

# Handwriting

## For Brain Development

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### LESSON ONE

#### **A: Introducing You**

Write in your notebook or use the page provided. Use cursive hand writing if you know how. If not, just print. Save this page. This will be a record of what your handwriting is like as we begin.

#### **B: Stretching Exercises Activity**

While these are briefly demonstrated on the video, you can use the list without having to re-watch the video. Goal: Do these every day this month before you do your 10-15 minutes of handwriting practice.

#### **C: Doodling Pages**

Start on the grey doodle pages, then move on to the lined pages. Try large and small. Keep doing whichever size is more comfortable for you as you move onto the lined pages that we provide or the lined pages in your notebook. The goal is to

- Practice the tripod pencil/pen grip.
- Keep your arm relaxed and still (not stiff)
- Learn to more consistently hit the baseline, midline, and top line

#### **D: Handwriting Hunt**

Discover what you like and what you don't as you look for samples of handwriting in the world around you.

## LESSON ONE: Part A Activity

### Introducing You

*Use cursive handwriting if you know how.*

Full Name:

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Today's Date:

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Lowercase Alphabet Letters:

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Uppercase Alphabet Letters:

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Write a few lines of favorite a verse or poem:

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## Stretching Exercises

BREATH and RELAX as you do each if these.

### 1) Head Side to Side

- Ear towards shoulder. Keep body still but not stiff.
- Don't let shoulder come up towards ear.
- 5 to 10 repetitions in slow motion. Hold for 3 seconds on each side.

### 2) Head Roll

- Slowly roll your chin towards chest then to the right shoulder, back, left shoulder, and down towards chest. Don't lift shoulders.
- 5 to 10 repetitions.

### 3) Shoulders Up and Down

- Slowly 5-10 times (can use light weights)

### 4) Shoulder Stretch Across

- Hand across body
- Hold 3 -7 seconds each side

### 5) Shoulder Stretch Up

- Hand behind head
- Hold 3-7 seconds each side

### 6) Shake it out and Stretch

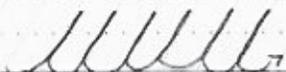
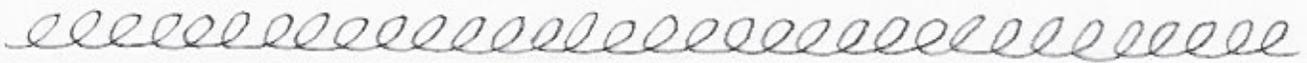
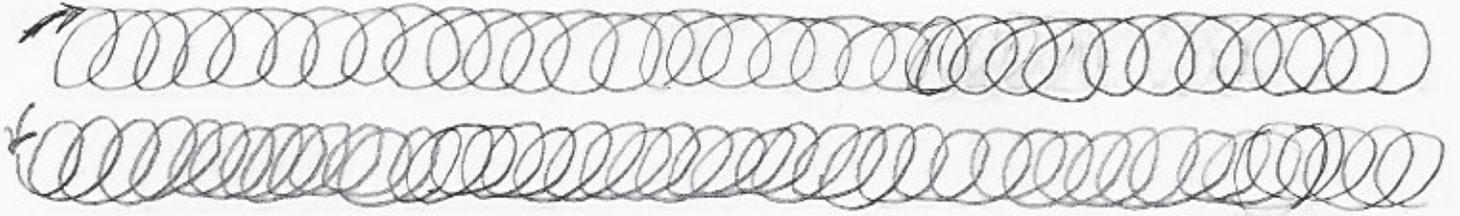
- Stretch down shoulder elbow, wrist, and fingers

### 7) Pencil Swing, Catch, & Slide into position.

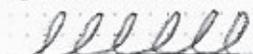
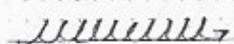
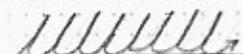
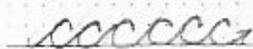
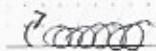
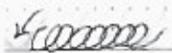
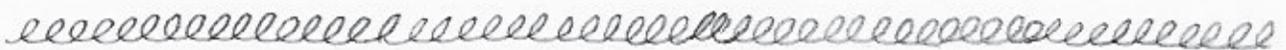
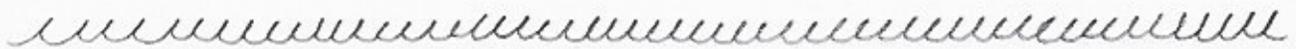
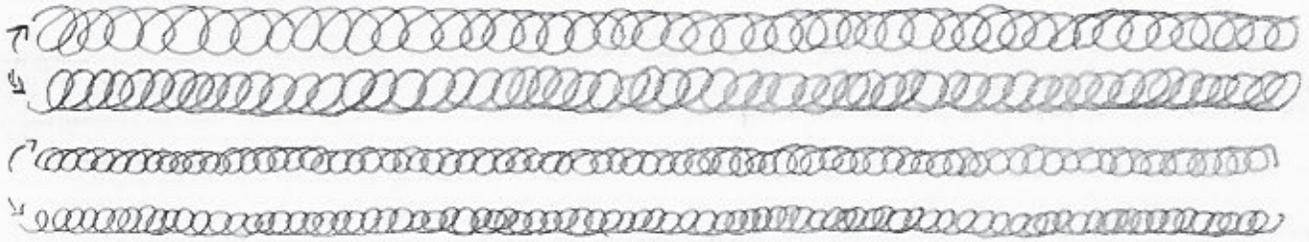
- Use Tripod Grip

Try to do these Stretching Exercises once a day for the entire month.  
*(All of these are demonstrated in the video.)*

## Larger Doodles



## Smaller Doodles



## Handwriting Hunt

There is no page for this activity because you won't be writing for this one. Go find cool handwriting. Look around the house for old letters. Notice when signs are written with cursive letters. Ask people you know to write something in cursive or calligraphy. If you have a camera or phone—snap pictures and post them on Facebook. Pick out styles you like and specific letters you like. Especially notice letters that are in your name.

I'm looking forward to seeing what you discover on our closed event facebook page. If you haven't requested to be added to that page—by all means take care of that today. This on-line forum is where you can get your questions answered and gather ideas from others in the course. Part of the fun will be learning together.