30-day daily handwriting practice

Print · 2-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 · Standing and sleeping lines; l, i, t

About 10–15 minutes. One sheet today.

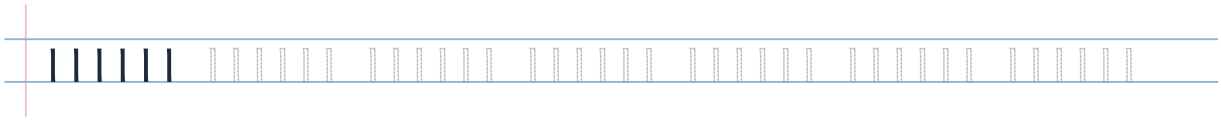
Warm-up

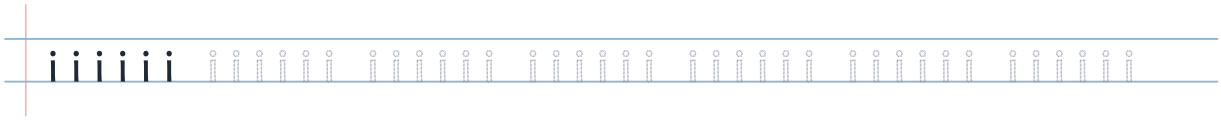


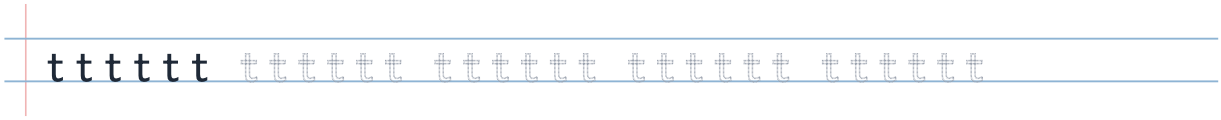
Warm-up

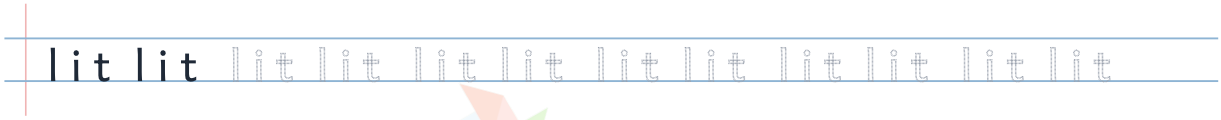


Today









Your line

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

Day 2 · Slanting lines and zig-zags; v, w, x, y, z

About 10–15 minutes. One sheet today.

Warm-up

| | | | | | | |

Warm-up

— — — — — —

Today

v v v w w w

x x x y y y

z z z z z z

v w x y z

Review

l i t

Your line

Keep the letters the same size. Slow is fine.

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Day 3 · Curves and circles; c, o, e, s

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

Today

Review

Your line

Close the round letters. Start each one at the top.

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Day 4 · Round letters with a stick; a, d, g, q

About 10–15 minutes. One sheet today.

Warm-up

| | | | | | | |

Warm-up

– – – – – – –

Today

a a a d d d

g g g q q q

a d g q

a d g q

Review

c o e s

Your line

The stick drops from the round part. Do not lift too early.

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Day 5 · Arch letters; n, m, h, r, u

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

Today

n n n m m m

h h h r r r

u u u u u u

n m h r u

Review

a d g q

Your line

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Make the arches the same height.

Day 6 · Tall letters and tails; b, p, k, f, j

About 10–15 minutes. One sheet today.

Warm-up

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Warm-up

— — — — — — — — — — — — — — — — — —

Today

b b b p p p b b b p p p b b b p p p b b b p p p

k k k f f f k k k f f f k k k f f f k k k f f f k k k f f f

j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j j

b p k f j b p k f j b p k f j b p k f j b p k f j b p k f j

Review

n m h r u n m h r u n m h r u n m h r u n m h r u

Your line

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Tall letters reach up. Tails drop below the line.

Day 7 · Review a–z

About 10–15 minutes. One sheet today.

Warm-up

| | | | | | | |

Warm-up

— — — — — —

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 with straight lines: E, F, H, I, L, T

About 10–15 minutes. One sheet today.

Warm-up

| | | | | | | |

Warm-up

— — — — — —

Today

E E E F F F

H H H I I I

L L L T T T

E F H I L T

Review

a b c d e

Your line

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Capitals sit on the same line as the small letters.

Day 9 · Capitals with slants: A, K, M, N, V, W, X, Y, Z

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

Today

A A A K K K

M M M N N N

V V V W W W

X Y Z

Review

E F H I L T

Your line

Slant the strokes the same way each time.

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Day 10 · Round capitals: C, G, O, Q, S

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

Today

C C C G G G

O O O Q Q Q

S S S S S S

C G O Q S

Review

A K M N

Your line

Close O and Q. Leave C and S open.

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Day 11 · Capitals D, B, P, R, J, U

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

Today

D D D B B B

P P P R R R

J J J U U U

D B P R J U

Review

C G O Q S

Your line

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The straight side is first. Then the curve.

Day 12 · Capital + small pairs A–M (Aa … Mm)

About 10–15 minutes. One sheet today.

Warm-up

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Warm-up

— — — — — —   — — — — — —   — — — — — —

Today

Aa Bb Cc Dd   Aa Bb Cc Dd   Aa Bb Cc Dd   Aa Bb Cc Dd

Ee Ff Gg Hh   Ee Ff Gg Hh   Ee Ff Gg Hh   Ee Ff Gg Hh

Ii Jj Kk Ll   Ii Jj Kk Ll   Ii Jj Kk Ll   Ii Jj Kk Ll   Ii Jj Kk Ll

Mm   Mm   Mm   Mm   Mm   Mm   Mm

Review

D B P R   D B P R   D B P R   D B P R   D B P R   D B P R

Your line

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Write the capital, then the small letter beside it.

Day 13 · Capital + small pairs N–Z (Nn … Zz)

About 10–15 minutes. One sheet today.

Warm-up

| | | | | | | |

Warm-up

— — — — — —

Today

Nn Oo Pp Qq Nn Oo Pp Qq Nn Oo Pp Qq Nn Oo Pp Qq

Rr Ss Tt Uu Rr Ss Tt Uu Rr Ss Tt Uu Rr Ss Tt Uu

Vv Ww Xx Yy Vv Ww Xx Yy Vv Ww Xx Yy

Zz Zz Zz Zz Zz Zz Zz

Review

Aa Bb Cc Aa Bb Cc Aa Bb Cc Aa Bb Cc

Your line

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Leave a small space between each pair.

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Day 14 · Writing my own name (capital then small)

About 10–15 minutes. One sheet today.

Warm-up



Warm-up



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 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 · 3-letter words: Cap, Tap, Lap

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

Today

Cap Cap Cap Cap Cap Cap Cap Cap Cap Cap

Tap Tap Tap Tap Tap Tap Tap Tap Tap Tap

Lap Lap Lap Lap Lap Lap Lap Lap Lap Lap

Cap Tap Lap Cap Tap Lap Cap Tap Lap Cap Tap Lap

Review

c a p t l c a p t l c a p t l c a p t l c a p t l

Your line

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Say the word, then write it. Leave a space between words.

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Day 16 · 3-letter words: Nap, Gap, Sap

About 10–15 minutes. One sheet today.

Warm-up



Warm-up



Today

Nap Nap Nap Nap Nap Nap Nap Nap Nap

Gap Gap Gap Gap Gap Gap Gap Gap Gap Gap Gap Gap

Sap Sap Sap Sap Sap Sap Sap Sap Sap Sap Sap Sap

Nap Gap Sap Nap Gap Sap Nap Gap Sap Nap Gap Sap

Review

Cap Tap Lap Cap Tap Lap Cap Tap Lap Cap Tap Lap

Your line

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Keep the three letters of each word close together.

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Day 17 · 3-letter words: Bed, Red, Led

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

Today

Bed Bed Bed Bed Bed Bed Bed Bed Bed Bed Bed Bed

Red Red Red Red Red Red Red Red Red Red Red Red

Led Led Led Led Led Led Led Led Led Led Led Led

Bed Red Led Bed Red Led Bed Red Led Bed Red Led

Review

Nap Gap Sap Nap Gap Sap Nap Gap Sap Nap Gap Sap

Your line

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The tall letter starts at the top.

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Day 18 · 3-letter words: Fed, Leg, Peg

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

Today

Fed Fed Fed Fed Fed Fed Fed Fed Fed Fed Fed Fed

Leg Leg Leg Leg Leg Leg Leg Leg Leg Leg Leg Leg

Peg Peg Peg Peg Peg Peg Peg Peg Peg Peg Peg Peg

Fed Leg Peg Fed Leg Peg Fed Leg Peg Fed Leg Peg

Review

Bed Red Led Bed Red Led Bed Red Led Bed Red Led

Your line

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Finish one word before you start the next.

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Day 19 · 4-letter words: Plum, Dice, Roof

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

Today

Plum Plum Plum Plum Plum Plum Plum Plum Plum

Dice Dice Dice Dice Dice Dice Dice Dice Dice

Roof Roof Roof Roof Roof Roof Roof Roof Roof

Plum Dice Roof Plum Dice Roof Plum Dice Roof

Review

Fed Leg Peg Fed Leg Peg Fed Leg Peg Fed Leg Peg

Your line

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Four letters still sit on one line.

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Day 20 · 4-letter words: Lace, Horn, Star

About 10–15 minutes. One sheet today.

Warm-up



Warm-up

Today

Lace Lace Lace Lace Lace Lace Lace Lace Lace Lace

Horn Horn Horn Horn Horn Horn Horn Horn

Star Star Star Star Star Star Star Star Star Star

Lace Horn Star Lace Horn Star Lace Horn Star

Review

Plum Dice Roof Plum Dice Roof Plum Dice Roof

Your line

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Leave a clear space between the words.

Day 21 · 5-letter words: Stage, Blink, Quest

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

Today

Stage Stage Stage Stage Stage Stage Stage Stage

Blink Blink Blink Blink Blink Blink Blink Blink

Quest Quest Quest Quest Quest Quest Quest Quest

Stage Blink Quest Stage Blink Quest Stage Blink Quest

Review

Lace Horn Star Lace Horn Star Lace Horn Star

Your line

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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

Warm-up

Today

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

Review

Cap Tap Lap Cap Tap Lap Cap Tap Lap 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

Warm-up

Today

A red bed is by the door. 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

Warm-up

Today

I can write a neat line. 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

Warm-up

Today

The star is in the sky. The star is in the sky.

Your line

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Write the whole sentence, then read it back.

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Day 26 · Sentence 5

About 10–15 minutes. One sheet today.

Warm-up

Warm-up

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

Warm-up

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.

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Day 28 · Sentence 7

About 10–15 minutes. One sheet today.

Warm-up



Warm-up

Today

Stage lights blink at night. Stage lights blink at night.

Your line

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

Warm-up

Today

lit lit lit lit lit lit lit

EFHILT EFHILT EFHILT EFHILT

Cap Tap Lap 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 · Standing and sleeping lines; l, i, t

About 10–15 minutes. One sheet today.

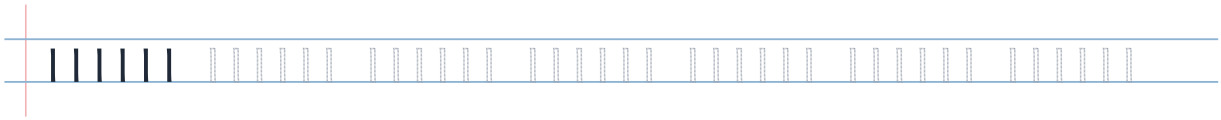
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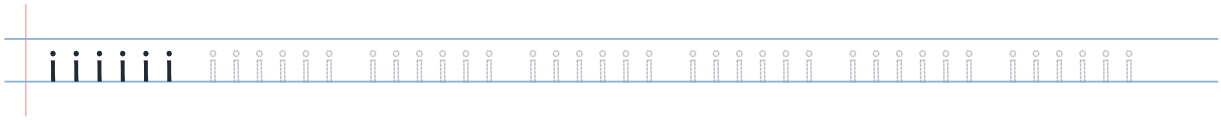


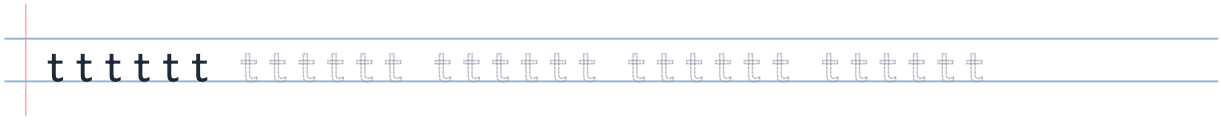
Warm-up

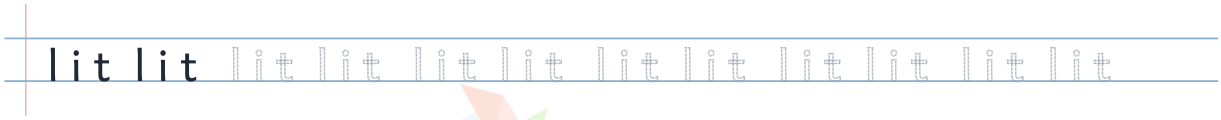


Today









Your line

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

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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