



MY WRITING NOTEBOOK

Mastering
handwriting

6/7
YEARS OLD

- Syllables
- Consonants and vowels
- Letters and sounds



To do at home

From school to home

Learning handwriting is an important period in the life of your child. It starts in the second year of nursery school, and goes on to year 2 of primary school.

Between 3 and 4, the child begins to draw shapes (circles, squares, etc.). Then from 4/5 years, she or he learns to write capital letters. From 5 years onwards, children are then taught to write in a cursive script.

Throughout this learning phase, the teacher certainly encourages good posture: the best way to sit on a chair, facing the table, to hold the body at the right angle, with arms and legs placed properly.

The teacher has doubtless also shown the children how to develop motor movements in arm, fist and hand, so they can make smaller and more accurate shapes. The writing tool, and its correct grasp, were also important in this learning process; your child has first of all used a pencil, then a felt-tip, and gradually adopted the ballpoint pen, exploring all the extra possibilities it offers.

So now we are in year 1 or year 2 of primary school! The child is now learning to form letters and words, and associate them with concepts, objects, ideas, etc.

This is a vital stage in development; writing well is important for psycho-motor development, and you know how good handwriting will open the way to educational achievement. With good writing ability, the child will feel more comfortable when learning to read. They will find it easier to understand and remember texts.

We have given careful thought to helping your child develop the desire to write, and to your need to follow their progress, with this workbook to use at home. These are activities to do together as a family; they help to encourage your child's efforts, and show how proud you are of their achievements.

Posture, holding the pencil: ^{*} recommendations from experts

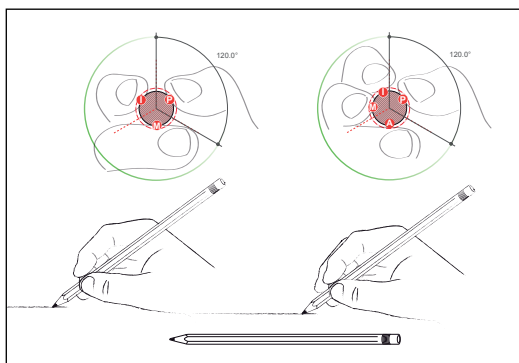
GOOD BODY POSITION

Good posture for writing well cannot be acquired in a few days. Throughout their time in nursery, children first have to learn to understand what is known as «body image». They practice identifying the various parts of the body, in order to control movement and spatial awareness, up, down, left to right, etc., learning to move the arm separate from the body, aligning objects, tracing lines and curves with a finger, understanding what is meant by horizontal and vertical.

Then the child has to adopt the correct body position for writing, helped at home by you, if possible: in a well-lit place, he or she sits on a chair of the right size, with feet flat on the ground, knees below thigh level, back straight, leaning slightly forward. The elbows and forearms are free to move easily. The non-writing arm may be used for support, as long as the back remains straight. All the muscles in the hand are at rest, with the forearm extended naturally, without flexing or rotating.



HOLDING THE WRITING INSTRUMENT CORRECTLY



The pencil or pen is held between thumb and index finger, resting on the middle finger. This is the tripod grip. The hand and forearm are supported on the outside edge and slide over the surface of the table. The instrument is held near the tip, but far enough away to allow the child to see the writing on the page properly. Fingers should remain flexible and nimble, but some muscle tone is needed to form the outlines that will later create letters, words and sentences. The other hand (left for right-handers) will hold the page steady and keep the body balanced.

A consonant, a vowel

The exercise continues with the syllable *mo*. Take care with the link between *m* and *o*, and trace the upper loop properly.

TRACE USING THE MODEL

mo mo mo mo mo mo mo mo

COPY WITH A BALLPOINT PEN OR PENCIL

mo • • • • • • •

• • • • • • •

CIRCLE «MO» IN THE FOLLOWING WORDS:

émotion

mode

motorcyclist

dynamo

monster

MOLAR

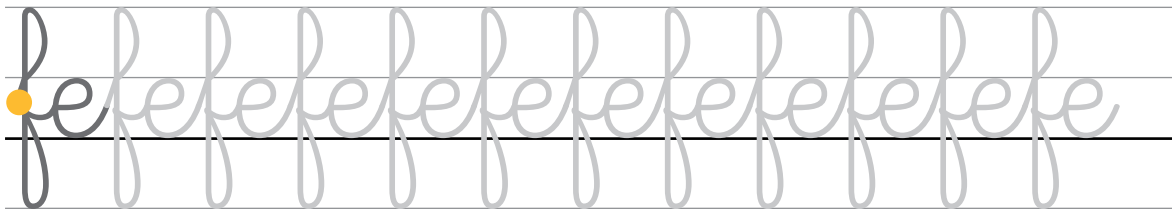
mouth

A consonant,
a vowel

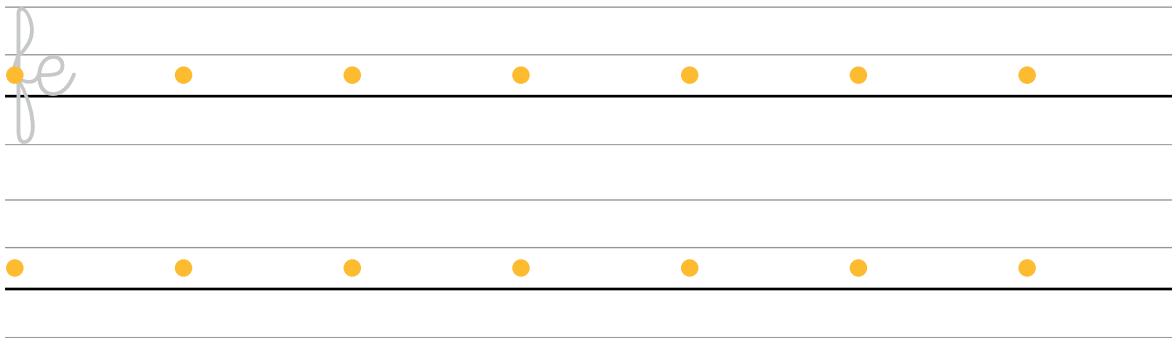
A consonant and a vowel

Ah! *fe*, this syllable is hard to miss! Start from the left hand point of the line and trace the curves.

TRACE USING THE MODEL



COPY WITH A BALLPOINT PEN OR PENCIL



CIRCLE «FE» IN THE FOLLOWING WORDS:

female fire

fear coffee

fever OFFEND

prefer

A consonant
and a vowel

Syllables

All these involve attention and concentration. The various syllables should be read aloud, since this exercise is just as useful when learning to read as when learning to write.

RECOGNISE THE SYLLABLE EVERY TIME YOU SEE IT

tor

ort rot tor tro

pac

pac cap acp pca

mur

rum urm mur umr

fil

lif fil ilf fli

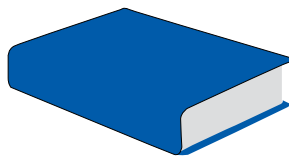
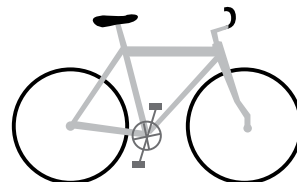
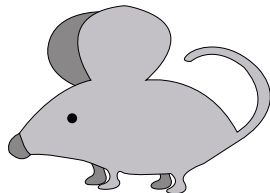
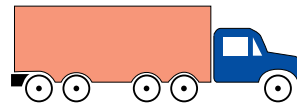
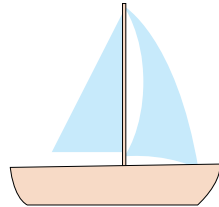
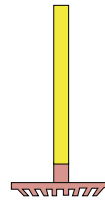
cha

ach hac ahc cha

Lettres and sounds

Here too, writing and reading go together. If possible, the name of the object shown should be written under the picture.

NAME THE PICTURES AND CIRCLE THOSE IN WHICH YOU HEAR THE SOUND «K»



Letters and sounds

This exercise is easier than it seems. Match the syllables to find animals. Make sure you don't invent words that don't exist!

LINK TWO SYLLABLES THAT MAKE A WORD

dol ●

ca ●

ea ●

rab ●

mon ●

tur ●

● tle

● phin

● bit

● key

● gle

● mel

Writing well

This is a frequent exercise at school, linking each word with its image, helping children to describe objects in writing, and to spell them correctly. After colouring in the drawings, the exercise can continue with other words suggested by the parents...

LINK THE DRAWING WITH THE MATCHING WORD, AND WRITE THE WORD

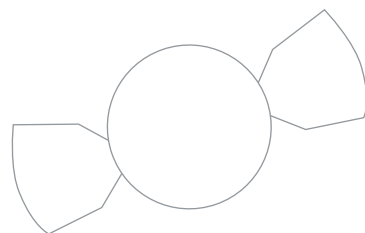
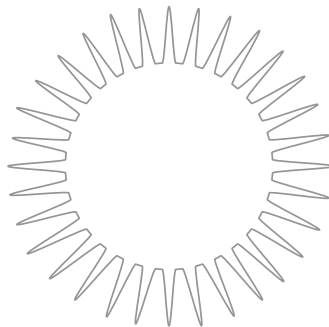
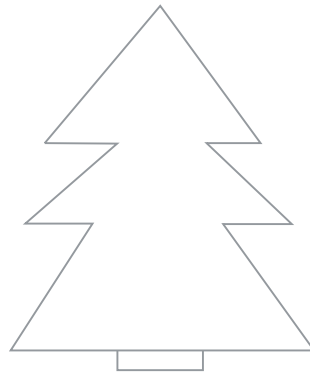
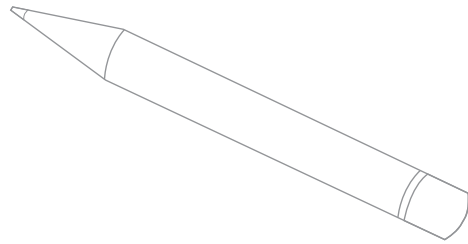
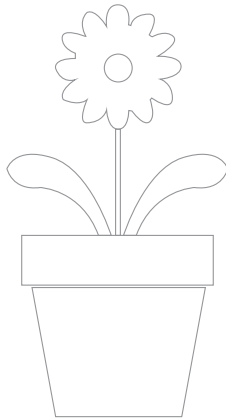
sun

pine tree

sweet

flower

pencil



Writing well

Building on the previous exercise, this one links a concept (here an action) and its image. Once again, why not carry on at home with other actions or concepts, such as travel, health, beauty, etc.

LINK THE DRAWING WITH THE CORRESPONDING ACTION

run



jump



walk

laugh



cry



Writing well

This involves copying a complete sentence in cursive writing. Pay attention to spelling, and don't forget the capital letter at the beginning of the sentence. Colour in the picture of the mouse.

COPY THE FOLLOWING RHYME

Hickory dickory dock
the mouse ran up the clock

Handwriting practice lines consisting of multiple sets of horizontal lines. Each set includes a solid top line, a dashed midline, and a solid bottom line, providing a guide for letter height and placement.



Writing well

The text to copy is a whole verse from a children's song in cursive writing. After finishing the exercise, sing the song to parents or family members (if you know the tune, of course). Colour in the picture of the rabbit.

COPY THE FOLLOWING SONG

Little Bunny Foo-Foo,
hopping through the forest scooping up the field mice,
and bopping them on the head

Handwriting practice lines consisting of multiple sets of horizontal lines. Each set includes a top line, a middle line, a bottom line, and a thick central line. A line drawing of a rabbit is positioned on the right side of the page, overlapping the bottom half of these lines.





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