



Lighted Lanterns

A Catholic Language Arts Program

Handwriting Practice

Student Name: _____

School Year: _____



Book 1



"Good example is the most efficacious apostolate. You must be as *lighted lanterns* and shine like brilliant chandeliers among men. By your good example and your words, animate others to know and love God."

~ *St. Mary Joseph Rossello*



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~ INTRODUCTION ~

Welcome to the Lighted Lanterns Handwriting Program!

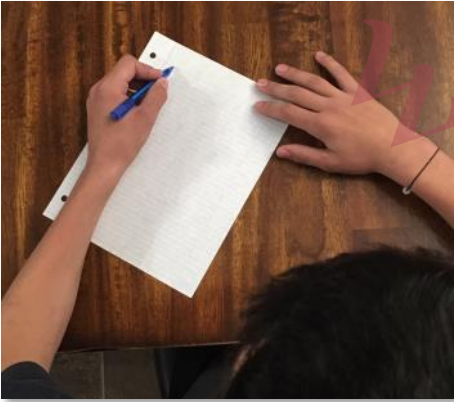
In this program, we are using a letter-sizing method that some occupational therapists recommend: using the concept of size 1, size 2, and size 3 letters. Every letter and number falls into one of these categories. They say that when the child focuses on the proper placement of their letter lines — making sure they touch the correct lines — neatness naturally falls into place.

Along with this, we are introducing a "Sticks 'n Stones" spacing concept: skinny stick spaces between letters and big stone spaces between words.

The beginning manuscript and cursive books will be just that: for beginners, with the focus on individual letters and basic words. The manuscript and cursive books that follow will use quotes from saints or other persons that help to build character and encourage a virtuous life, while improving handwriting skills.

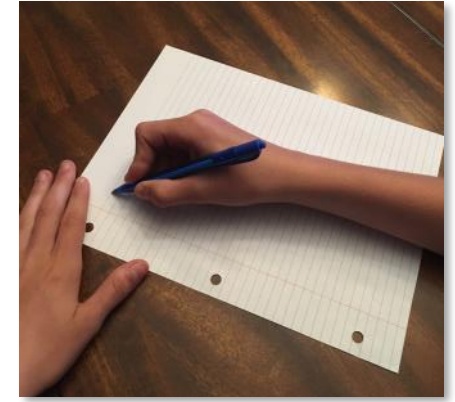


Correct Writing Positions



The Tripod Hold

Hold the pen between the index finger and thumb, and then rest it on the first knuckle of the middle finger. This tripod hold creates a triangle that supports the pen.



Tips:

Both: Sit up straight and tall so you don't hurt your back or cause bad posture issues. Put your feet flat on the floor.

Right handers:

Slant paper at the same angle as your right arm.

Hold paper or book with your left hand.

Left handers:

Place paper to the left of the middle of your body.

Tilt the paper so that the top right corner is toward you, and your arm is at a right angle to the bottom of the page.

Grip pencil about 1 inch from the tip so you can see what you're writing.

Keep your wrist straight and your hand under your writing to avoid ink marks on your hand.

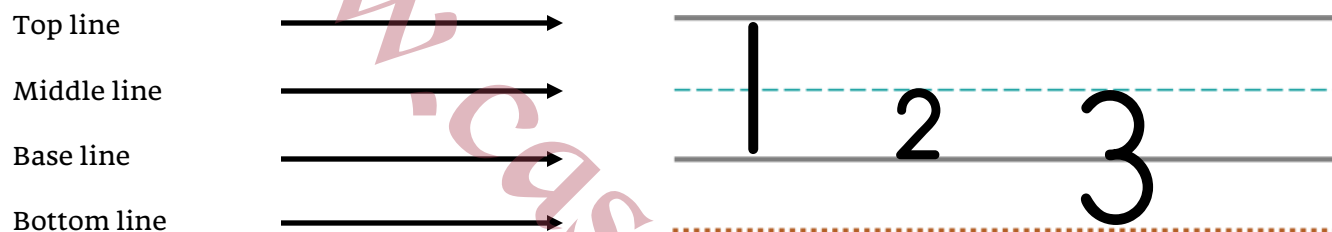


Letter Sizes

All letters and numbers belong somewhere in one of the three letter sizes.

Focus on the letter size to help yourself improve your handwriting.

The goal is to make sure all letter lines TOUCH the writing lines in all the RIGHT PLACES.



Size 1 letters touch the top line and bottom line — also known as the “baseline.” All capital letters are size 1. Numbers should be size 1 as well.

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 0 1 2 3 4 5 6 7 8 9

The following lower case letters are Size 1:

b d f h k l t

Size 2 letters only touch the baseline and the middle line. The following lower case letters are size 2:

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

Size 3 letters touch from the middle line to the very bottom line. The following lower case letters are size 3:

g j p q y



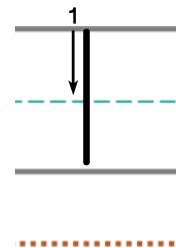
LESSON 1 — |

lion



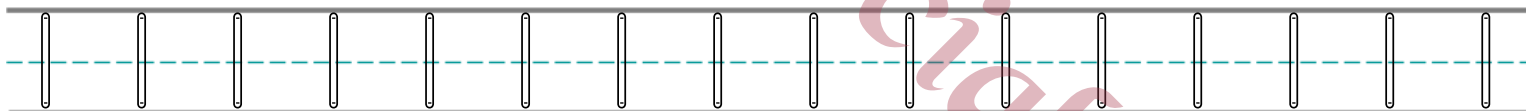
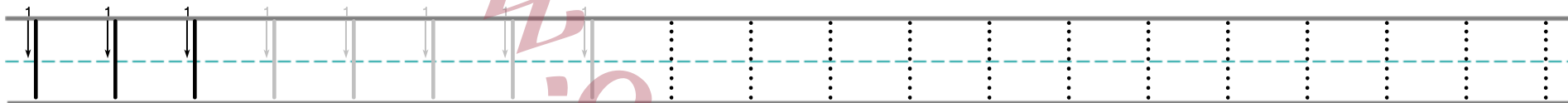
The letter | is a size 1 letter.

It touches both the top line and the base line.



lamp

TRACE THE LETTERS.



****CHECK YOUR WORK****

Do your letters touch *both* the **top line** and the **base line**?

If not, go back and fix them!

WRITE THE LETTER | IN EACH SPACE.



PRACTICE WRITING THE LETTER | ON THE LINES BELOW.



lollypop

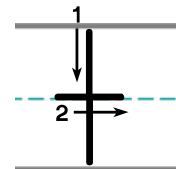


LESSON 2 - †

The letter † is a size 1 letter.

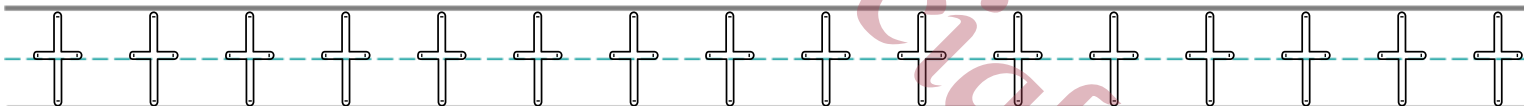
It touches both the top line and the base line.

tree



train

TRACE THE LETTERS.



****CHECK YOUR WORK****

Do your letters touch *both* the **top line** and the **base line**?

If not, go back and fix them!

WRITE THE LETTER † IN EACH SPACE.



PRACTICE WRITING THE LETTER † ON THE LINES BELOW.



turtle



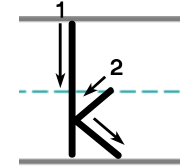
LESSON 3 — k

kite



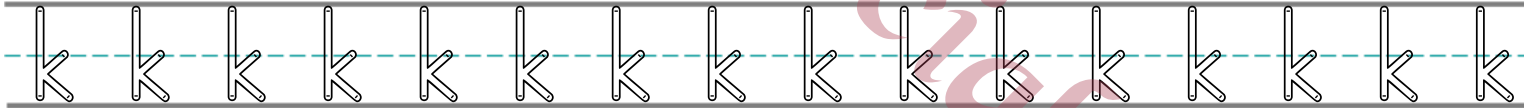
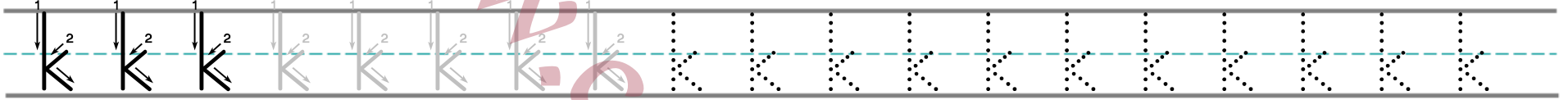
The letter **k** is a size 1 letter.

It touches both the top line and the base line.



kangaroo

TRACE THE LETTERS.



****CHECK YOUR WORK****

Do your letters touch *both* the **top line** and the **base line**?

If not, go back and fix them!

WRITE THE LETTER **k** IN EACH SPACE.



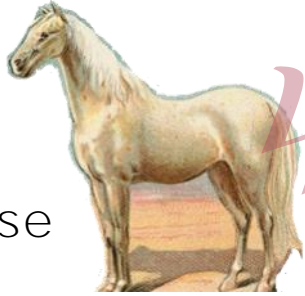
PRACTICE WRITING THE LETTER **k** ON THE LINES BELOW.



key



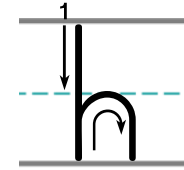
LESSON 4 - h



horse

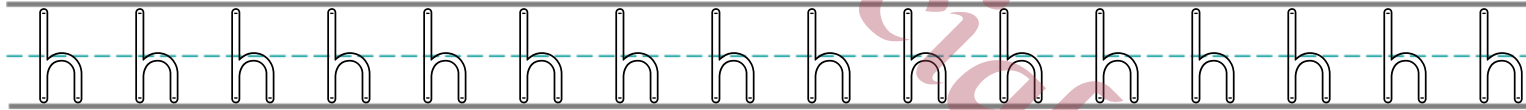
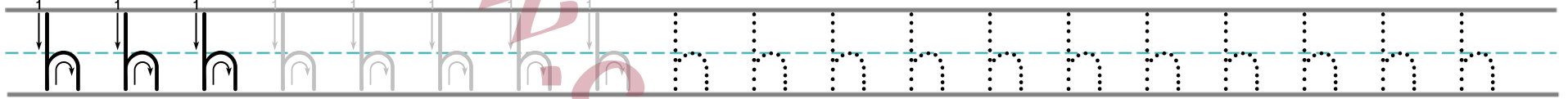
The letter h is a size 1 letter.

It touches both the top line and the base line.



halo

TRACE THE LETTERS.



****CHECK YOUR WORK****

Do your letters touch *both* the top line and the base line?

If not, go back and fix them!

WRITE THE LETTER h IN EACH SPACE.



PRACTICE WRITING THE LETTER h ON THE LINES BELOW.



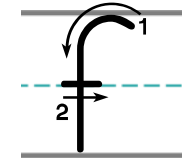
LESSON 5 - f



frog

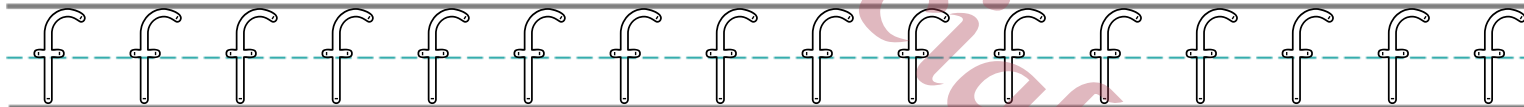
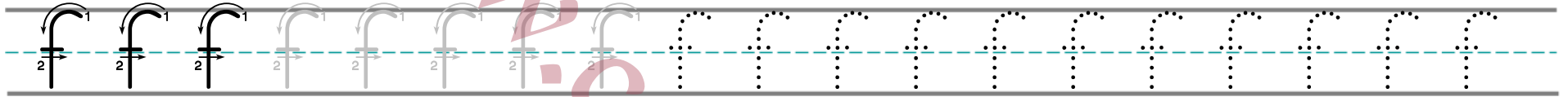
The letter f is a size 1 letter.

It touches both the top line and the base line.



fly

TRACE THE LETTERS.



****CHECK YOUR WORK****

Do your letters touch *both* the **top line** and the **base line**?

If not, go back and fix them!

WRITE THE LETTER f IN EACH SPACE.



PRACTICE WRITING THE LETTER f ON THE LINES BELOW.



fish

