30-day daily handwriting practice

Cursive · 3-line

Name: _____

Start date: _____

How to use this plan

1. Print at 100% on A4. Do not use fit to page.
2. Do one sheet a day, about 10–15 minutes.
3. Use a sharp pencil. Sit tall. Check the grip first.
4. On days 7, 14 and 30, fill the check-in page.
5. On day 30, repeat the day 1 sheet and compare.

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Progress

Tick a box when that day's sheet is done. There is no score.

☐ Day 1	☐ Day 2	☐ Day 3	☐ Day 4	☐ Day 5	☐ Day 6
☐ Day 7	☐ Day 8	☐ Day 9	☐ Day 10	☐ Day 11	☐ Day 12
☐ Day 13	☐ Day 14	☐ Day 15	☐ Day 16	☐ Day 17	☐ Day 18
☐ Day 19	☐ Day 20	☐ Day 21	☐ Day 22	☐ Day 23	☐ Day 24
☐ Day 25	☐ Day 26	☐ Day 27	☐ Day 28	☐ Day 29	☐ Day 30

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For the parent

- One sheet a day is enough.
- Sit where you can see the pencil.
- Compare day 30 with day 1. There is no grade.

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Day 1 · Entry strokes, loops and waves (strokes only)

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

c c c c c c

l l l l l l

u u u u u u

e e e e e e

Your line

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Start at the top. Sit tall. Check how the pencil is held.

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Day 2 · Round family: c, a, d, g, o, q

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c c

Warm-up

u u u u u u u u

Today

c c c a a a

d d d g g g

o o o q q q

c a d g o q

Review

c l u

Your line

Keep the letters the same size. Slow is fine.

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Day 3 · Down-stroke family: i, t, u, w, j, p, y

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

i i i t t t

u u u w w w

j j j p p p

y y y i t u

Review

c a d o

Your line

Bring the down stroke straight down. Start each letter at the top.

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Day 4 · Loop-up family: l, e, h, b, k, f

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

l l l e e e

h h h b b b

k k k f f f

l e h b k f

Review

i t u w

Your line

The loop goes up, then the letter comes back down.

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Day 5 · Hump and point family: n, m, v, x, z, r, s

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

n n n m m m

v v v x x x

z z z r r r

s s s n m v

Review

l e h b

Your line

Make the arches the same height.

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Day 6 · Review a–z in order

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c c c c c c c c c c c c c c

Warm-up

u u u u u u u u u u u u u u u u u u u u

Today

a b c d e f g a b c d e f g a b c d e f g

h i j k l m h i j k l m h i j k l m h i j k l m

n o p q r s t n o p q r s t n o p q r s t

u v w x y z u v w x y z u v w x y z

Review

n m v x n m v x n m v x n m v x n m v x

Your line

Tall letters reach up. Tails drop below the line.

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Day 7 · Review a–z

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

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

Your line

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This is a practice page. The check-in list is on the next page.

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Check-in 1 · Day 7

A short list for a parent. Not a test. There is no score.

- [ ] Letters sit on the line
- [ ] Letters start at the top
- [ ] Letters are a similar size
- [ ] There are spaces between words
- [ ] The pencil is held comfortably

Write the same line as Day 1 and compare the two side by side.

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Day 8 · Capitals A–E

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c c

Warm-up

u u u u u u u u

Today

A A A B B B

C C C D D D

E E E E E E

A B C D E

Review

a b c d e

Your line

Capitals sit on the same line as the small letters.

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Day 9 · Capitals F–J

About 10–15 minutes. One sheet today.

Warm-up

C C C C C C C

Warm-up

u u u u u u u

Today

F F F G G G

H H H I I J

J J J J J J

F G H I J

Review

A B C D E

Your line

Slant the strokes the same way each time.

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Day 10 · Capitals K–O

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

K K K L L L

M M M N N N

O O O O O O

K L M N O

Review

F G H I J

Your line

Close the round capital O. Keep the other capitals the same height.

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Day 11 · Capitals P–T

About 10–15 minutes. One sheet today.

Warm-up

C C C C C C C

Warm-up

u u u u u u u

Today

P P P Q Q Q

R R R S S S

T T T T T T

P Q R S T

Review

K L M N O

Your line

Start each capital at the top. Keep them the same height.

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Day 12 · Capitals U–Z

About 10–15 minutes. One sheet today.

Warm-up

C C C C C C C

Warm-up

U U U U U U U

Today

U U U V V V

W W W X X X

Y Y Y Z Z Z

U V W X Y Z

Review

P Q R S T

Your line

These are capitals on their own. The pairs come on the next day.

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Day 13 · Capital + small pairs A–Z (alternate rows)

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

Aa Bb Cc Dd Ee

Ff Gg Hh Ii Jj

Kk Ll Mm Nn Oo

Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

Review

U V W X Y Z

Your line

Leave a small space between each pair.

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Day 14 · Writing my own name

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

My name My name My name My name

My name My name My name My name

My name My name My name My name

Your line

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Use a capital for the first letter. The check-in list is on the next page.

Check-in 2 · Day 14

A short list for a parent. Not a test. There is no score.

- [ ] Letters sit on the line
- [ ] Letters start at the top
- [ ] Letters are a similar size
- [ ] There are spaces between words
- [ ] The pencil is held comfortably

Write the same line as Day 1 and compare the two side by side.

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Day 15 · Joining c-family letters (ca, co, ad, ag)

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

ca ca ca

co co co

ad ad ad

ag ag ag

Review

c a d g o

Your line

Join the two letters without a lift. Keep them the same size.

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Day 16 · Joining down-stroke letters (it, ip, ut)

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

it it it

ip ip ip

ut ut ut

it ip ut

Review

ca co ad

Your line

Join the two letters. Keep the down stroke straight.

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Day 17 · Joining loop letters (le, he, ke)

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

le le le

he he he

ke ke ke

le he ke

Review

it ip ut

Your line

The tall letter starts at the top.

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Day 18 · Joining hump letters (nu, mi, vi)

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

nu nu nu

mi mi mi

vi vi vi

nu mi vi

Review

le he ke

Your line

Finish one word before you start the next.

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Day 19 · Words: cap, tap, lap

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

cap cap cap

tap tap tap

lap lap lap

cap tap lap

Review

ca co ad ag

Your line

Three letters sit on one line. Leave a space between the words.

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Day 20 · Words: nap, gap, sap

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

nap nap nap

gap gap gap

sap sap sap

nap gap sap

Review

cap tap lap

Your line

Leave a clear space between the words.

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Day 21 · Words: bed, red, led

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

bed bed bed

red red red

led led led

bed red led

Review

nap gap sap

Your line

If a word feels long, write it once more, slowly.

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Day 22 · Sentence 1

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

The cat sat on a mat.

Review

cap tap lap

Your line

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A sentence starts with a capital and ends with a full stop.

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Day 23 · Sentence 2

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

A red bed is by the door.

Your line

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Leave an even space between the words.

Day 24 · Sentence 3

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

I can write a neat line.

Your line

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Keep the letters sitting on the line.

Day 25 · Sentence 4

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

The star is in the sky.

Your line

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Write the whole sentence, then read it back.

Day 26 · Sentence 5

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

Plant a seed and watch it grow.

Your line

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Stay at a steady pace. There is no timer.

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Day 27 · Sentence 6

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

We write on the line each day.

Your line

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Check the spaces before you start the next line.

Day 28 · Sentence 7

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

Stage lights blink at night.

Your line

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One sentence is enough for today.

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Day 29 · Review: re-write the neatest row from Days 1, 8, 15, 22

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c c

Warm-up

u u u u u u u u

Today

clue clue clue clue clue clue

ABCDE ABCDE ABCDE

cap tap lap cap tap lap cap tap lap

The cat sat on a mat. The cat sat on a mat.

Your line

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Pick the row that looks calm, and write it once more.

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Day 30 · Entry strokes, loops and waves (strokes only)

About 10–15 minutes. One sheet today.

Warm-up

c c c c c c c

Warm-up

u u u u u u u

Today

c c c c c c

l l l l l l

u u u u u u

e e e e e e

Your line

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Start at the top. Sit tall. Check how the pencil is held.

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Check-in 3 · Day 30

A short list for a parent. Not a test. There is no score.

- [ ] Letters sit on the line
- [ ] Letters start at the top
- [ ] Letters are a similar size
- [ ] There are spaces between words
- [ ] The pencil is held comfortably

Write the same line as Day 1 and compare the two side by side.

What next

Keep one sheet a day if you want to. A Younglabs teacher can watch your child write live in a free handwriting assessment class.

Want a teacher to look at this live?

Book a free handwriting assessment class

younglabs.in/free-class

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