



Intro to Cursive:

You can do it with your eyes closed

Loops and Swoops to
Simplify Cursive Writing

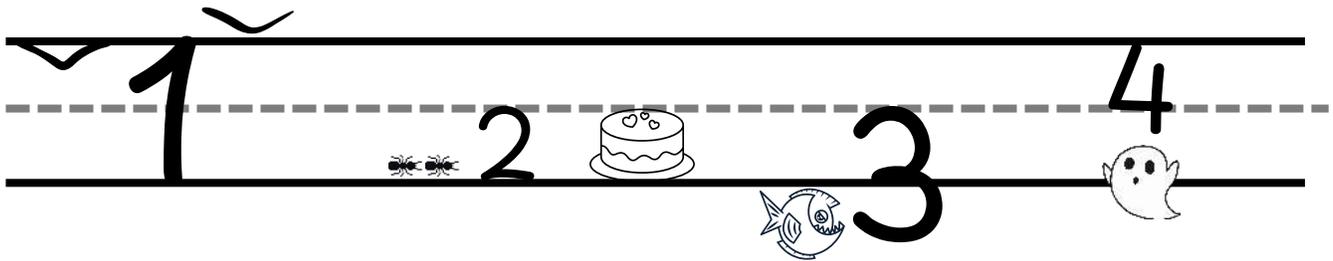
Student Name:

HOW TO USE THIS WORKBOOK

This writing approach uses a focus on pairing letter formation with making decodable words and meaning from the start. Letters in isolation are just shapes.

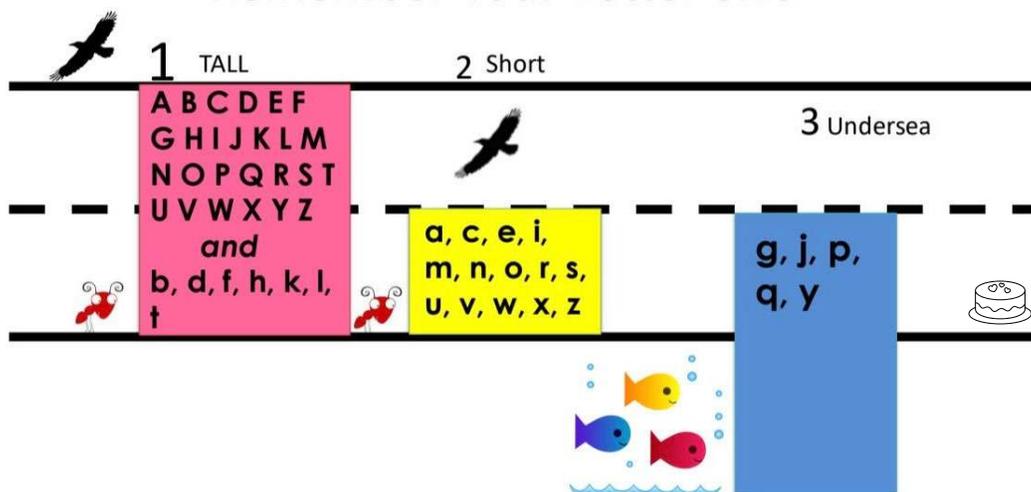
1. Remember that lowercase letters for cursive all start on the bottom line and connect with a smooth motion.
2. Focus on the movements - the goal is to start each letter the right way so that it becomes automatic and will reduce reversals. If you focus on the end, habits form such as segmenting letters, retracing, or starting at the bottom. It's easier to start correctly than to fix errors.
3. Use the sizing guides and focus on getting the sizing correct. The Size Matters Handwriting Program supports sizing as the main indicator of legibility and the perception of neat vs. messy handwriting. There are 3 lines and 4 visuals to cue sizing that are easy for children to remember (birds, ants, fish, and ghosts).
4. Build words as you go. It will help build the motor plan for common letter pairs.
5. This workbook starts with lowercase intentionally. The majority of the letters we write and read - 95% - are lowercase.

Letter Rules



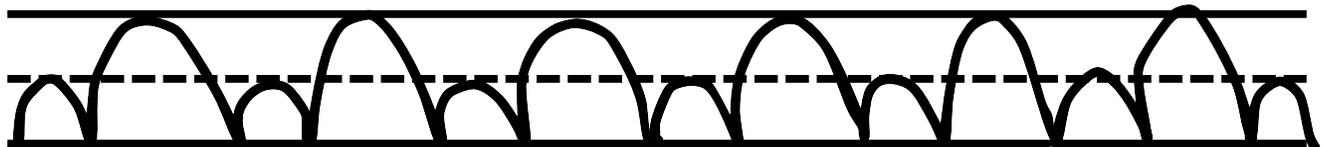
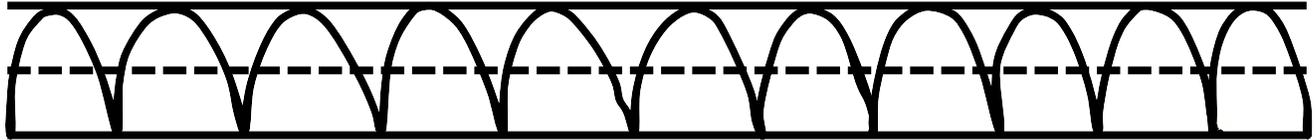
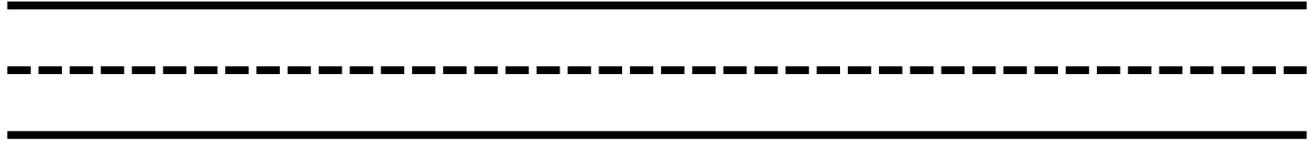
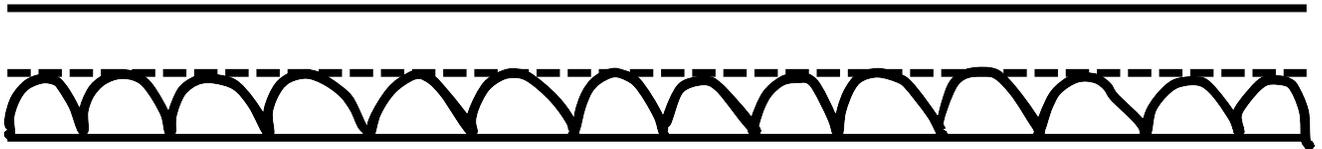
1. Tall letters touch the top line and short letters touch the middle, dotted line. If a letter doesn't touch the line it should, a bird is going to poop on its head.
2. All letters should touch the bottom line. If your letter doesn't touch the bottom line, ants are going to steal your cake!
3. If your letter goes below the bottom line and it's **not** an underwater letter, then the piranhas will bite your letter on its booty butt.
 - If your letter **should** be an underwater letter, then it needs to be a piranha grabber letter - g, j, p, q, y.
 - Make sure the belly of the letters touches the middle line and the bottom line.
4. Don't let the ghosts scare your letters into floating away!

Remember Your Letter Size



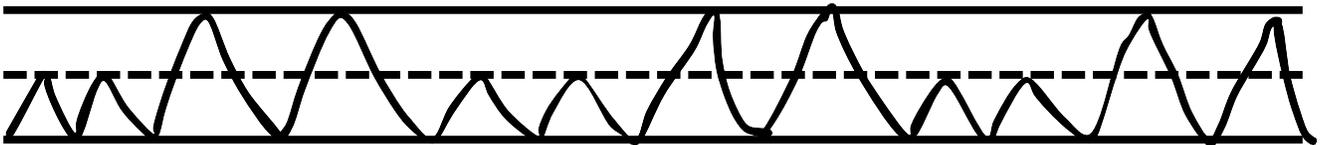
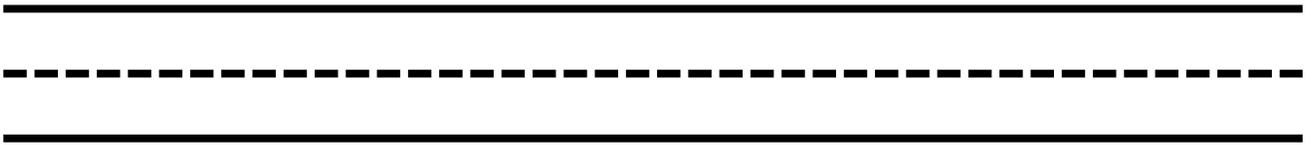
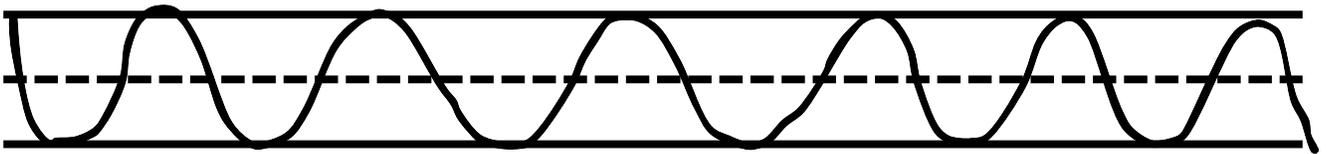
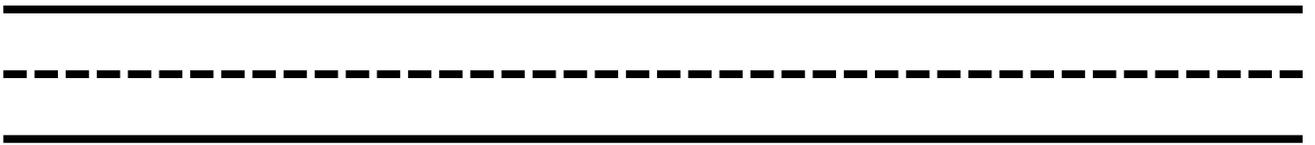
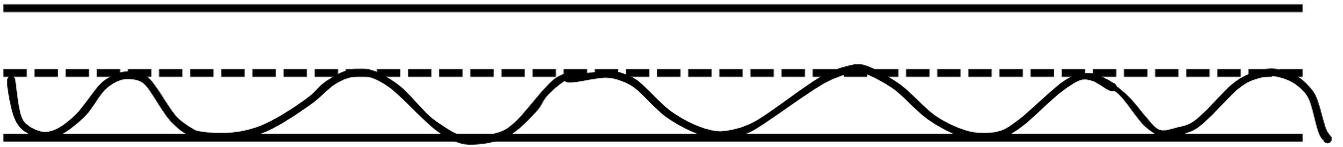
Fluency Lines

Before working on letters, work on the movements required. Fluency lines work on the basic shapes found in cursive and focus on consistent sizing and movement. Copy each pattern on the line below, matching sizing.



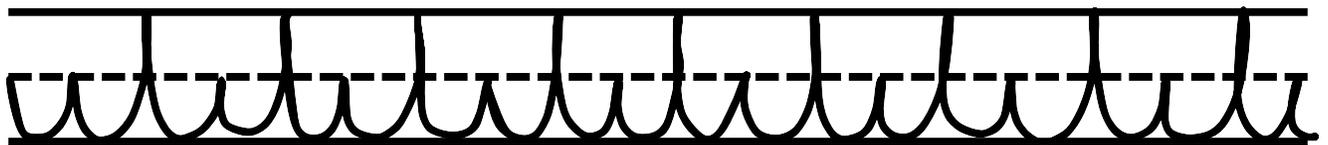
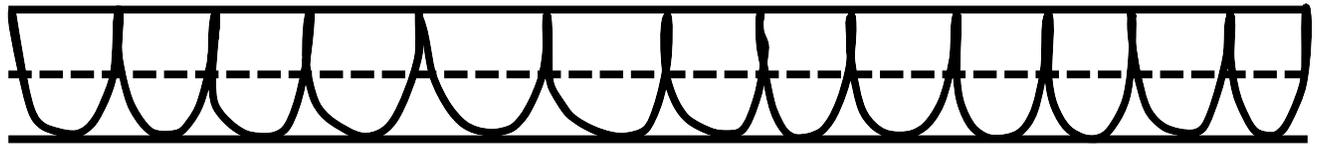
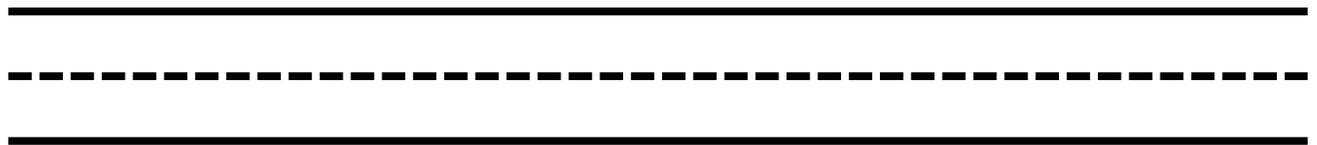
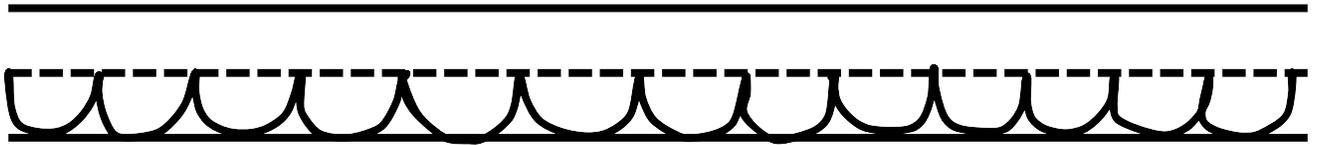
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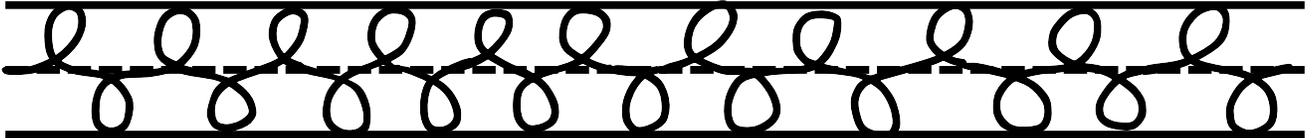
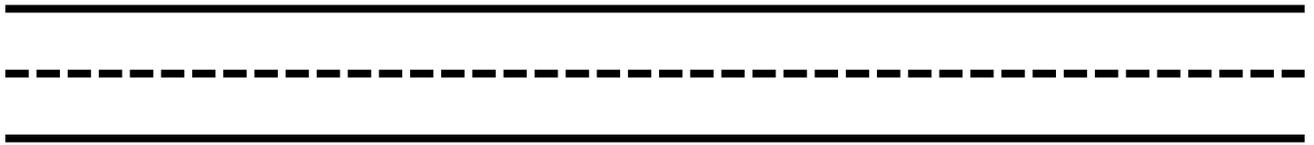
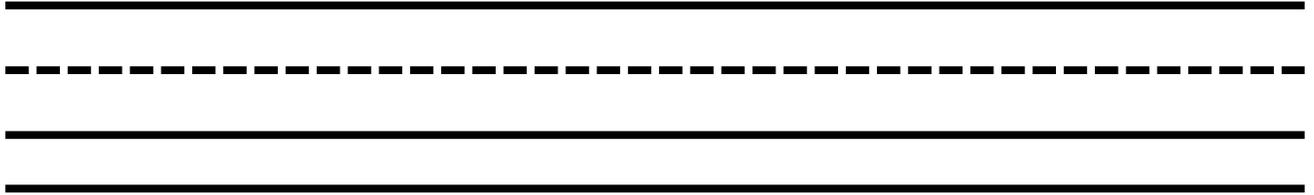
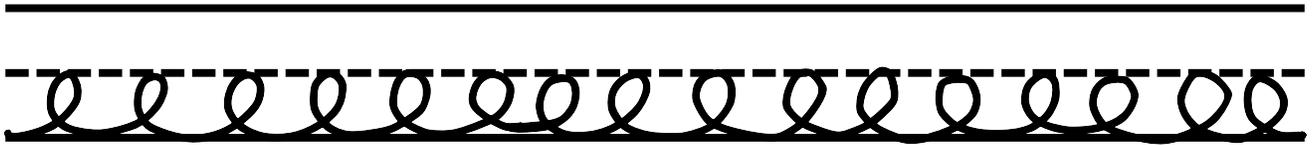
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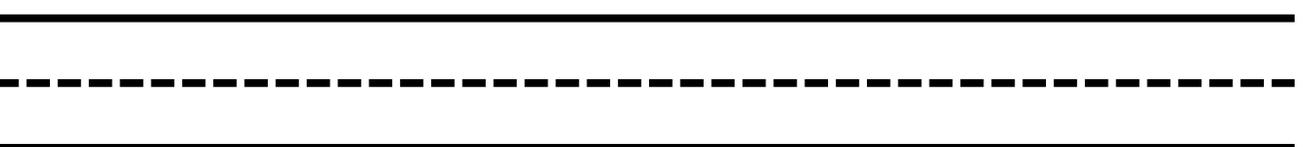
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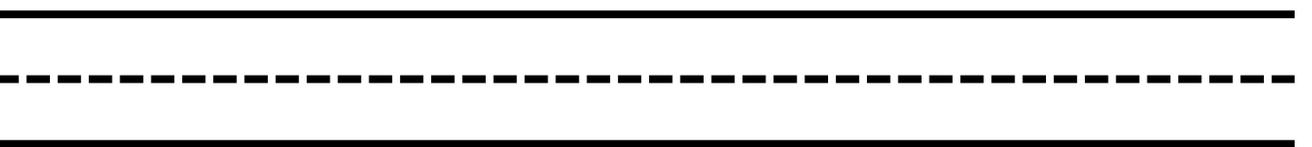
Make Waves



Block Lines



Line Across, Make an o

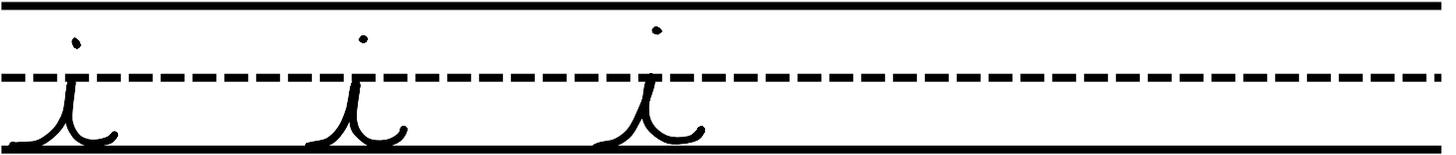
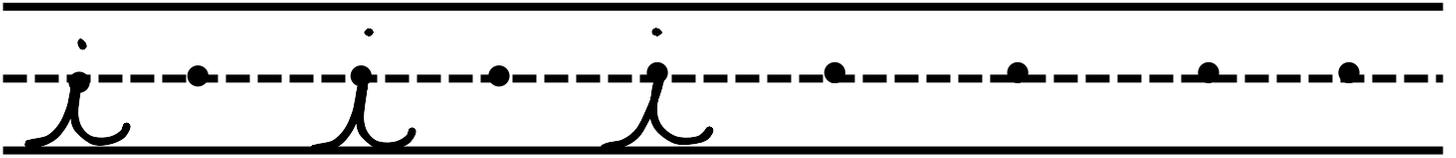


Up and Downs

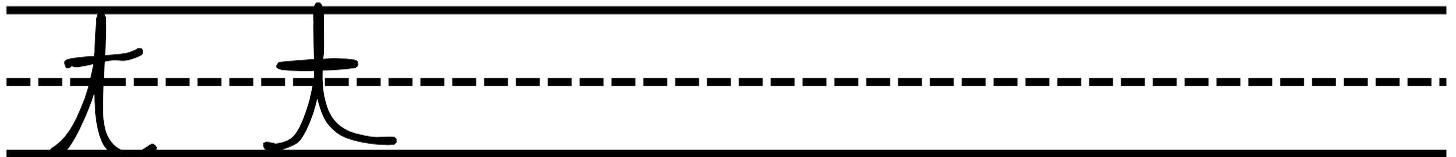
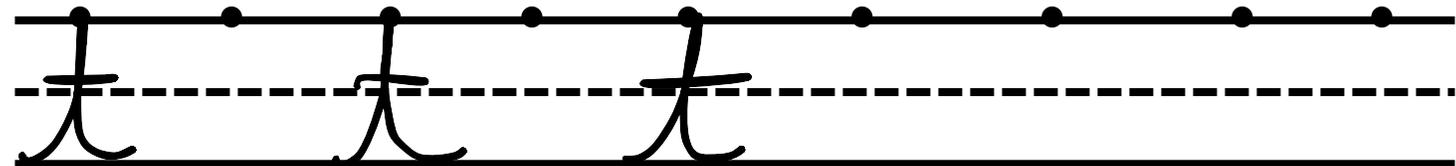
These letters use an up and down retracing motion with no gaps or loops between.

i, t, u, v, w

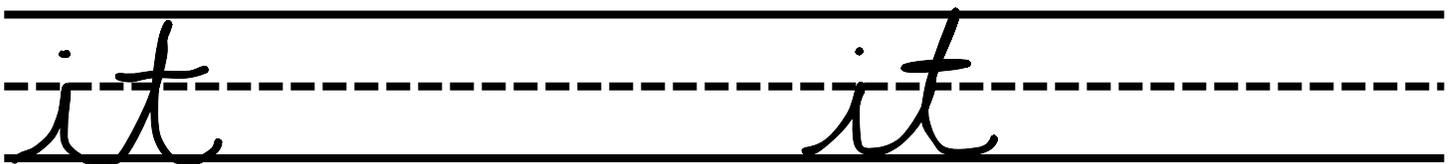
Lowercase i starts at the bottom, rises up to the middle, then comes back down and is ready to connect ahead. When the word is done, you add a dot right above.



Lowercase t starts at the bottom like i but goes up to the top line with no space or loops, then comes back down ready to connect. When your word is done, you cross your t.



Put them together to make the word "it."



Up and Downs

These letters use an up and down retracing motion with no gaps or loops between.

i, t, u, v, w

Lowercase u starts at the bottom, rises up to the middle, then comes back down and does it again. It ends at the bottom.



Lowercase v does 2 ups but only 1 down - on the second up line, it pauses and gets ready to meet its next letter at the middle, dotted line.



Lowercase w does 3 ups but only 2 downs - on the third, it pauses and gets ready to meet its next letter at the middle, dotted line.



Up and Downs

These letters use an up and down retracing motion with no gaps or loops between.

i, t, u, v, w

Make the word "tut."

tut

tut

Make the word "wit."

wit

wit

Make the nonsense word "vut."

vut

vut

Looping Letters

These letters loop to the middle or the top.

e, l, b, h, f, k

Lowercase e starts at the bottom, makes a loop to the middle, and comes back down, ready to connect to the next letter.

e e e

e e e

Lowercase l starts at the bottom, makes a loop to the top, and comes back down, ready to connect to the next letter.

l l l

l l l

New words to make: "tell" and "little."

tell

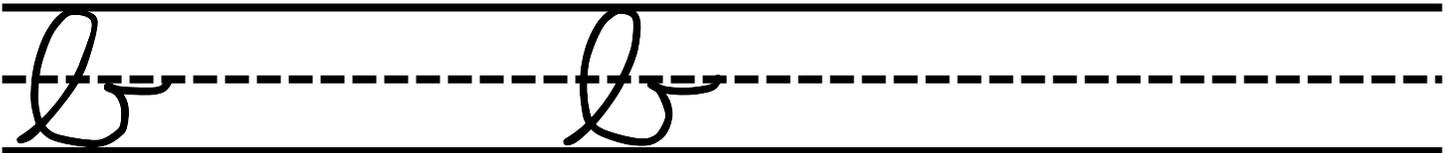
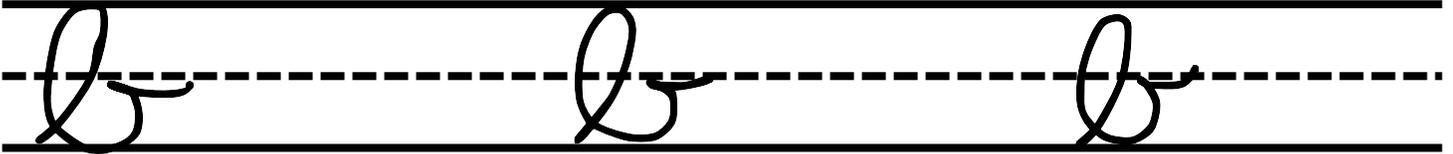
little

Looping Letters

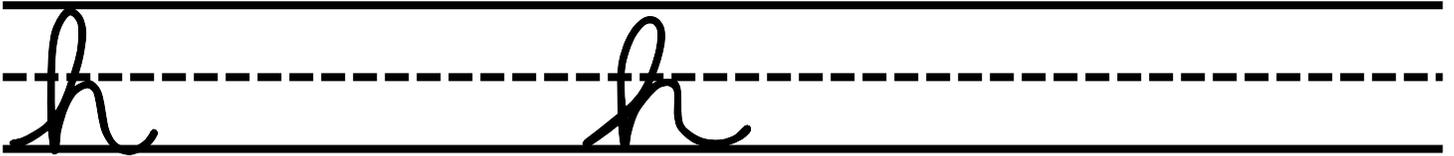
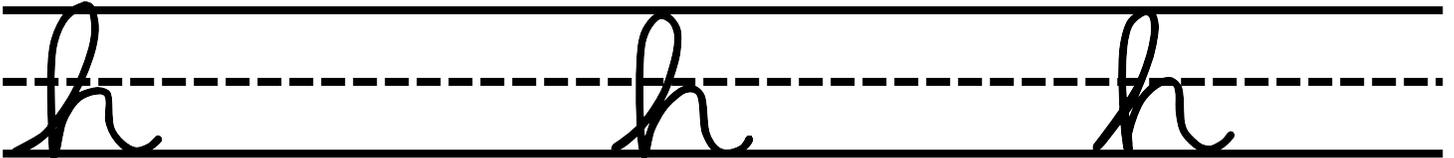
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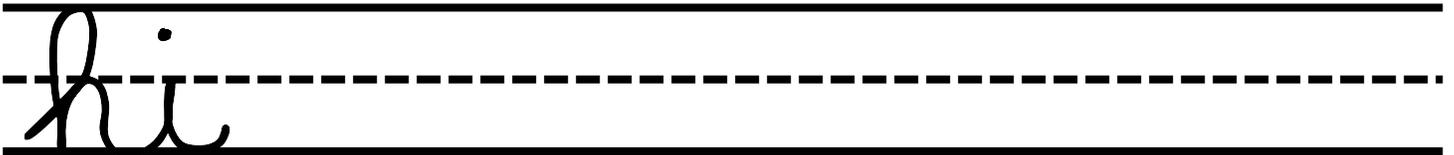
Lowercase b starts with a tall loop like l, swoops around back toward the loop a little up to the middle line then stretches forward for the next letter.



Lowercase h starts like l but dives down straight at the top, then bounces back to get the h's bump to touch the middle then go down, ready to connect.



When b connects to e, it drops a bit and the e continues from the middle.
Same for v and other letters that end at the middle line.

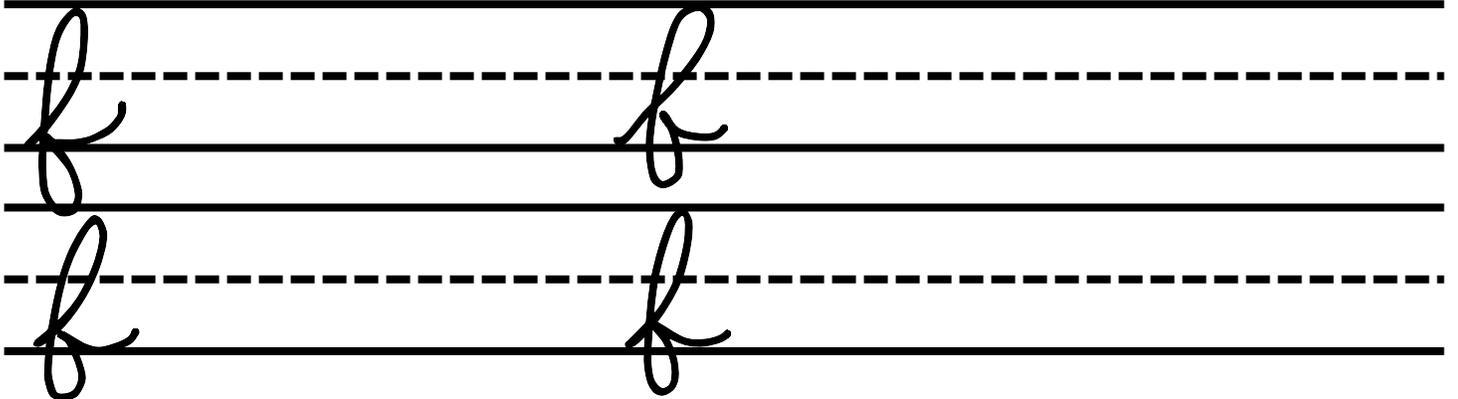


Looping Letters

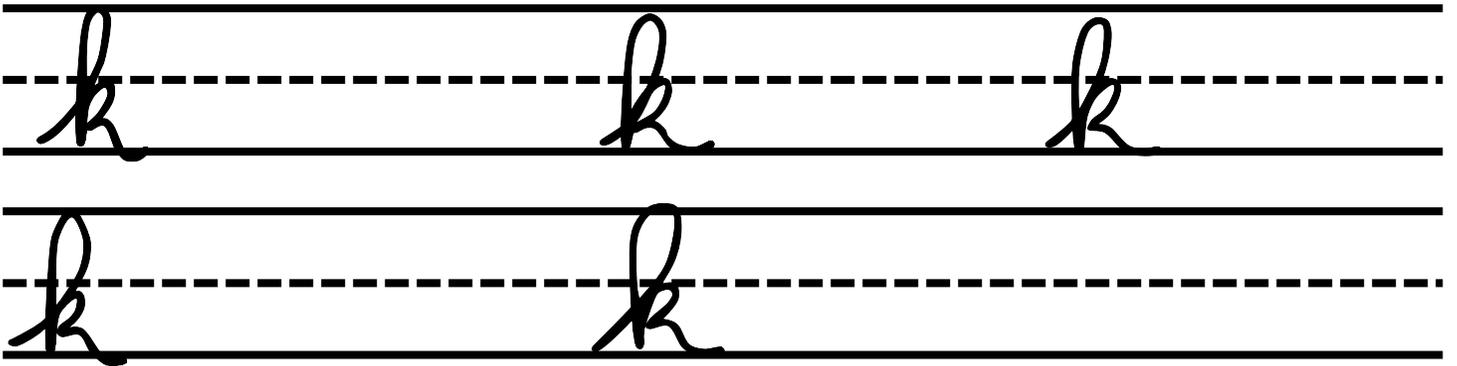
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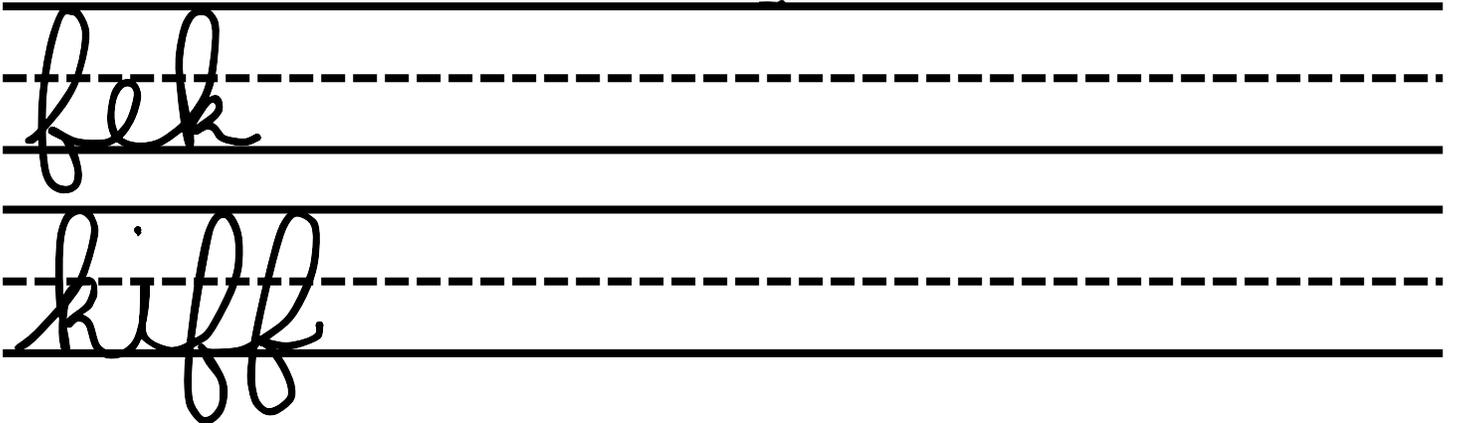
Lowercase f is a double loop - loop like an l, dive down like h but go below the line, then loop back to the middle, ready to connect at the bottom.



Lowercase k starts like an h, but on the bounce it loops back towards the start with a little side loop, then kicks back out, ready to go.



Practice with f and k nonsense words "fek" and "kiff."



Looping Letters

These letters loop to the middle or the top.
e, l, b, h, f, k

Practice word: full

full

full

Practice word: hilt.

hilt

hilt

Practice word: live.

live

live

Bouncing Letters

These letters bounce down from the middle line.

m, n

Lowercase m has 3 bounces total - it starts at the bottom, goes up to the middle, and retraces back to gently bounce two more times. It ends at the bottom.

m m

m m

Lowercase n only has 2 bounces total, but it is otherwise formed like an m.

n n

n n

Practice word: mint.

mint

mint

C-you-around Letters

These letters start with a c and can turn into other letters, same as with print.
c, d, g, o, q

Lowercase c is the key to many common letters. It goes up to the middle, down a little drop on the same path, then goes back around to the middle of the bottom line and moves forward to connect to the next letter or make a new one. The c gets extra practice because it's the basis of so many others.

c c c

c c c

c c

c c

Practice nonsense word: ceci

ceci

ceci

C-you-around Letters

These letters start with a c and can turn into other letters, same as with print..

a, c, d, g, o, q

Start with c, then go to the middle line and straight down on the same path and curve out at the bottom of the c ready to connect to the next letter.

a a a

a a

The d can be made with a loop or a line - whatever is easier for you. Start with a c, then go up to the top line and down again with a loop or a retrace, ready to connect to the next letter.

d d

d d

Practice words: dad and did.

dad

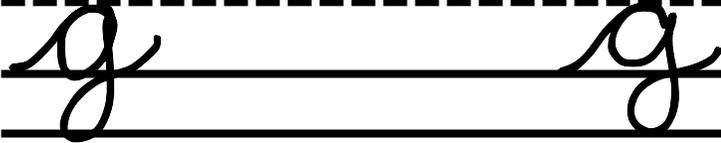
did

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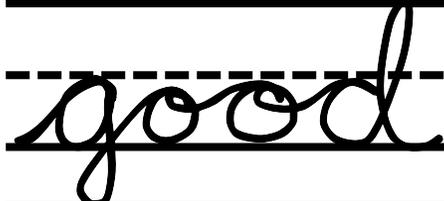
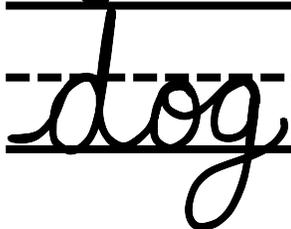
Lowercase g starts with a c, goes up to the middle and down below the bottom line to loop back and ready to go.

Two examples of the cursive lowercase letter 'g' written on a set of three horizontal lines (top solid, middle dashed, bottom solid). The first 'g' starts at the middle dashed line, loops up to touch it, then goes down to loop below the bottom solid line before returning to the middle dashed line.Two more examples of the cursive lowercase letter 'g' written on a set of three horizontal lines, identical to the previous ones.

The o starts like a c that keeps going to make a circle then loops around to connect to the next letter.

Two examples of the cursive lowercase letter 'o' written on a set of three horizontal lines. The letter starts at the middle dashed line, forms a circle that touches the middle dashed line at the top and the bottom solid line at the bottom, then loops back to the middle dashed line.Two more examples of the cursive lowercase letter 'o' written on a set of three horizontal lines, identical to the previous ones.

Practice words: good and dog.

The word 'good' written in cursive on a set of three horizontal lines. The 'o' is connected to the 'd'.The word 'dog' written in cursive on a set of three horizontal lines. The 'o' is connected to the 'g'.

C-you-around Letters

These letters start with a c and can turn into other letters, same as with print..

a, c, d, g, o, q

Lowercase q starts with a c, goes up to the middle and down below the bottom line where it bounces back to the bottom line.

q q

q q

Practice word: quit

quit

quit

Practice word: quiet

quiet

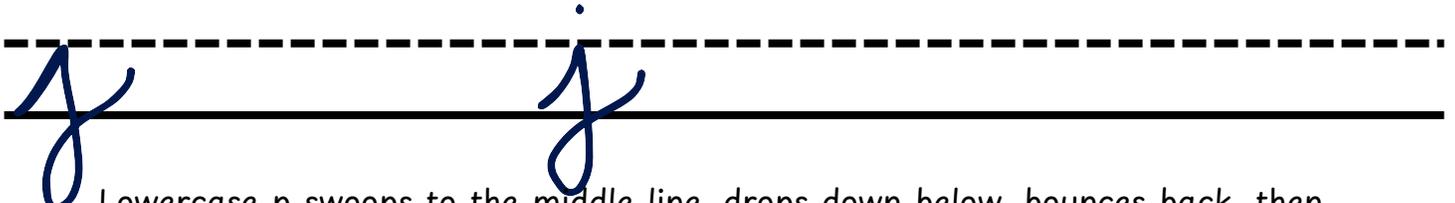
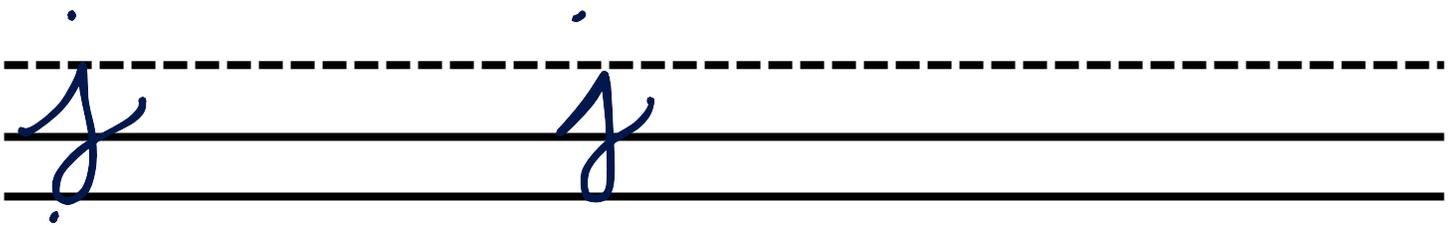
quiet

Do Your Thing Letters

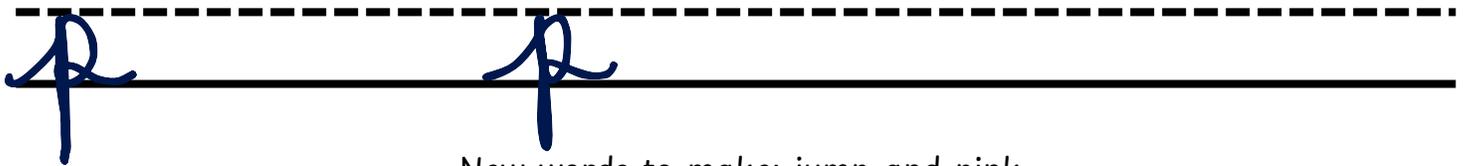
These letters have a funky but functional pattern.

j, p, r, s, x, y, z

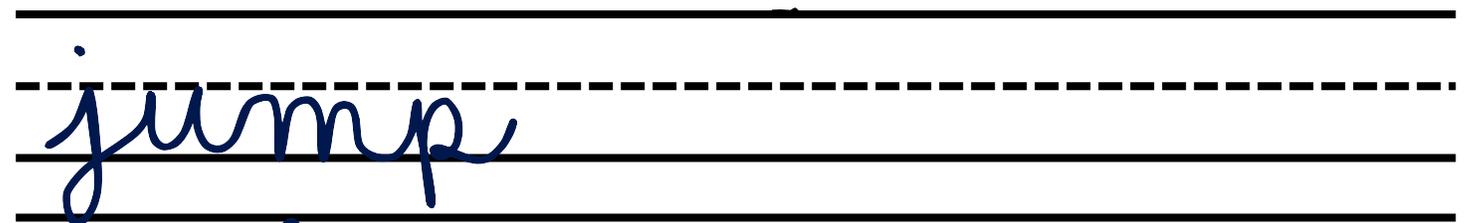
Lowercase j goes up, drops down to swim with the fishes, then loops back to the bottom line to start the next letter. Don't forget to dot the top.



Lowercase p swoops to the middle line, drops down below, bounces back, then loops back around and bounces off the bottom to connect to the next letter.



New words to make: jump and pink.



Do Your Thing Letters

These letters have a funky but functional pattern.

j, p, r, s, x, y, z

Lowercase r makes a roof. It goes up to the middle, slopes down just a touch, then drops back down.

The s sails like a little boat. It swoops to the middle, then rounds back down to the bottom and swoops with a loop back out to catch the next letter.

New words to make: rose and sing.

Do Your Thing Letters

These letters have a funky but functional pattern.

j, p, r, s, x, y, z

Lowercase x is a 2 part letter. You make a swoop from the bottom to the middle to the bottom, then at the end of the word go back and cross it the other way.

The y starts like a u, but swoops down and loops back around to the bottom line.

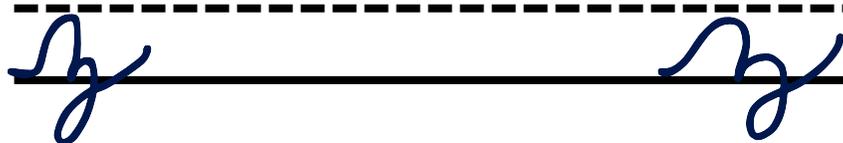
New words to make: fix and yes.

Do Your Thing Letters

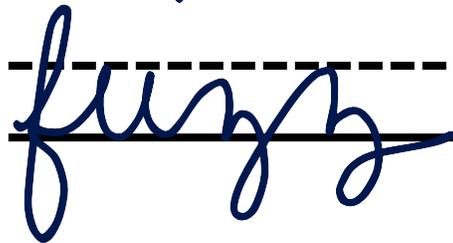
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j, p, r, s, x, y, z

Letter z swoops up to the top then bumps down, bumps again, and loops around at the bottom.



New words to make: zip and fuzz.



New words to make: pizza and quiz



Lowercase s practice

swoop

curious

boos

ghost

whoosh

prose

suppose

close

Lowercase practice

jambalaya gumbo

pudding cup

mystery novel

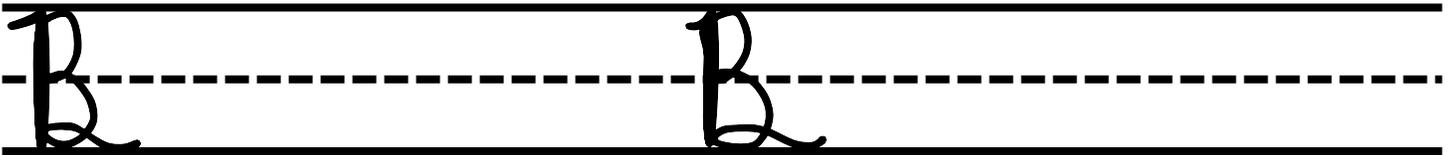
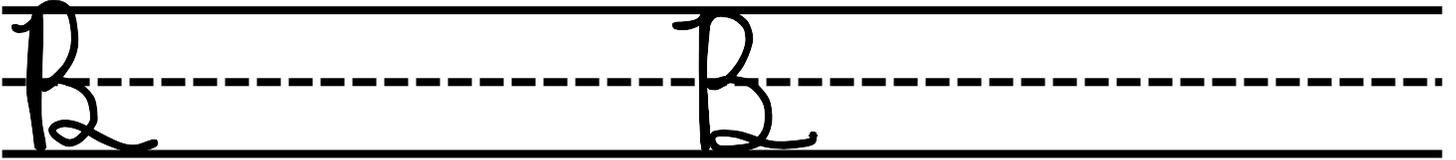
bananas in pajamas

Copycat Capitals

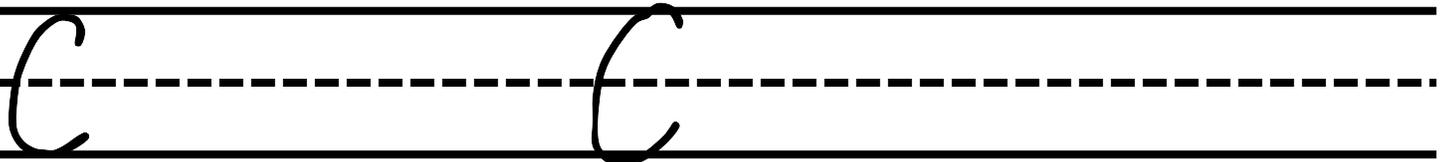
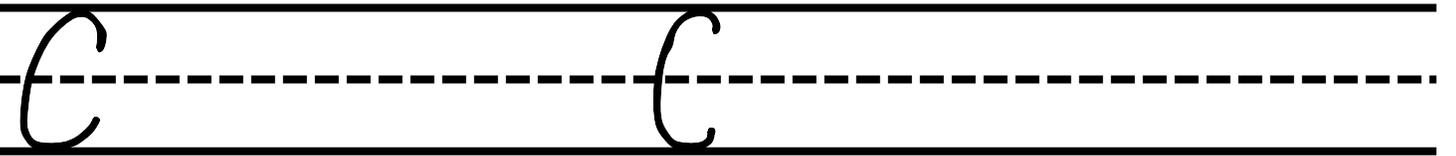
These cursive capitals are similar to their print counterparts.

B, C, D, E, H, K, M, O, P, R, T, U, V, W, X, Y

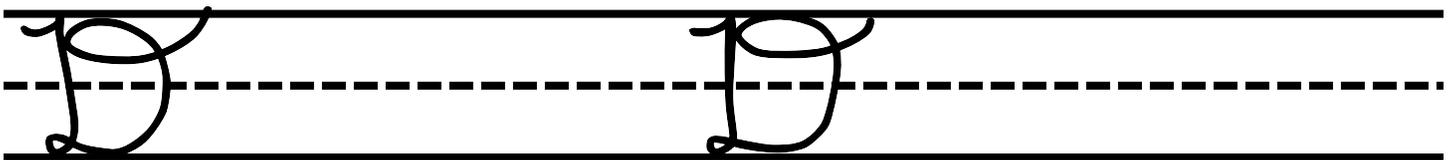
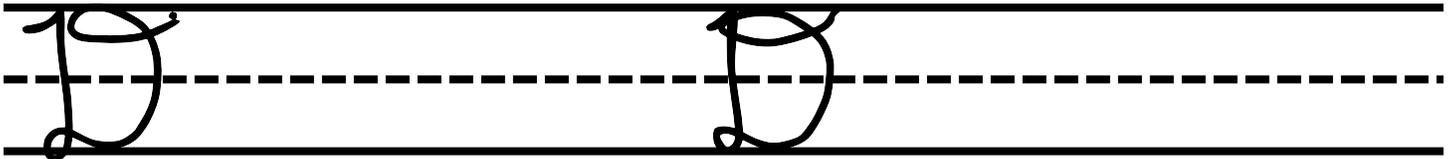
B starts at the top, drops down and bounces back to bumpity-bump then loop to start the word.



C is just a little curvier than print C, with a slight angle so it's ready to connect.



D dives down, loops around, and swoops to the top and loops back out, like a little hat.

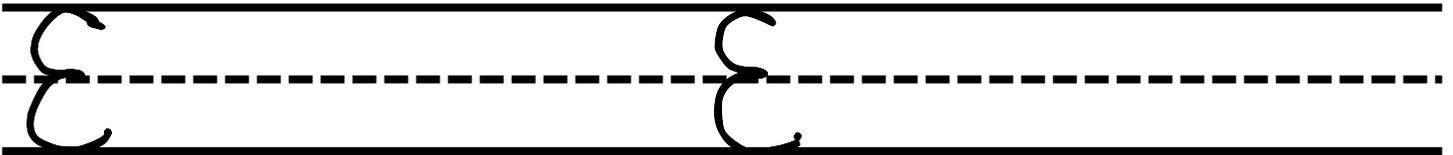


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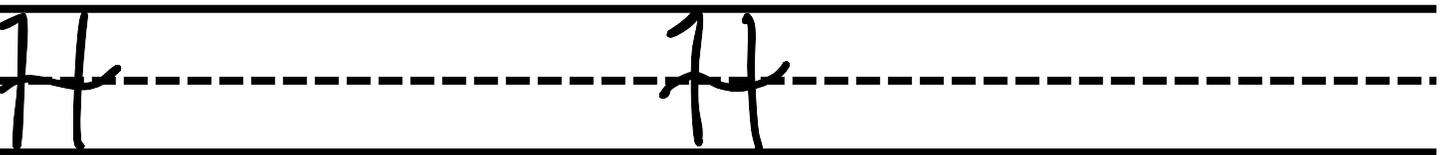
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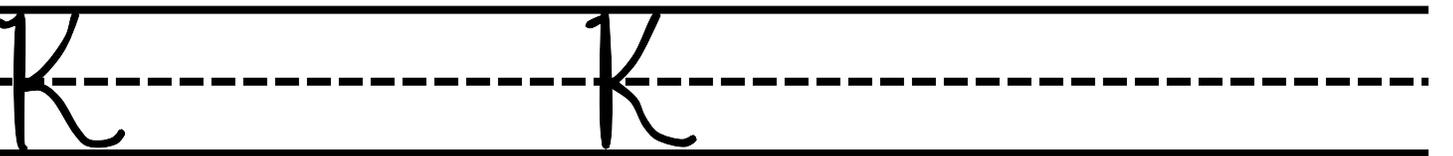
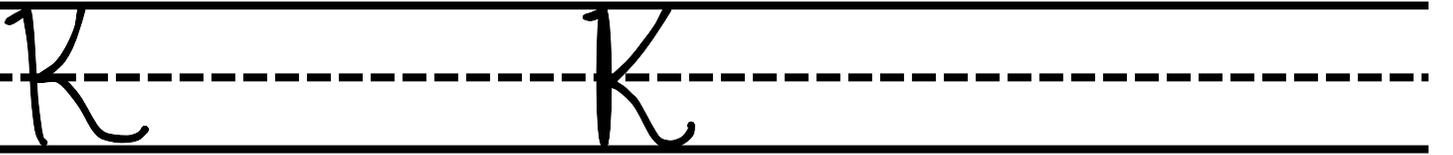
E easily bumps with a c shape to the middle and the bottom, nice and smooth.



H is 2 lines down with a little bump to start, a connecting line on the 2nd, then a line across the middle.



K is a line with a bump to start, then a kick in and back out, ready to connect.

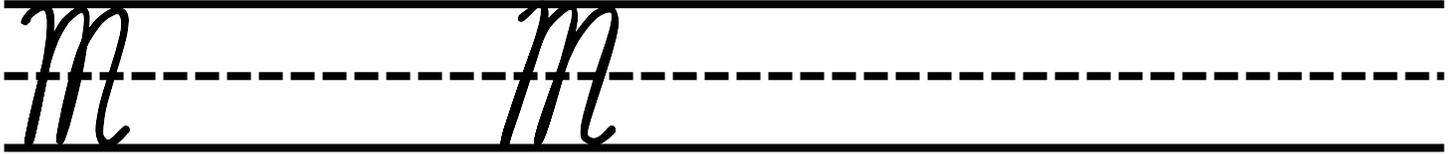


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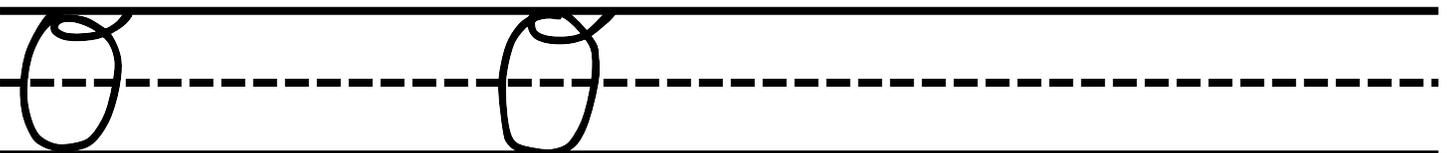
These cursive capitals are similar to their print counterparts.

B, C, D, E, H, K, M, O, P, R, T, U, V, W, X, Y

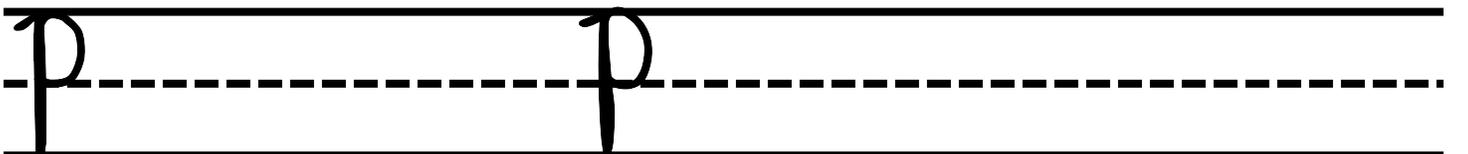
M is a rounded version with 2 rainbows and a tail ready to connect.



O starts like print and adds a swoopy hat.



P starts with a little bump, bounces back up and around, then makes a bump for the top like print.



Copycat Capitals

These cursive capitals are similar to their print counterparts.

B, C, D, E, H, K, M, O, P, R, T, U, V, W, X, Y

R starts with a little line, drops down, bounces up, bumps around and kicks out, ready to connect.

T is a swoopy top with a drop down and a little tail back towards the start of the letter.

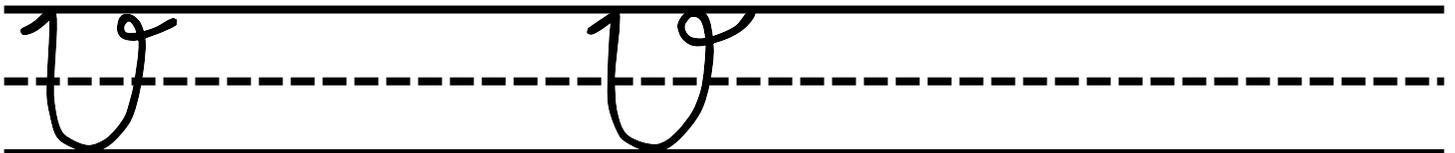
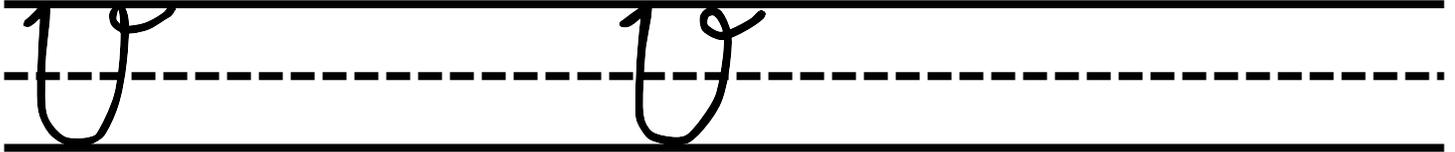
U starts with a little line, then is a soft version of print with a large smile.

Copycat Capitals

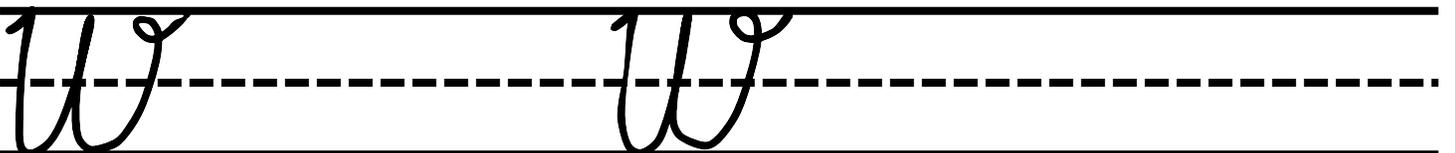
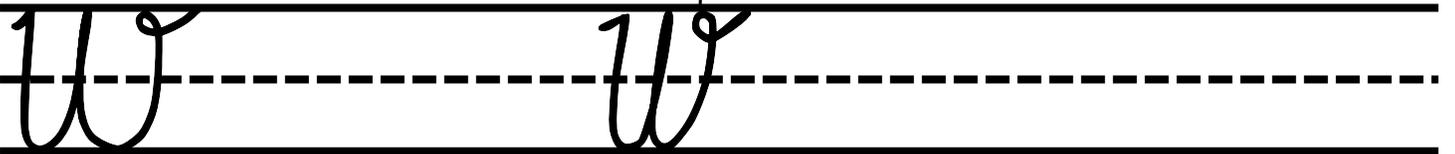
These cursive capitals are similar to their print counterparts.

B, C, D, E, H, K, M, O, P, R, T, U, V, W, X, Y

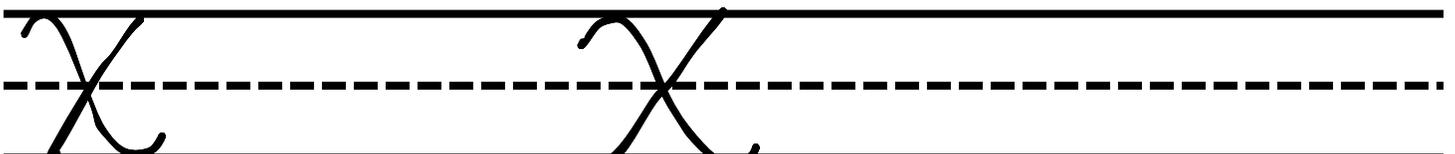
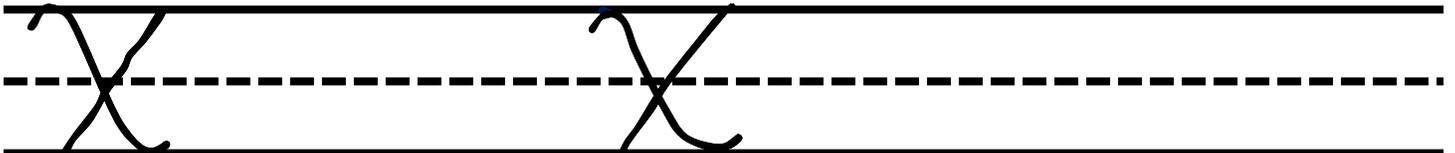
V is the swoopy version of itself with a little loop at the end.



W is also swoopy, making soft curves at the bottom with a little loop at the top.



X is a swoopy line going top left to bottom right, ready to connect, then a straight line crossing at a diagonal at the end.

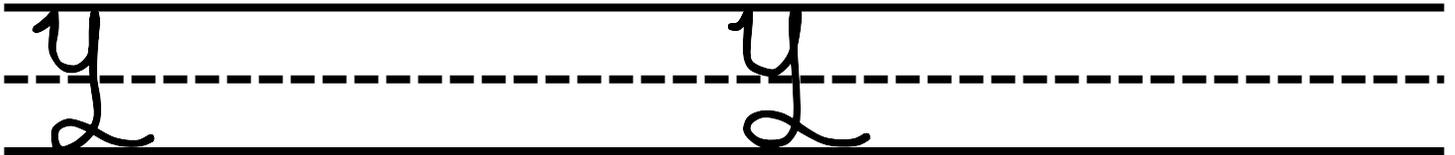
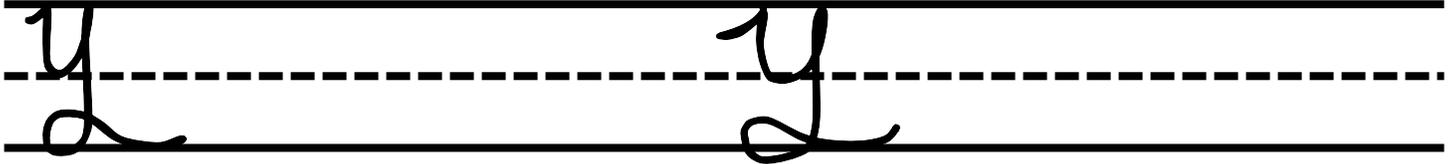


Copycat Capitals

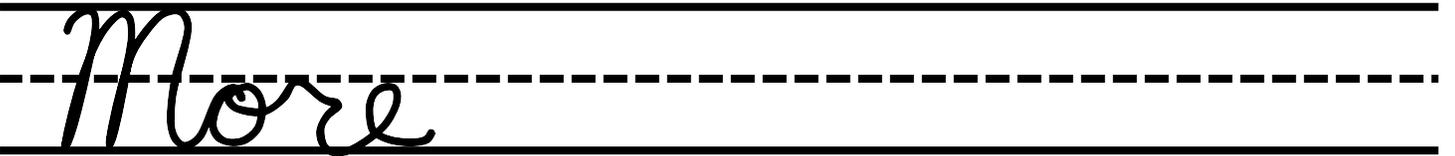
These cursive capitals are similar to their print counterparts.

B, C, D, E, H, K, M, O, P, R, T, U, V, W, X, Y

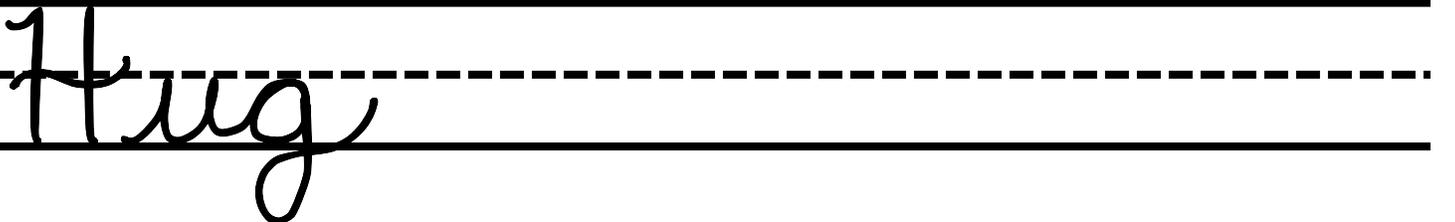
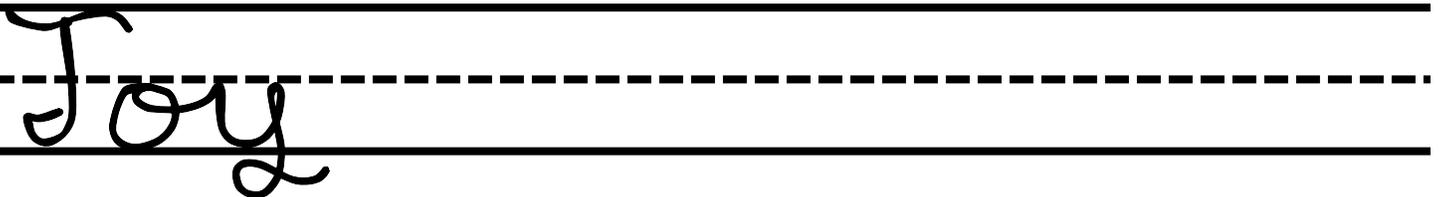
Y is like lowercase and swoops with a smile, then drops down and loops back toward the front, looping back and getting ready to connect.



Practice words: Yes and More.



Practice words: Toy and Hug.



Lowercase Lookalikes

These cursive capitals match their lowercase cursive counterparts.

A, N, Z

A starts at the top without a swooping line in and matches lowercase a.

A A

a a

N starts at the top with a small swoop then bounces over, ready to connect.

N N

n n

Z is an oversized version of lowercase z, starting near the top.

Z Z

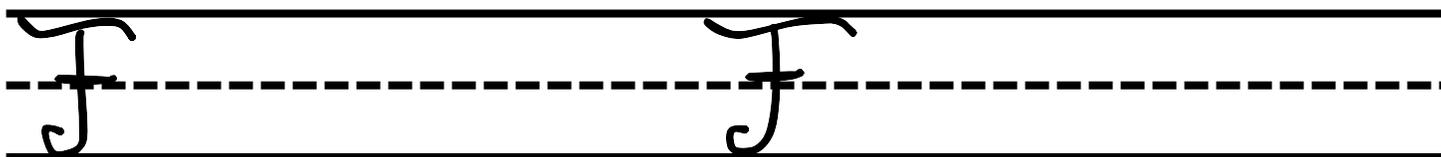
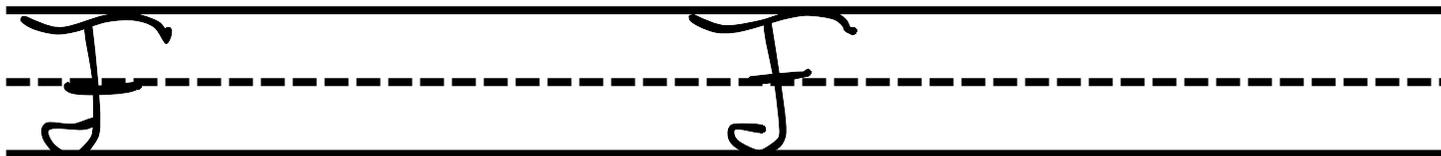
z z

Funky Formations

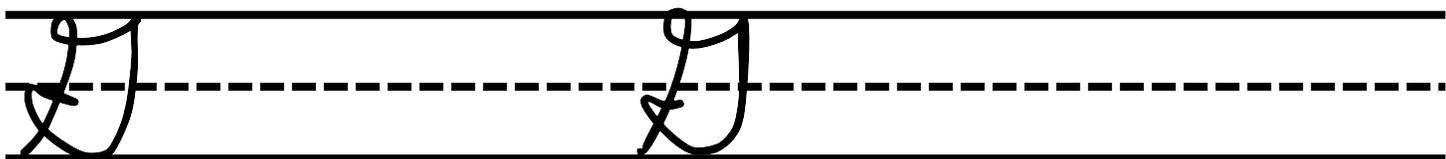
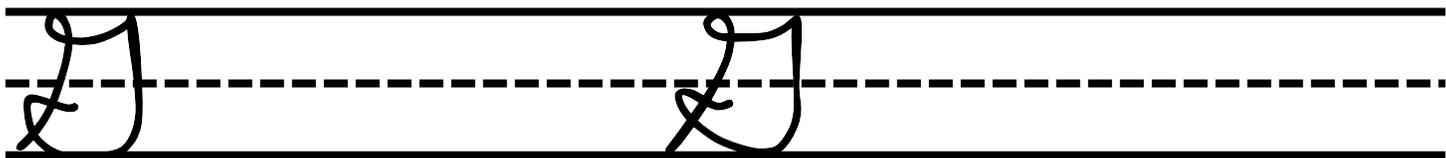
These uppercase letters have a motor plan all their own.

F, G, I, J, L, Q, S

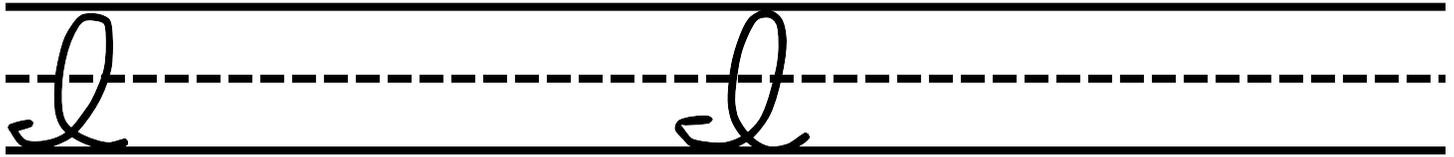
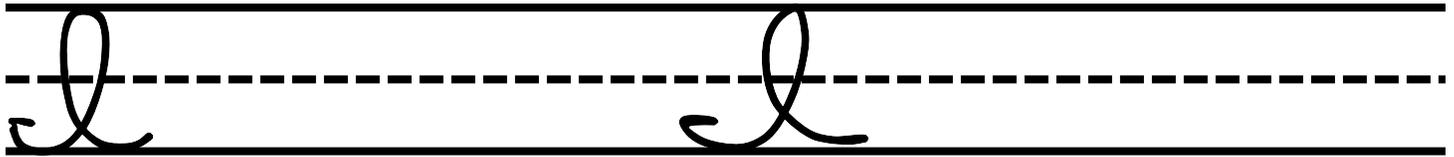
F is like uppercase T with an extra line in the middle to tell it apart.



G starts at the bottom, goes to the top, makes a little loop and swoops to the right, then drops down and back around to end with a little line.



I starts with a small line going back to the start, loops up to the top, then goes down, ready to connect.

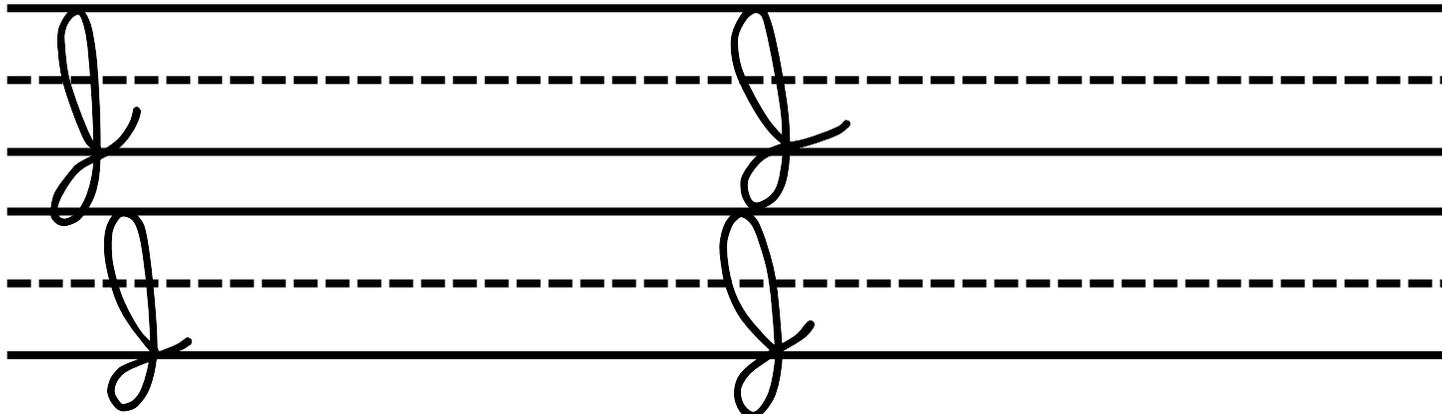


Funky Formations

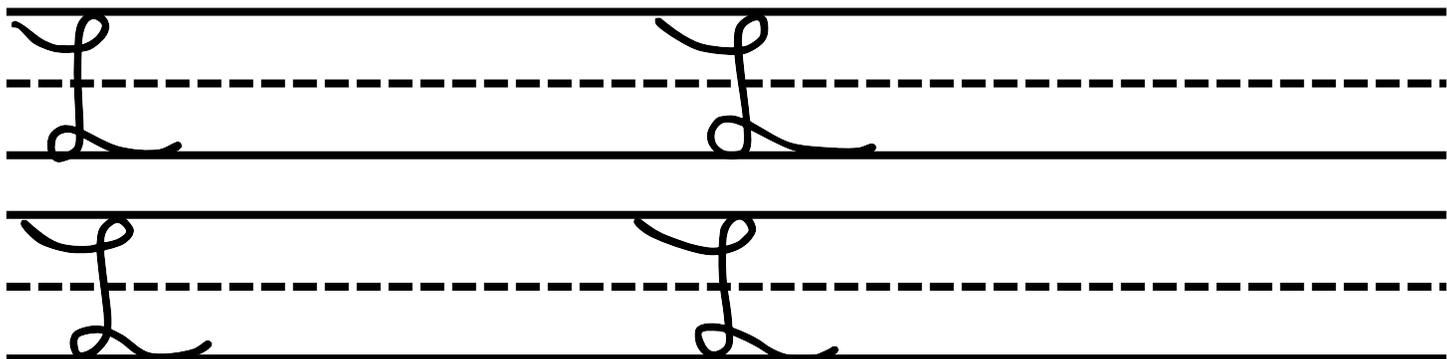
These uppercase letters have a motor plan all their own.

F, G, I, J, L, Q, S

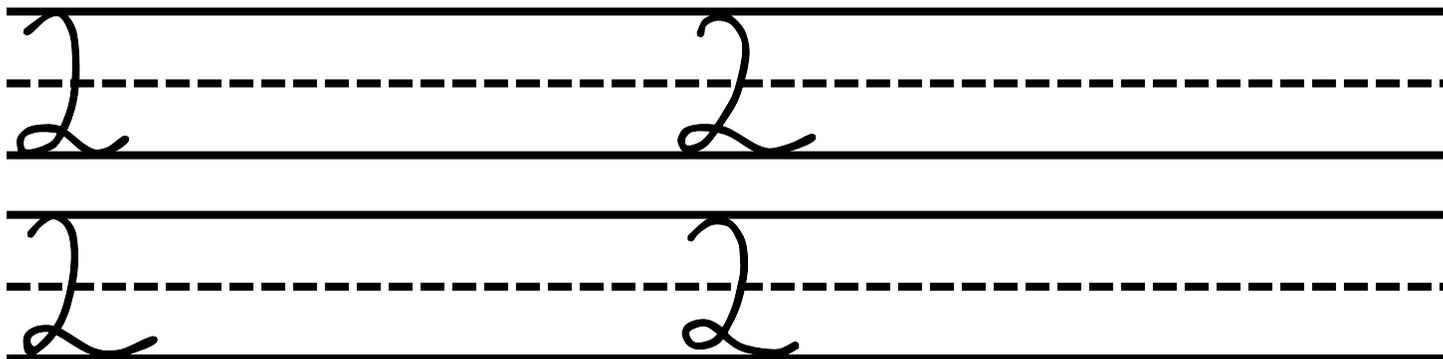
J loops to the top towards the left, drops down to the bottom, then swoops back to the right, ready to connect.



L loops from the left to the right, drops straight down to the bottom, then makes a little loop and extends out.



Honestly, uppercase Q looks like a 2 with a little loop at the bottom.

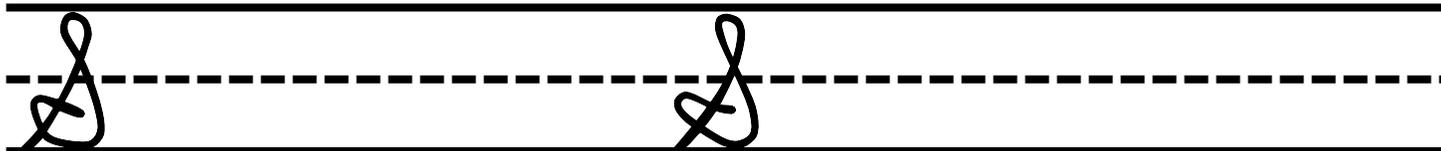
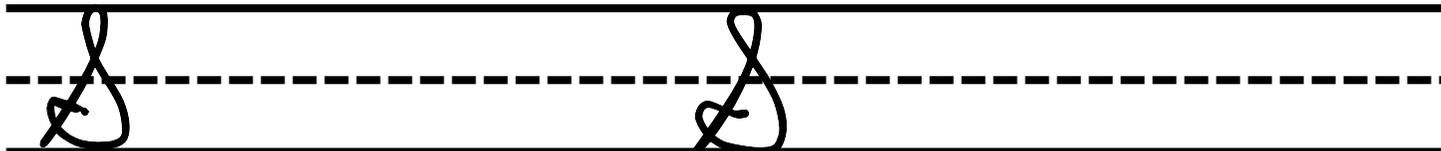


Funky Formations

These uppercase letters have a motor plan all their own.

F, G, I, J, L, Q, S

S starts at the bottom and angles forward, making a little loop, then swoops down the front and ends with a little line back where it started.



Practice words: Love and Jump.

Love

Jump

Practice words: Quit and Good.

Quit

Good

Putting It Together

Practice sentences to put it all together.

The best is yet to come.

The best is yet to

come.

Rosie loves spicy food.

Rosie loves spicy

food.

Putting It Together

Practice sentences to put it all together.

Curiosity killed
the cat, but
satisfaction
brought him back.

Blank handwriting practice lines consisting of four sets of solid top and bottom lines with a dashed midline.