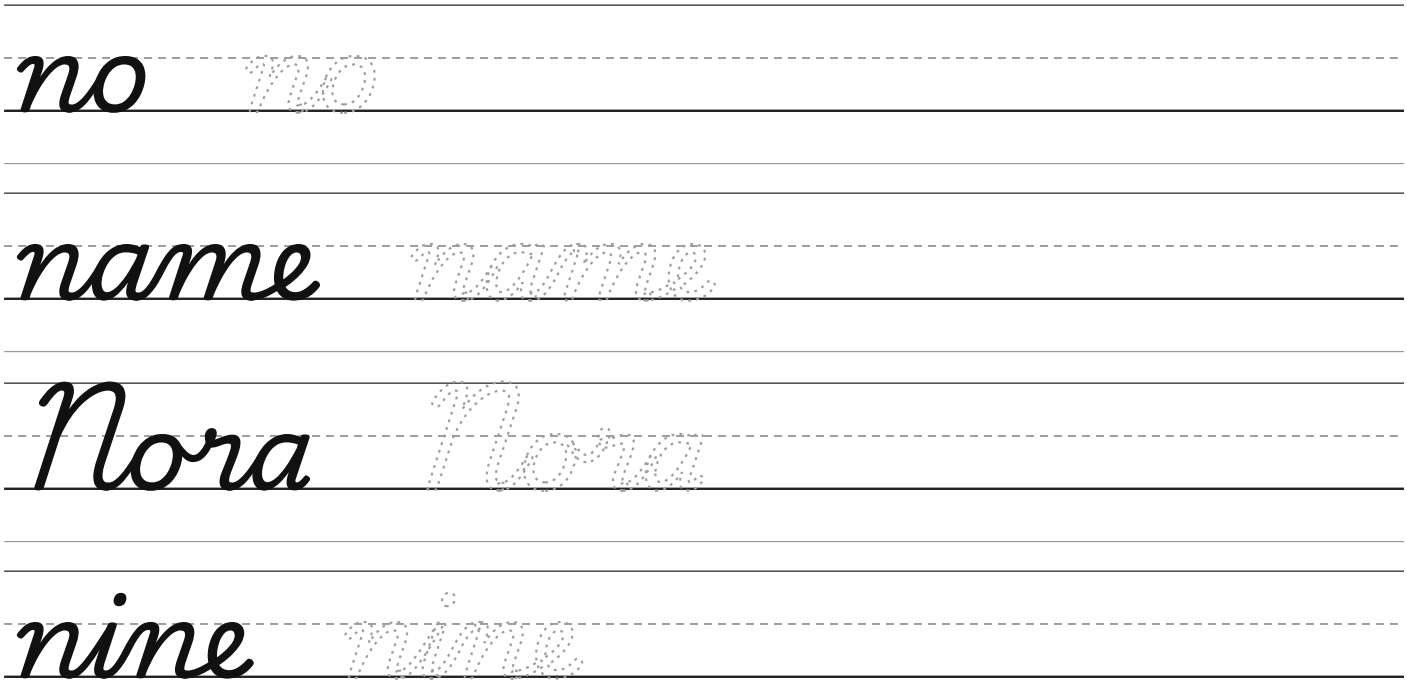
Joining n

Practice these pairs until the join feels like one movement.



Practice words

Trace each word, then write it on the rest of the line.



Watch out for

- **Capital N:** The hump is pointed, so the N looks like a print N.
- **Lowercase n:** The humps are made with undercurves, so the n reads as a u.

Your own words with N and n.

Cursive O and o

Capital O

Where the pen starts: At the top of the oval, a little left of centre.

Strokes:

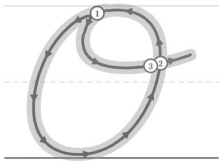
1. Curve left and down to the baseline, around the bottom and up the right side.
2. Curve over the top and down into a loop inside the top half of the letter.
3. Exit the loop with a short stroke to the right, near the top.

Lowercase o

Where the pen starts: At the midline, on the right side of the oval.

Strokes:

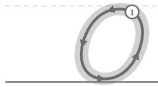
1. Curve back to the left and down to the baseline, around the bottom and up the right side until the oval closes where it began.



Capital O

Tip

The lowercase o does not come down to the baseline to join. It leaves from the top, at the midline, with a short bridge. That is what makes the o join to the next letter look different from an a.



Lowercase o

Trace the capital O.

Write the capital O.

Trace the lowercase o.

Write the lowercase o.

Joining o

Capital O lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.

Of On On on on to

Practice words

Trace each word, then write it on the rest of the line.

on on

zoo zoo

Olivia Olivia

book book

Watch out for

- **Capital O:** The oval is not closed, so the O reads as a C.
- **Lowercase o:** The oval is not closed, so the o reads as a c with a hook.

Your own words with O and o.

Cursive P and p

Capital P

Where the pen starts: A little above the midline, on the left.

Strokes:

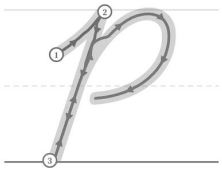
1. Short upstroke to the topline (the rocker).
2. Slant straight down to the baseline.
3. Retrace up the stem most of the way to the top, then curve up over the top and forward and down to just below the midline, finishing with a small curve back toward the stem and stopping a little short of it.

Lowercase p

Where the pen starts: At the baseline, on the left.

Strokes:

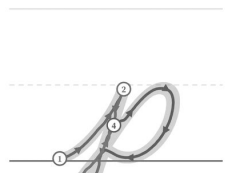
1. Swing up to the midline.
2. Slant straight down past the baseline to the descender line.
3. Loop back to the left and come up along the stem, through the baseline, to about halfway up to the midline.
4. Curve forward up to the midline and around to the right, down to the baseline, closing against the stem.



Capital P

Tip

The lowercase p bowl is drawn after the stem, on the way back up. Some schools teach a p whose stem comes straight back up without a loop; that second form is on this page too.



Lowercase p

Trace the capital P.

Write the capital P.

Trace the lowercase p.

Write the lowercase p.

Joining p

Capital P lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.

Pr Pa Po pn pe pp

Practice words

Trace each word, then write it on the rest of the line.

pen pen

apple apple

Peter Peter

puppy puppy

Watch out for

- **Capital P:** The bowl is drawn down to the baseline, so the P becomes a D.
- **Lowercase p:** The bowl does not close on the stem.

Your own words with P and p.

Cursive Q and q

Capital Q

Q

Where the pen starts: On the left side of the oval, less than halfway up.

Strokes:

1. Go up the left side and curve over the top to the right.
2. Curve down the right side to the baseline and round the bottom to the left.
3. Make a small loop at the lower left that crosses itself and dips just below the baseline.
4. Finish with a tail to the right that rises a little above the baseline.

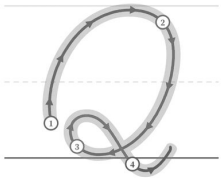
Lowercase q

q

Where the pen starts: At the midline, on the right side of the oval.

Strokes:

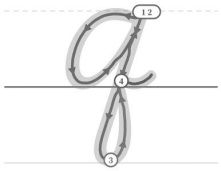
1. Curve back to the left and down to the baseline, around the bottom and up the right side until the oval closes where it began.
2. Slant straight down past the baseline to the descender line.
3. Loop forward to the right under the baseline and come up through the baseline.
4. Swing up to the right to finish.



Capital Q

Tip

The lowercase g and q are twins until the loop under the line. The g loops left, the q loops right. That one turn is the whole difference.



Lowercase q

Trace the capital Q.

Q Q Q Q Q Q

Write the capital Q.

Trace the lowercase q.

q q q q q q q q q

Write the lowercase q.

Joining q

Practice these pairs until the join feels like one movement.

Qu Qa Qi qu ra q g

Practice words

Trace each word, then write it on the rest of the line.

queen queen

quiet quiet

Quinn Quinn

quick quick

Watch out for

- **Capital Q:** The bottom loop is drawn too high, inside the oval, so the letter looks like an O with a tail inside it.
- **Lowercase q:** The tail is looped to the left, so the q reads as a g.

Your own words with Q and q.

Cursive R and r

Capital R

Where the pen starts: A little above the midline, on the left.

Strokes:

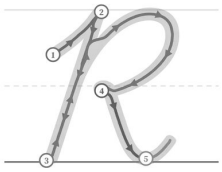
1. Short upstroke to the topline (the rocker).
2. Slant straight down to the baseline.
3. Retrace up the stem most of the way to the top, then curve up over the top and forward and down to the midline, ending in a small knot a little short of the stem.
4. From the knot, curve forward and down to the baseline (the leg).
5. Swing up to the right to finish.

Lowercase r

Where the pen starts: At the baseline, on the left.

Strokes:

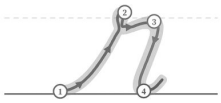
1. Swing up to the midline.
2. Dip slightly and slide right along the midline (the shoulder).
3. Slant down to the baseline.
4. Swing up to the right to finish.



Capital R

Tip

The lowercase r is the one most adults draw wrong. The pen goes up, makes a small shoulder at the top, and comes down a little to the right of where it went up. Keep the shoulder small.



Lowercase r

Trace the capital R.

Write the capital R.

Trace the lowercase r.

Write the lowercase r.

Joining r

Practice these pairs until the join feels like one movement.

Re Ra Ro ir in

Practice words

Trace each word, then write it on the rest of the line.

run run

red red

Rose Rose

river river

Watch out for

- **Capital R:** The bowl is drawn down to the baseline, so the R reads as a B.
- **Lowercase r:** The shoulder is skipped, so the r reads as an i without a dot or as part of a u.

Your own words with R and r.

Cursive S and s

Capital S

Where the pen starts: At the baseline, on the left.

Strokes:

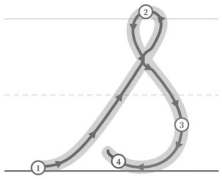
1. Swing up to the topline.
2. Loop at the top, turning to the left, then come down across the upstroke and curve down to the right (the bulge of the S).
3. Round the bottom and run back to the left along the baseline.
4. Finish with a small tail that curls up and back toward the middle of the letter.

Lowercase s

Where the pen starts: At the baseline, on the left.

Strokes:

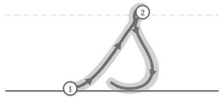
1. Swing up to the midline.
2. Curve back: down and to the right, then around to the left, ending just short of the upstroke a little above the baseline.



Capital S

Tip

The lowercase s is narrow and pointed at the top. It is the only letter whose downstroke comes back almost to where it started without crossing it. Leave the small gap.



Lowercase s

Trace the capital S.

Write the capital S.

Trace the lowercase s.

Write the lowercase s.

Joining s

Capital S lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.

Se Sa So Si Su

Practice words

Trace each word, then write it on the rest of the line.

sun sun

see see

Sarah Sarah

glass glass

Watch out for

- **Capital S:** The downstroke does not cross the upstroke, so the S is an open loop that reads as a cursive L.
- **Lowercase s:** The curve stops far from the upstroke, so the s is wide open and reads as an r or an i.

Your own words with S and s.

Cursive $\mathcal{T}$ and t

Capital T

$\mathcal{T}$

Where the pen starts: At the topline, on the stem.

Strokes:

1. Slant down (with a slight curve) to the baseline, then curve left and up into a small upturn, about a third of a short letter's height.
2. Lift the pen, then the top: start to the left of the stem a little below the topline, curve up to the topline and run straight across to the right, ending to the right of the stem.

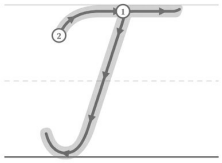
Lowercase t

t

Where the pen starts: About three quarters of the way up to the topline. At the start of a word, many people add a short upstroke from the baseline first.

Strokes:

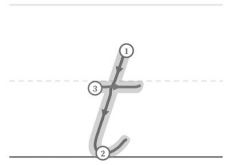
1. Slant straight down to the baseline.
2. Swing up to the right to finish.
3. Lift the pen, then slide right: a short cross through the stem at the midline, after the word is written.



Capital T

Tip

Lowercase t is shorter than l. It reaches about three quarters of the way to the topline, and the cross sits at the midline. Cross your t's after the word, like the dots on the i's.



Lowercase t

Trace the capital T.

$\mathcal{T}$ $\mathcal{T}$ $\mathcal{T}$ $\mathcal{T}$ $\mathcal{T}$ $\mathcal{T}$ $\mathcal{T}$ $\mathcal{T}$ $\mathcal{T}$

Write the capital T.

Trace the lowercase t.

t t t t t t t t t t t t t

Write the lowercase t.

Joining t

Capital T lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.

Th To Te th ta at

Practice words

Trace each word, then write it on the rest of the line.

the the

top top

Tom Tom

letter letter

Watch out for

- **Capital T:** A bar is added at the midline, so the T becomes an F.
- **Lowercase t:** The cross is forgotten, so the t reads as a squashed l.

Your own words with T and t.

Cursive *U* and *u*

Capital U

Where the pen starts: Just below the topline, on the left, with a small curl.

Strokes:

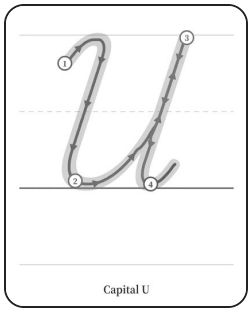
1. Curve up to the topline, then curve down to the baseline.
2. Swing up to the topline on the right.
3. Retrace straight down to the baseline.
4. Swing up to the right to finish.

Lowercase u

Where the pen starts: At the midline. At the start of a word, many people add a short upstroke from the baseline first.

Strokes:

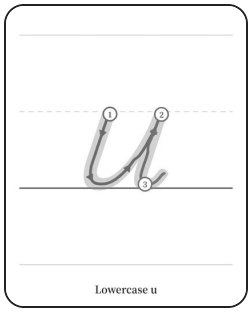
1. Slant straight down to the baseline and swing up to the midline.
2. Slant straight down to the baseline again.
3. Swing up to the right to finish.



Capital U

Tip

The u and the n are upside-down versions of each other. The u is rounded at the bottom and pointed at the top; the n is the other way round. If your u's are rounded at the top too, they read as n's.



Lowercase u

Trace the capital U.

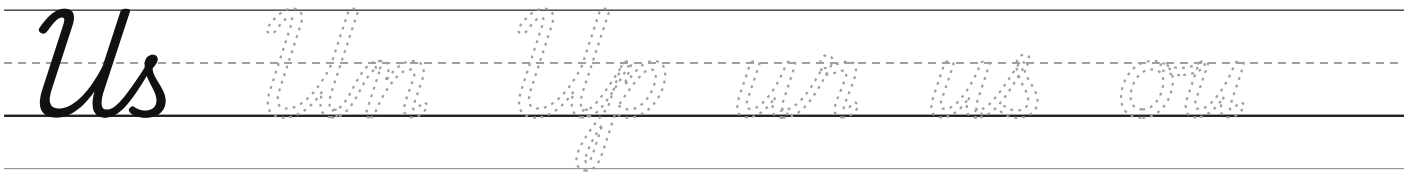
Write the capital U.

Trace the lowercase u.

Write the lowercase u.

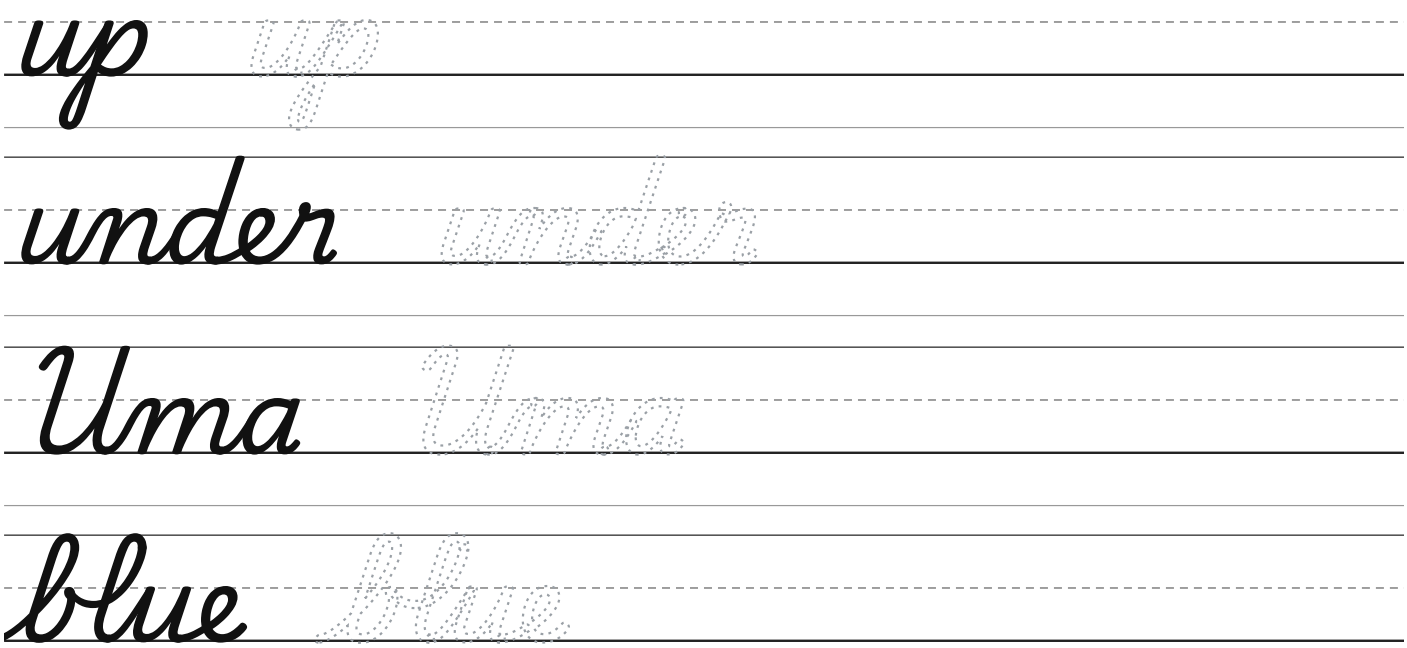
Joining u

Practice these pairs until the join feels like one movement.



Practice words

Trace each word, then write it on the rest of the line.



Watch out for

- **Capital U:** The bottom is pointed, so the U reads as a V.
- **Lowercase u:** The tops are rounded over, so the u reads as an n.

Your own words with U and u.

Cursive $\mathcal{V}$ and v

Capital V

$\mathcal{V}$

Where the pen starts: Just below the topline, on the left, with a small curl.

Strokes:

1. Curve up to the topline, then curve down to the baseline.
2. Swing up to the topline on the right.
3. Finish with a small curl to the right at the top.

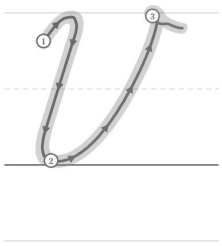
Lowercase v

v

Where the pen starts: About three quarters of the way up to the midline, on the left.

Strokes:

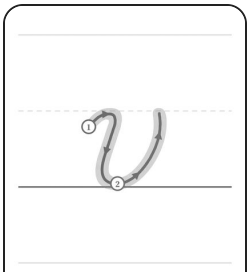
1. Curve up and over to the midline and slant down to the baseline.
2. Swing up to the midline and stop.



Capital V

Tip

Like the o and the w, the lowercase v leaves from the midline, not the baseline. Finish it with the short bridge stroke so the next letter starts in the right place.



Lowercase v

Trace the capital V.

$\mathcal{V}$ $\mathcal{V}$ $\mathcal{V}$ $\mathcal{V}$ $\mathcal{V}$ $\mathcal{V}$ $\mathcal{V}$ $\mathcal{V}$ $\mathcal{V}$

Write the capital V.

Trace the lowercase v.

v v v v v v v v v v

Write the lowercase v.

Joining v

Capital V lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.

Vi Va Va ve vi vo

Practice words

Trace each word, then write it on the rest of the line.

very very

van van

Vera Vera

love love

Watch out for

- **Capital V:** The bottom is rounded, so the V reads as a U.
- **Lowercase v:** The bridge is left out, so the next letter floats beside the v.

Your own words with V and v.

Cursive *W* and *w*

Capital W

Where the pen starts: Just below the topline, on the left, with a small curl.

Strokes:

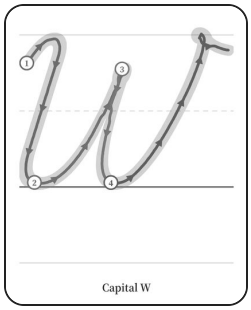
1. Curve up to the topline, then curve down to the baseline.
2. Swing up to about halfway between the midline and the topline (the middle peak is lower than the outer ones).
3. Turn back down and curve to the baseline again.
4. Swing up to the topline and finish with a small curl to the right.

Lowercase w

Where the pen starts: At the midline. At the start of a word, many people add a short upstroke from the baseline first.

Strokes:

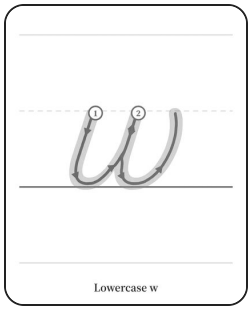
1. Slant straight down to the baseline and swing up to the midline.
2. Slant straight down to the baseline and swing up to the midline again, and stop.



Capital W

Tip

Keep the middle peak of the W lower than the two outer tops. Three equal points make the letter look like a row of stems. In the lowercase w, the last stroke stops at the midline and bridges out.



Lowercase w

Trace the capital W.

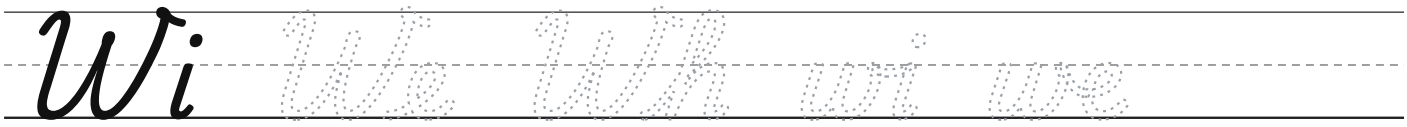
Write the capital W.

Trace the lowercase w.

Write the lowercase w.

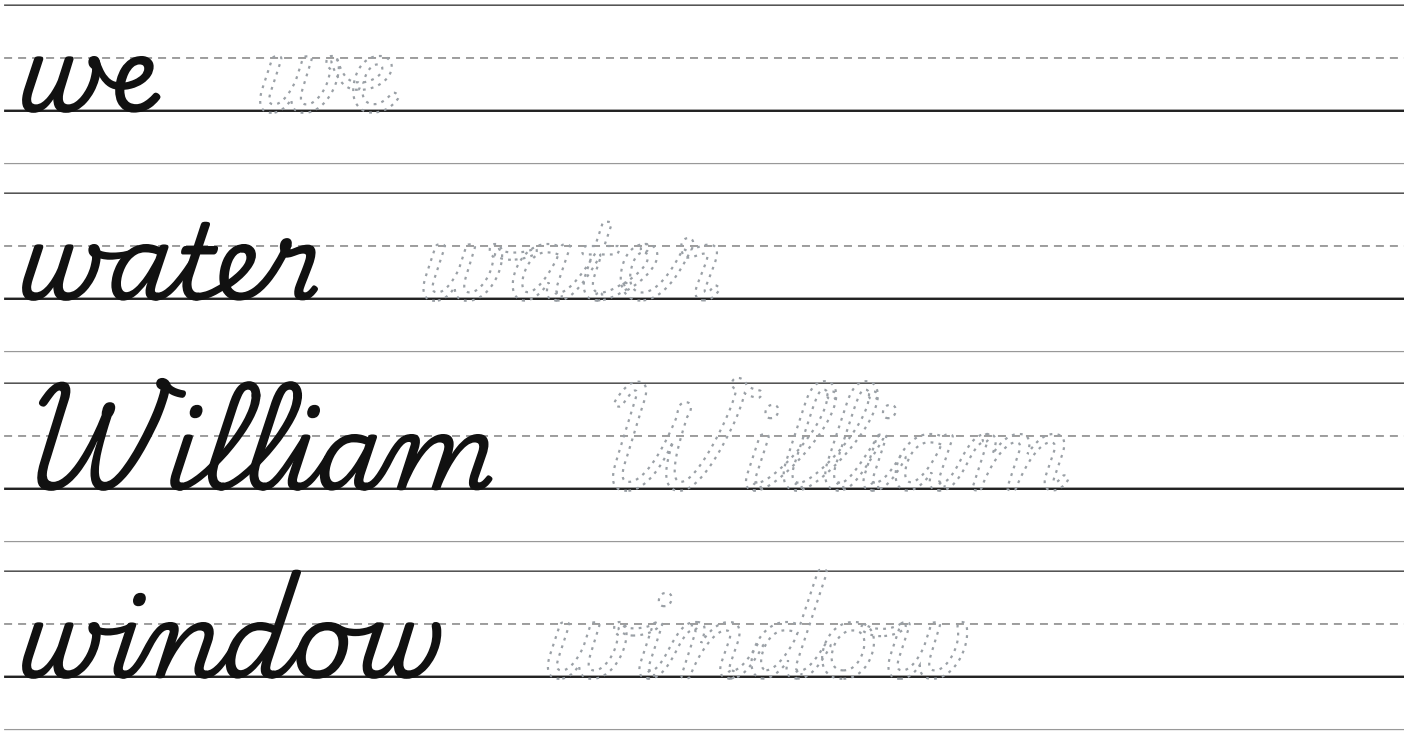
Joining w

Capital W lifts before the next letter, so start the second letter fresh. Practice the lowercase pairs until each join feels like one movement.



Practice words

Trace each word, then write it on the rest of the line.



Watch out for

- **Capital W:** The bottoms are pointed, so the W looks like a print W.
- **Lowercase w:** The bridge is left out, so the w reads as 'ui' or 'iu'.

Your own words with W and w.

Cursive $\mathcal{X}$ and x

Capital X

Where the pen starts: Just below the topline, on the left, with a small curl.

Strokes:

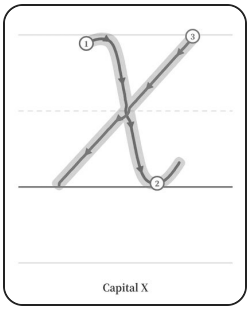
1. Curve up to the topline, then curve down and to the right all the way to the baseline.
2. Swing up to the right to finish the first stroke.
3. Lift the pen, then cross: a straight slant from the top right down to the bottom left, crossing the first stroke at the midline.

Lowercase x

Where the pen starts: Just under the midline, on the left.

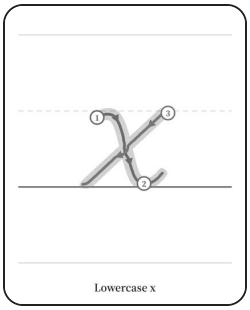
Strokes:

1. Curve up and over to the midline and slant down to the right to the baseline.
2. Swing up to the right to finish.
3. Lift the pen, then cross: a short slant from the upper right down to the lower left through the middle, after the word is written.



Tip

Both parts of the x are written as a slant, not a vertical. Add the crossing stroke after you finish the word, the same way you cross a t.



Trace the capital X.

Write the capital X.

Trace the lowercase x.

Write the lowercase x.

Joining x

Practice these pairs until the join feels like one movement.

Xa Xe Xi xt xp ux

Practice words

Trace each word, then write it on the rest of the line.

box box

next next

Xavier Xavier

taxi taxi

Watch out for

- **Capital X:** The two strokes cross above or below the middle, so the X is lopsided.
- **Lowercase x:** The cross is forgotten, so the x reads as an n or a u.

Your own words with X and x.

Cursive *Y* and *y*

Capital Y

Where the pen starts: Just below the topline, on the left, with a small curl.

Strokes:

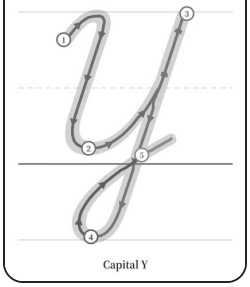
1. Curve up to the topline, then curve down almost to the baseline.
2. Swing up to the topline on the right.
3. Retrace straight down past the baseline to the descender line.
4. Loop back to the left under the baseline and come up through the baseline.
5. Swing up to the right to finish.

Lowercase y

Where the pen starts: At the midline. At the start of a word, many people add a short upstroke from the baseline first.

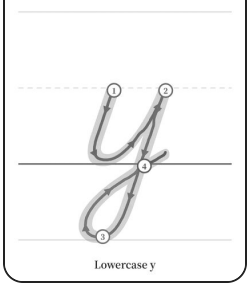
Strokes:

1. Slant straight down to the baseline and swing up to the midline.
2. Slant straight down past the baseline to the descender line.
3. Loop back to the left under the baseline and come up through the baseline.
4. Swing up to the right to finish.


Capital Y

Tip

The loop under the line turns to the left and comes back up through the baseline to join the next letter. Keep it the same size as the loop on a g or j so the descenders match.


Lowercase y

Trace the capital Y.

Write the capital Y.

Trace the lowercase y.

Write the lowercase y.

Joining y

Practice these pairs until the join feels like one movement.

Yo Ye Ya yo ye ay

Practice words

Trace each word, then write it on the rest of the line.

you you

yes yes

Yolanda Yolanda

happy happy

Watch out for

- **Capital Y:** The stem stops at the baseline, so the Y reads as a U.
- **Lowercase y:** The stem stays above the baseline, so the y reads as a u.

Your own words with Y and y.

Cursive Z and z

Capital Z

Where the pen starts: A little below the topline, on the left.

Strokes:

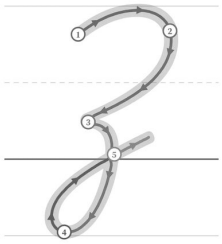
1. Curve up to the topline and over to the right (across the top).
2. Slant down to the left to a point about a quarter of the way up from the baseline.
3. Turn sharply back to the right, then continue down past the baseline to the descender line.
4. Loop back to the left under the baseline and come up through the baseline.
5. Swing up to the right to finish.

Lowercase z

Where the pen starts: About three quarters of the way up to the midline, on the left.

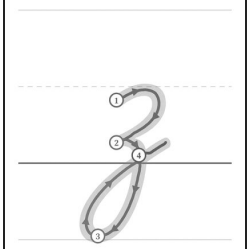
Strokes:

1. Curve up and over to the midline and slant down to a point a little above the baseline.
2. Make a small bump there: curve in and over to the right, then down past the baseline to the descender line.
3. Loop back to the left under the baseline and come up through the baseline.
4. Swing up to the right to finish.


Capital Z

Tip

The capital Z has a sharp turn, not a knot, before its lower loop. The lowercase z is the opposite: a small knot above the baseline, then the loop. Watch that turn.


Lowercase z

Trace the capital Z.

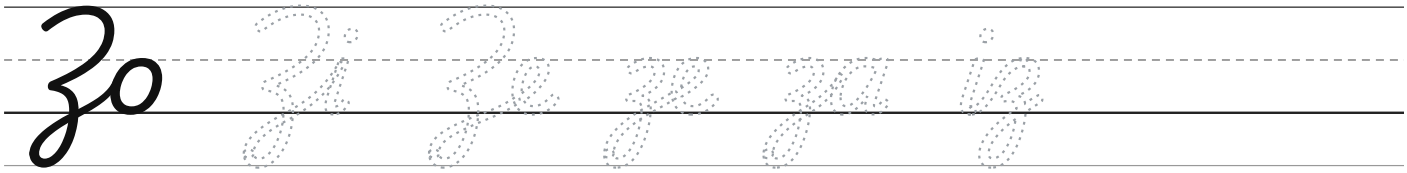
Write the capital Z.

Trace the lowercase z.

Write the lowercase z.

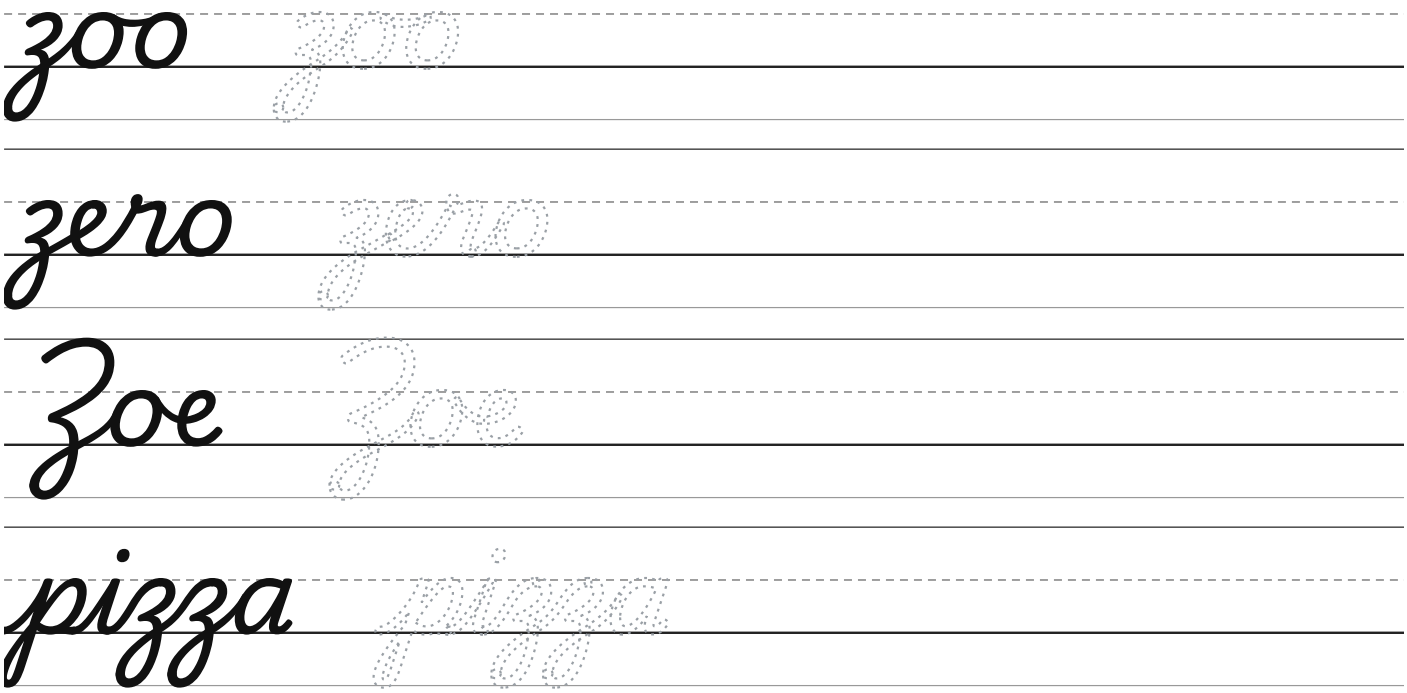
Joining z

Practice these pairs until the join feels like one movement.



Practice words

Trace each word, then write it on the rest of the line.



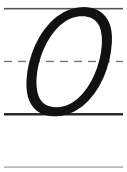
Watch out for

- **Capital Z:** The lower loop is left out, so the Z is a print Z on a slant.
- **Lowercase z:** The z is written as a print z with a tail.

Your own words with Z and z.

Cursive numbers

Numbers are as tall as the capitals, from the baseline to the topline, and slant like the letters. Lift the pen after each one.



Starts: At the topline, in the middle.

1. Curve left and down to the baseline, around the bottom and up the right side back to the top, closing the oval.



Starts: A little below the topline, to the left of the stem.

1. Short slant up to the topline (the flag).
2. Pull straight down to the baseline.



Starts: A little below the topline, on the left.

1. Curve up and over to the right (around the top).
2. Slant down to the left to the baseline.
3. Slide right along the baseline.



Starts: A little below the topline, on the left.

1. Curve up and over to the right and around to the middle (the top curve).
2. Curve around to the right again, down to the baseline and back to the left (the bottom curve).



Starts: At the topline, on the right of the slant.

1. Slant down to the left to a corner about a third of the way up from the baseline, then slide right (one stroke).
2. Lift the pen, then pull straight down from about two thirds of the way up, on the right, through the bar, to the baseline.



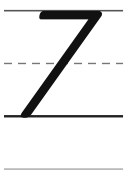
Starts: At the topline, on the left.

1. Pull straight down to the midline.
2. Curve forward and around to the right, down to the baseline and back to the left (the bowl).
3. Lift the pen, then slide right across the top.



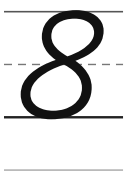
Starts: At the topline, on the right.

1. Curve down to the left all the way to the baseline.
2. Round the bottom to the right and curve up and back to the left to close the loop against the stem at about the midline.



Starts: At the topline, on the left.

1. Slide right across the top.
2. Slant down to the left to the baseline.



Starts: At the topline, on the right.

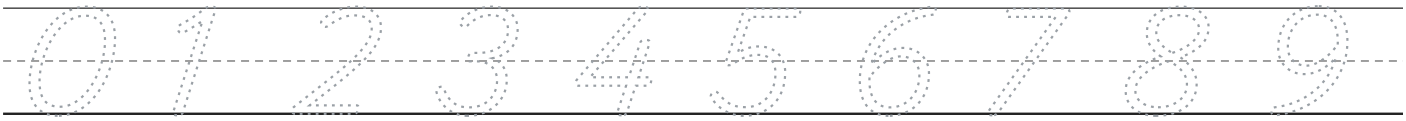
1. Curve left and down through the middle to the baseline (an S shape).
2. Round the bottom to the left and curve back up the left side, crossing the middle, to close at the top.



Starts: At the topline, on the right.

1. Curve left and down, around and back up to the right, closing the loop where it began.
2. Curve down and to the left to the baseline (one long curved stem).

Trace the numbers.



Write the numbers.

More number practice

Trace each row, keeping every number the same height and slant.

0 1 2 3 4 5 6 7 8 9

0 1 2 3 4 5 6 7 8 9

Trace and write a year.

2026 2026

Trace and write a time.

10:45 10:45

Trace and write a price.

$12.50 $12.50

Trace and write a date.

11/16 11/16

Sentences

Each of these sentences uses every letter of the alphabet. Write each one on the two empty rows below it, joining the letters in each word.

The quick brown fox jumps over the lazy dog.

Sphinx of black quartz, judge my vow.

Trace and write

Trace the gray copy, then write the saying again on your own paper or on the next page.

Practice makes progress.

Practice makes progress.

Write a little every day.

Write a little every day.

Slow and steady.

Slow and steady.

Your signature

Write your full name the way you want to sign it. Repeat until it feels like one movement.

Practice paper

Print as many copies of this page as you like.