

Improve Your Handwriting

Practice Pack

Trace it. Copy it. Own it — ten minutes a day.

How to use this pack

1. Ten minutes a day is enough. Little and often beats one long session — handwriting is a habit, not a test.
2. Hold the pencil with three fingers: thumb and first finger pinch, middle finger rests underneath. Keep the grip relaxed.
3. Sit tall: feet flat on the floor, back straight, paper tilted slightly, the other hand holding the page steady.
4. On each row, trace the grey letters first, then copy the letter into the empty spaces. Slow and on the line beats fast and messy.
5. Finish on the last page — 'My best writing' — and check your own work with the little checklist.

What the lines mean

Every row has four lines. Small letters sit between the baseline (the strong line) and the dotted-height line above it. Tall letters reach the top line. Letters like g, j, p, q and y drop below the baseline to the lowest line. Keep every letter sitting ON the baseline — that one habit fixes most messy writing.

Print as many copies as your class needs. This pack is free.

Letter family 1 — tall letters

Tall letters reach all the way up to the top line. Trace the grey letter, then copy it along the row.

l

h

b

k

f

t

d

Letter family 2 — small letters

Small letters stay between the baseline and the blue line. Trace each grey letter, then copy it into the empty spaces.

a	c
e	m
n	o
r	s
u	v
w	x
z	

Letter family 3 — tails and capitals

Tail letters (g, j, p, q, y) drop below the baseline. Capitals stand tall, from baseline to top line.

g

j

p

q

y

A B C D E F G H I J K L M

N O P Q R S T U V W X Y Z

Joining words

Trace the grey word once, then write it yourself three times on the same line.

the

and

school

teacher

book

pencil

write

neat

Sentences

Trace the grey sentence, then copy it on the empty line below. Watch your spaces between words.

The quick brown fox jumps over the lazy dog.

My teacher writes neatly on the board.

Good handwriting makes reading easy.

Practice every day makes letters better.

My best writing

Name: _____

Class: _____

Now write one sentence of your own — your very best writing:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Check your own writing

- ☐ Are my letters sitting on the line?
- ☐ Are the spaces between my words even?
- ☐ Is it neat — could someone else read it easily?

Well done. Neat writing is a superpower — it shows in every subject.