# 30-day daily handwriting practice

## Cursive · 4-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

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

Warm-up

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

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

Review

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

Warm-up

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 I

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 u

Today

K K K L L L

M M M N N N

O O O O O O O

K L M N O

Review

J J 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

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 ca co ad 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

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.

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# 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 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

Plant a seed and watch it grow. 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 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

We write on the line each day. 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

Warm-up

u u u u u u u

Today

clue clue clue clue clue clue

A B C D E A B C D E

cap tap lap cap tap lap

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

Your line

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

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

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