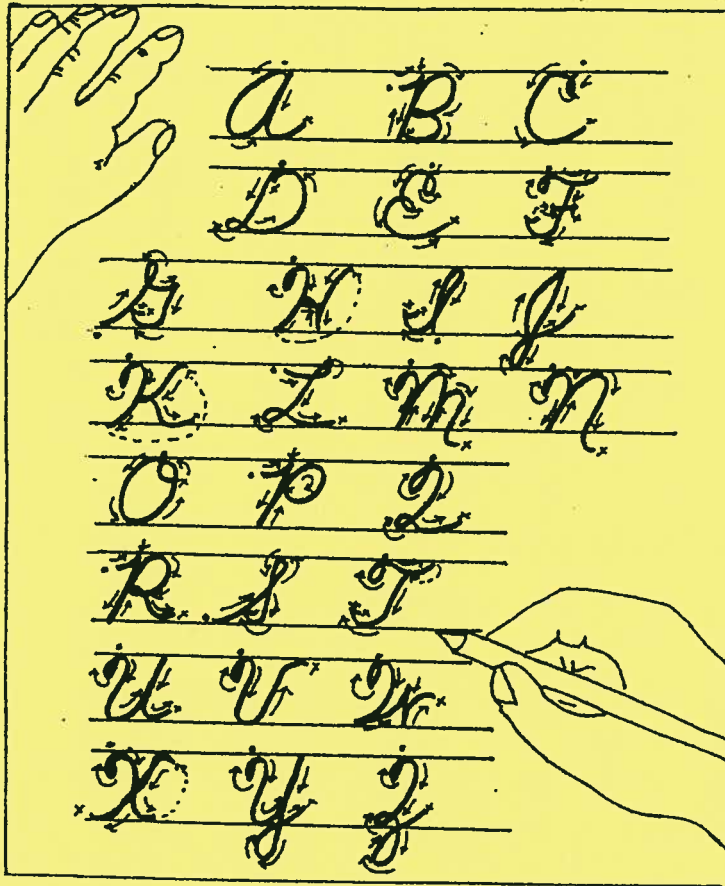


Handwriting Grade 3

Name: _____

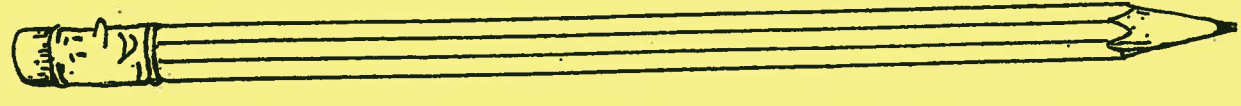


I can write legibly to that others can read my written work.

- 4 - Work is EXCELLENT at grade level and provides in-depth understanding.
- 3 - Work is PROFICIENT at grade level and provides solid understanding.
- 2 - Work is ADEQUATE at grade level and provides basic understanding.
- 1 - Work is LIMITED at grade level and provides limited understanding.

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Dear Students,

I wrote this book to help you learn an easy and neat way to write in cursive. After you learn the basics in this book, you'll gradually evolve your own personal style. Practice slowly and your speed will develop. Have fun and enjoy the book.

Jan Z. Olsen

Dear Teachers and Parents,

Hi and Welcome to the Handwriting Without Tears™ method! I'm Jan Olsen, the developer of the program. I'm an occupational therapist and have specialized in handwriting since the 1970's. Handwriting Without Tears™ is the culmination of my work. It is a simple, developmentally-based method of teaching that makes handwriting easy to learn.

My interest in handwriting came from helping my own son, who had printing problems in the first grade. Since then, I have worked with thousands of children, parents, teachers and therapists to help them learn the unique benefits of the Handwriting Without Tears™ program. Teachers, parents and children find the program enjoyable and the results very satisfying.

The purpose of my work is to make handwriting available to children as an automatic, natural skill. I know that children who write well and easily do better in school, enjoy their classes more and feel proud of themselves.

Introduction to Cursive Handwriting

Cursive Handwriting teaches a clean vertical style of cursive and provides easy to follow directions.

Use fun activities like "Translating Print to Cursive" and "Silly Spelling Tests," to promote fluency and confidence.

Review cursive! Even when the workbook is completed, continue to help children improve their cursive.

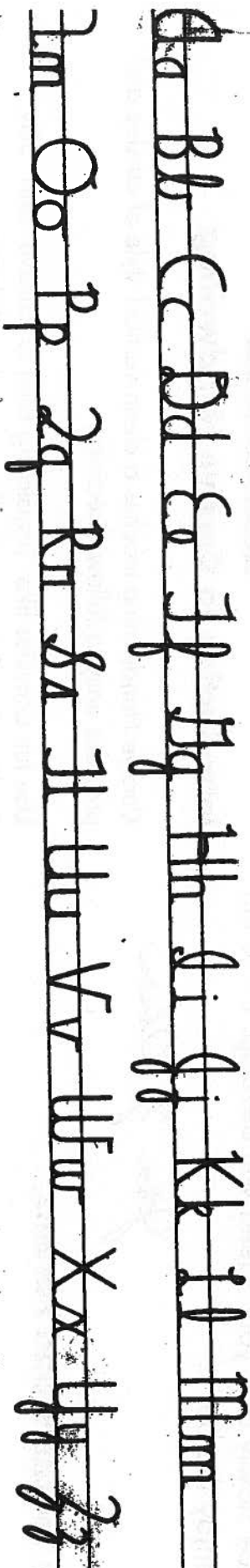
Show proper letter formation — let the child watch your hand as you write. Demonstration gives children a terrific advantage.

If you watch your students write, and regularly check and coach letter formation, they will write comfortably and neatly.

Valuable extra pages are provided for capital letters and additional sentence practice.

Each new letter learned is put into immediate use and reviewed continuously.

Handwriting Without Tears™ Cursive Alphabet



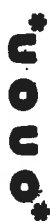
Pre-Cursive Exercise

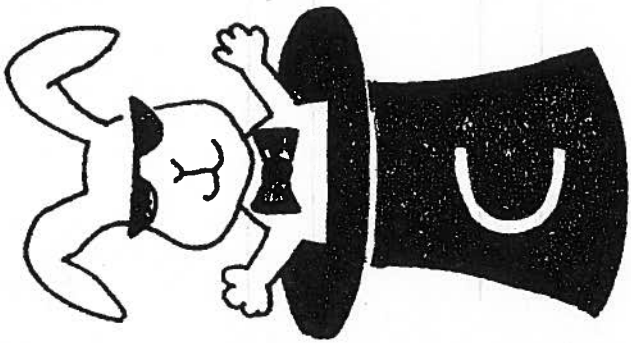
The ability to change directions during a stroke is necessary for cursive. The very first lesson, joining the letter c to another c requires changing from an "under curve" (like a smile) to an "over curve" (like a rainbow). This exercise gets children ready for that lesson and following lessons.

Start at the *

Draw a line under the U and over the O

Stop at the *

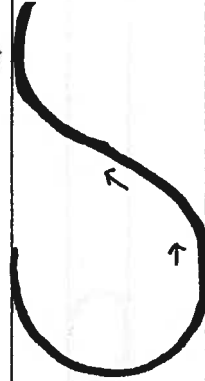




Hi! I'm the Magic c Bunny, here to help you start cursive.



Magic c
bump the line

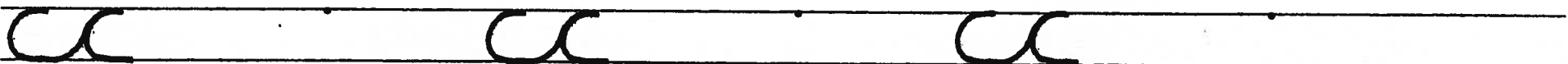


travel on the line
slide up and over



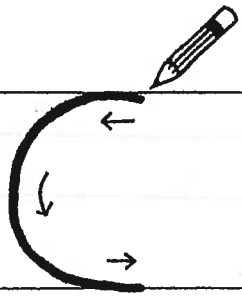
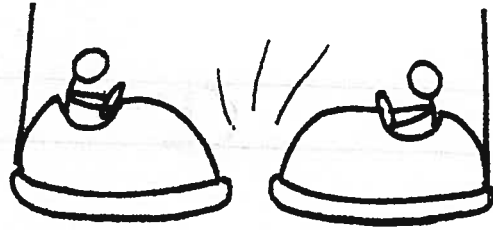
come back
make a new c

Throughout this workbook, copy each model only one time.





Be sure to bump your lines!



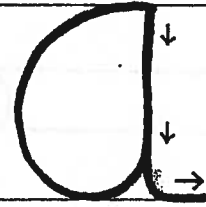
Magic c
bump the line



up
like a



bump



back down
bump
travel away

Throughout this workbook, copy each model only one time.

a a a

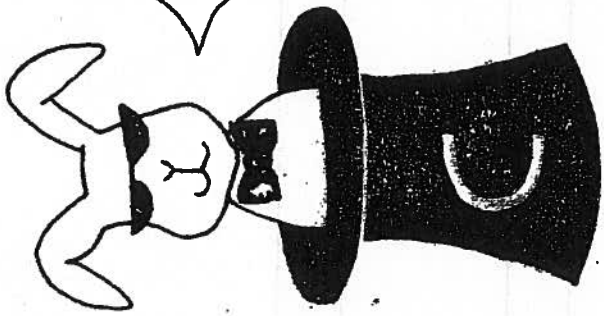
ac ac ac

aa aa aa

cc cc cc

ca ca ca

ca ca ca



Be ready to pretend you are sliding down a firepole.

Hang on!



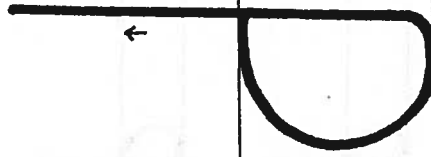
Magic c

up

like a



up higher



slide down

bump

travel away





Left-handed? This book is left-hand friendly! The columns are the same. Just look to the right as you copy. You can see what to write.

d d d

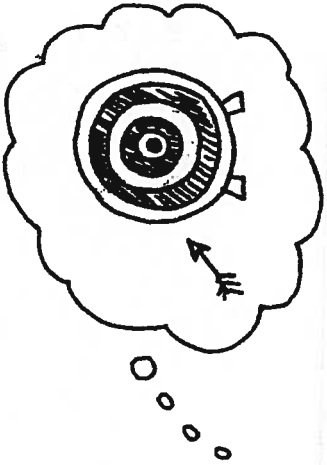
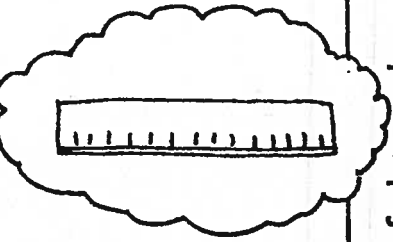
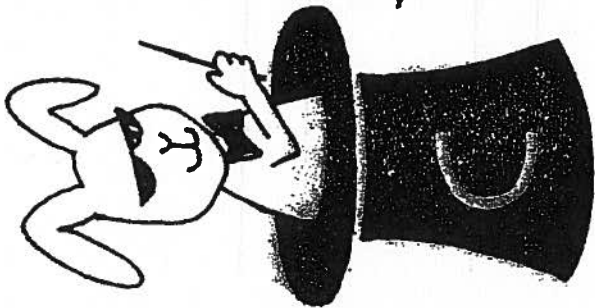
dc dc dc

da da da

dad dad dad

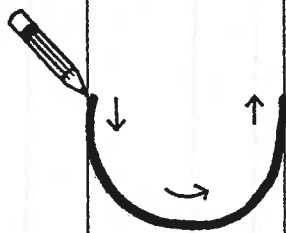
ad ad ad

add add add



Think of this ruler. It will help you make a straight line.
When you turn, aim for the corner.

g is g

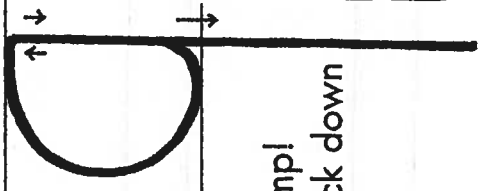


Magic c

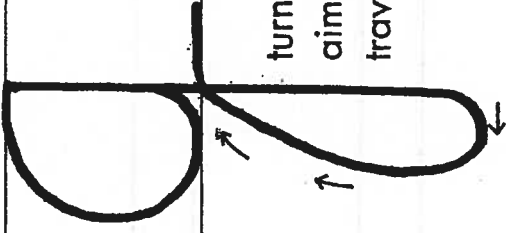
up
like a



bump!
back down



turn and
aim for corner
travel



Copy each model only one time.

g

g

g

g

gc

gc

ga

ga

gd

gd

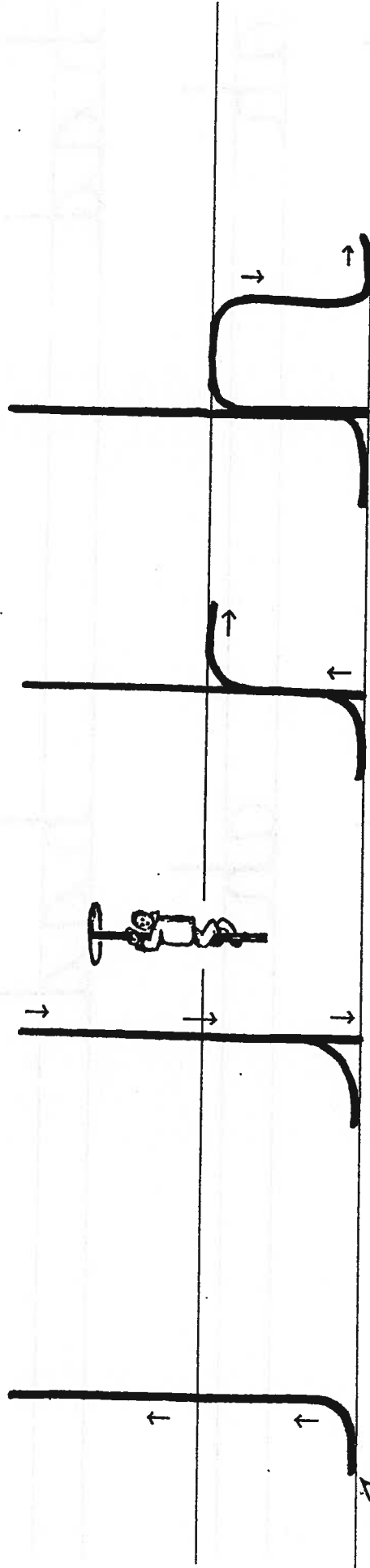
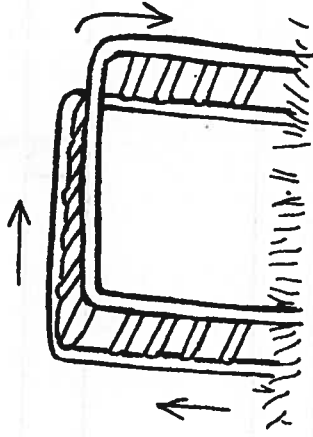
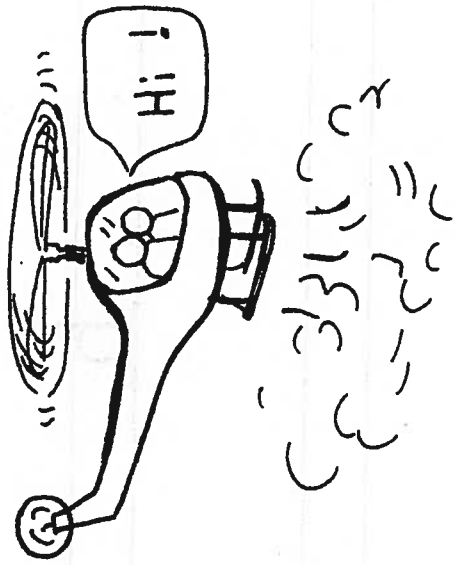
gad

gad

gag

gag

Can you climb up + over + down?



travel, then
up like a



slide down
bump

climb back up
and over

and down
travel away

Copy each model only one time.

h h h

ha ha

had had

ah ah

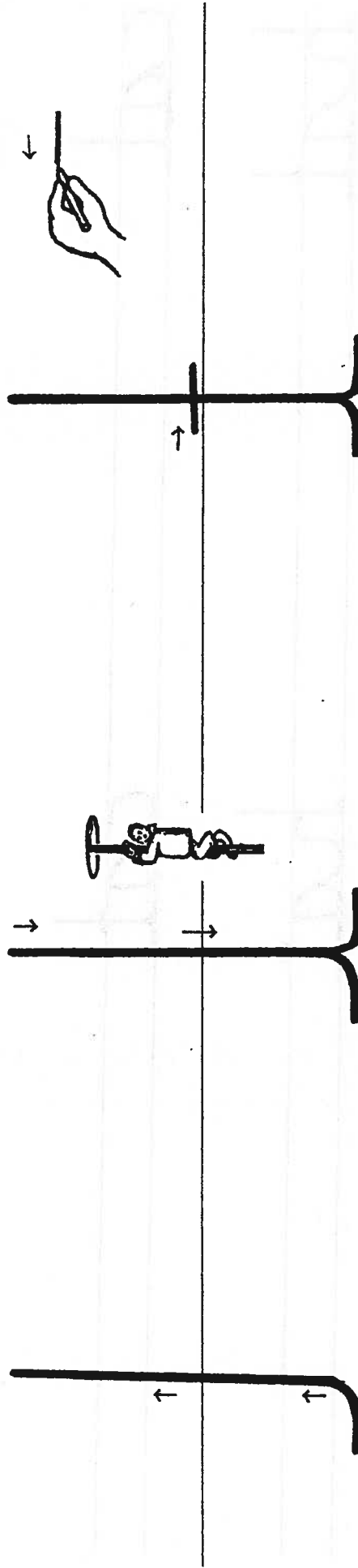
hay hay

cha cha

Watch out! t can turn into A
Keep your legs together!



Left-handed?
You may cross this way.



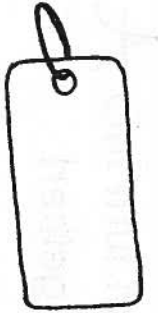
travel, then
up like a



slide down
bump
travel away

cross

Wait until the end of the word to cross the t.



tag



cat

Handwriting practice lines for the word 'tag'. The word is written in cursive on the first line. The second line is blank for practice.

Handwriting practice lines for the word 'cat'. The word is written in cursive on the first line. The second line is blank for practice.

Handwriting practice lines for the word 'hat'. The word is written in cursive on the first line. The second line is blank for practice.

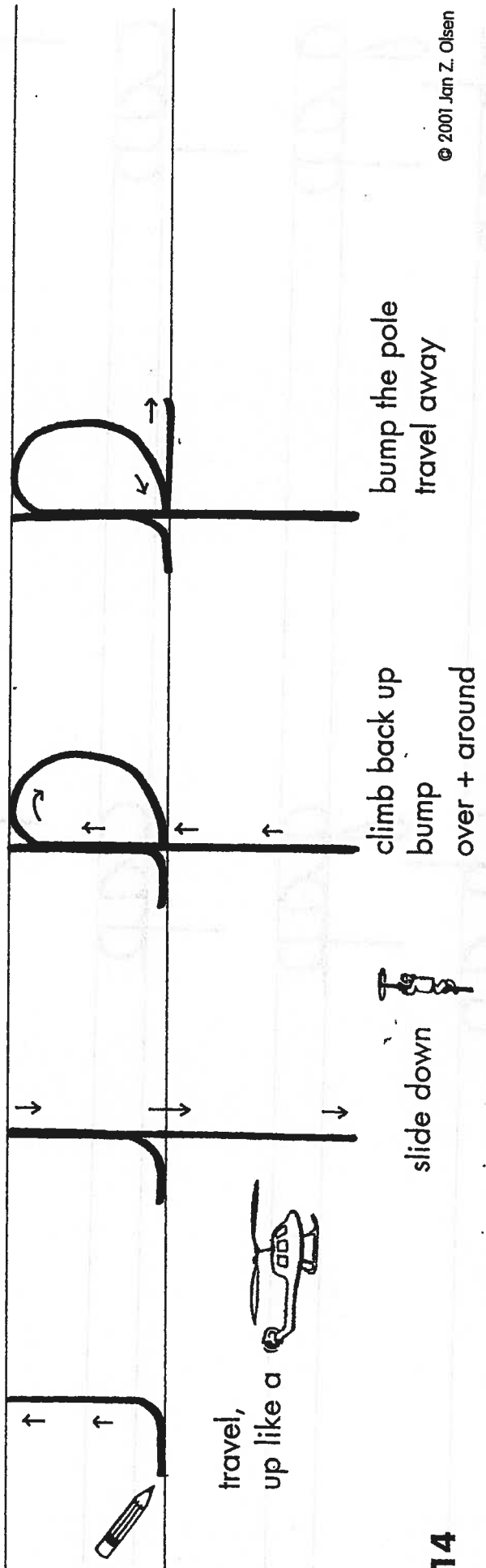
Handwriting practice lines for the word 'tag'. The word is written in cursive on the first line. The second line is blank for practice.

Handwriting practice lines for the word 'cat'. The word is written in cursive on the first line. The second line is blank for practice.

Handwriting practice lines for the word 'hat'. The word is written in cursive on the first line. The second line is blank for practice.



Be sure to stay on the pole when you climb back up.





cap

p

p

p

p

pa

pa

pat

pat

cap

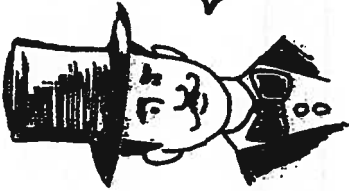
cap

gap

gap

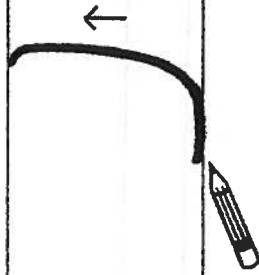
chap

chap



You may need some magic to remember

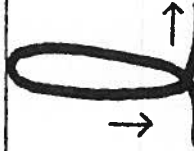
e is e



travel
then up



bump
and
turn



down
stay on your side
bump
travel away



ape

o o o o

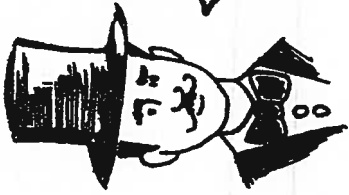
at at

oach oach

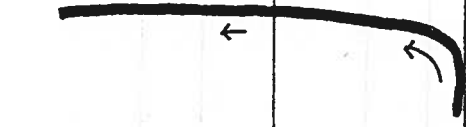
the the

ape ape

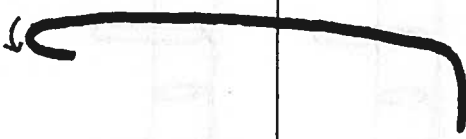
tape tape



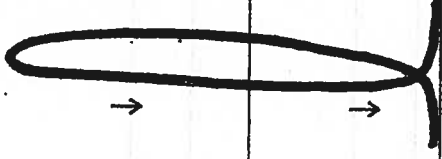
You may need some magic to remember
 I is I



travel
 then up



turn



down
 stay on your side
 bump
 travel away



l l l

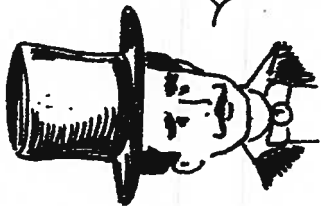
oll oll

loll loll

loll loll

loll loll

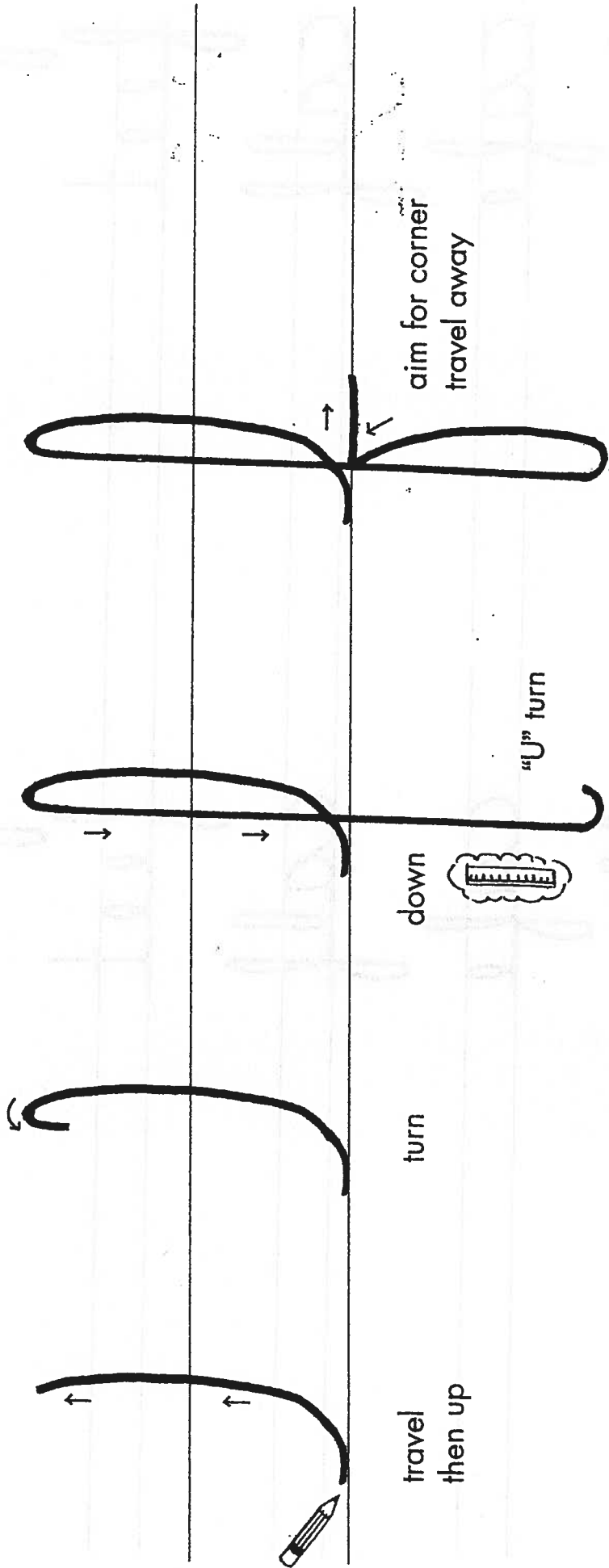
loll loll



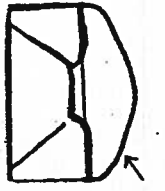
You'll need magic to remember f is *f*.



Think of this ruler. It will help you make a straight line.



Tip — Make the line as straight as a ruler.



flap



feet

f

f

f

f

ff

ff

flap

flap

flap

flap

flap

flap

flap

flap

In all "Review and Mastery" sections, copy each word below the model only one time.

a c d e f g h l

had - pad - felt

ate - late - teach - peach

all - fall - lap - flap

age - page - the - that

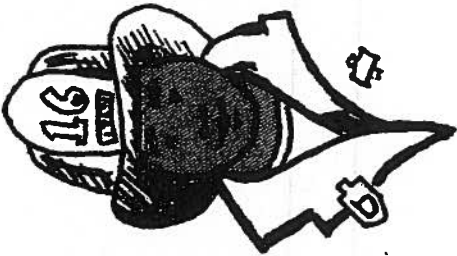
p t

cape tape = deep prep

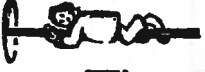
peel ball = get pet

pat cat = tall ball

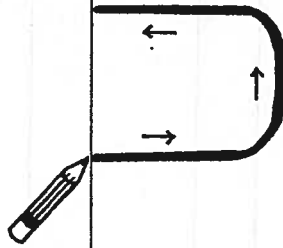
ato date = catch patch



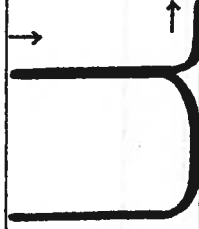
Hang on to the pole when you slide down!



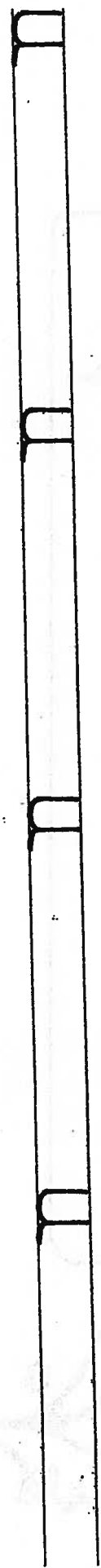
U is U



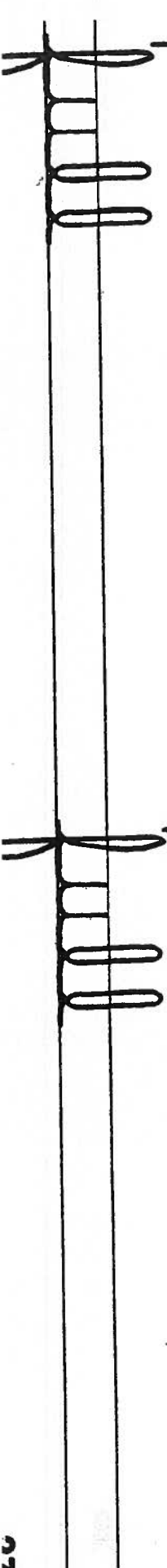
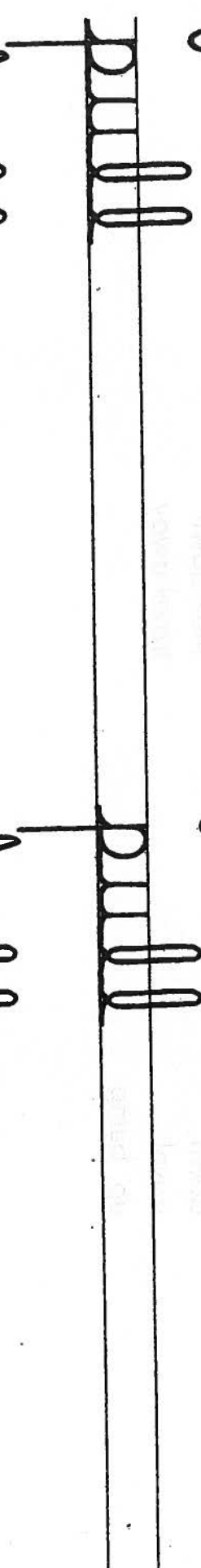
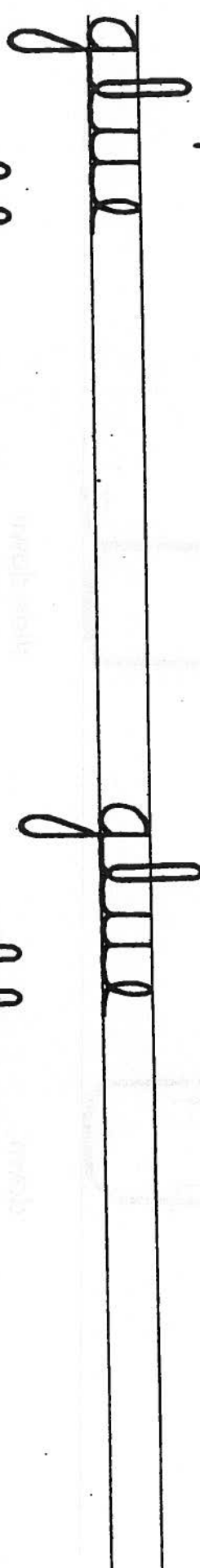
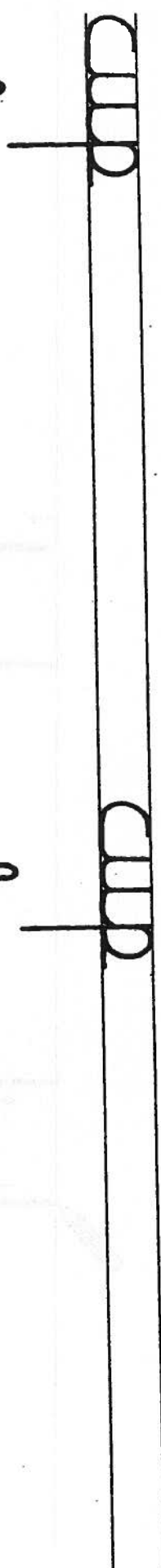
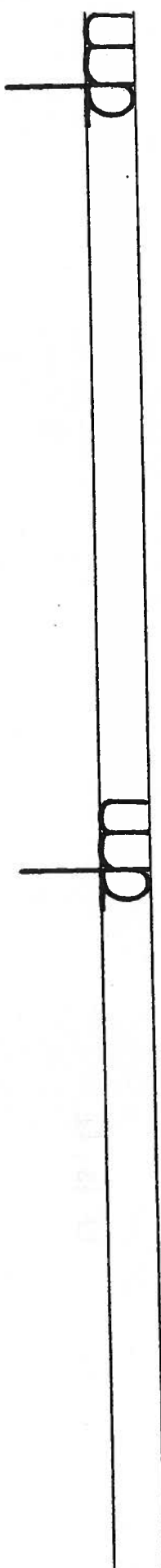
down
travel
up, bump



slide down
travel away



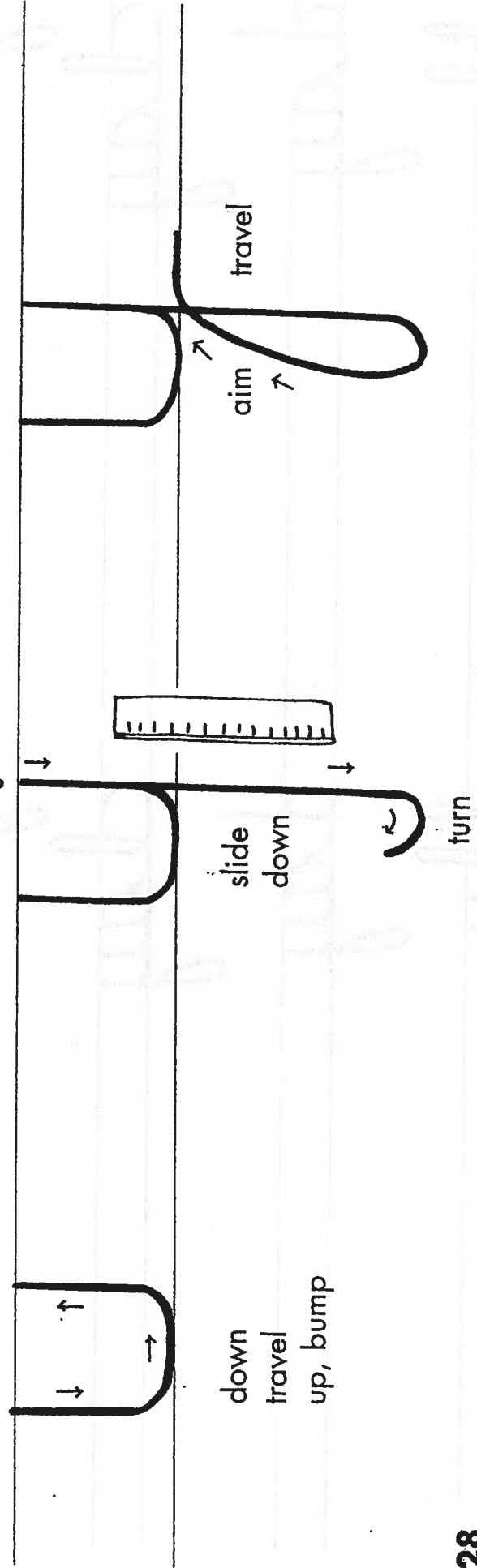
cup





Hang on to the pole when you slide down!

Y is y



Make the line as straight as a ruler.



Yell

y

y

y

y

yet

yet

yell

yell

day

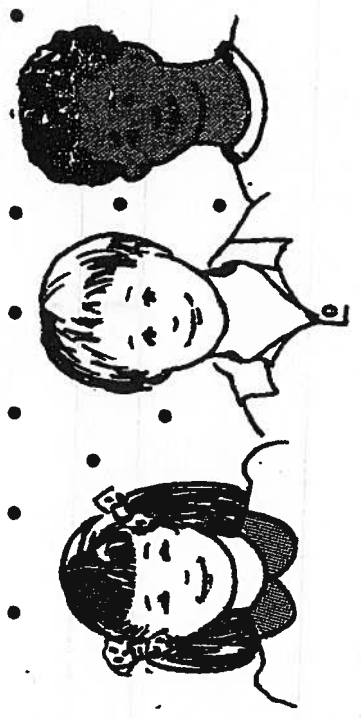
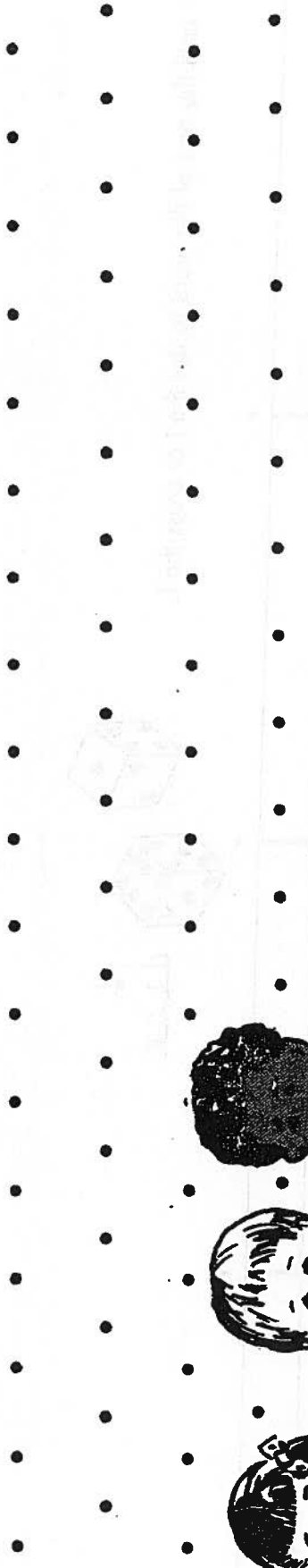
day

day

day

try

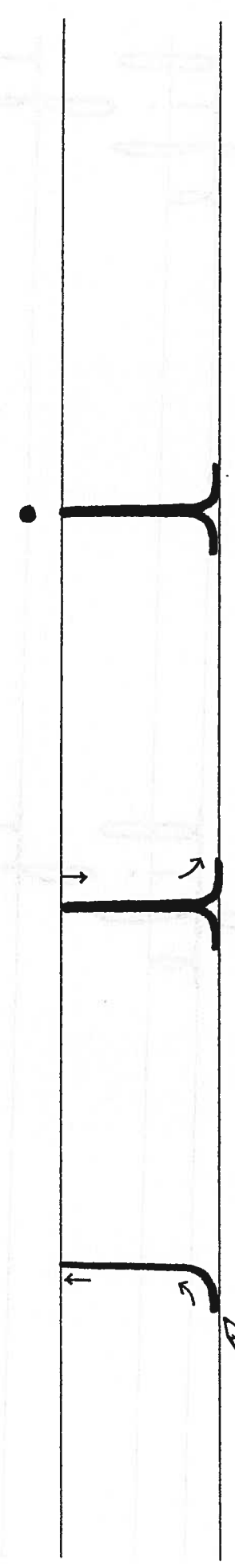
try



Seeing spots?
No, these are dots.

i is j

dot!



travel
up
bump

down
bump
travel away



Wait until the end of the word to dot the i or cross the t.



dice

i i i

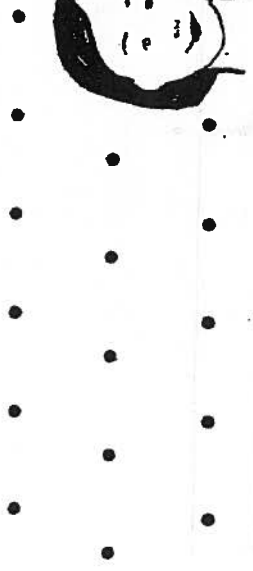
it it it

if if if

life life life

dice dice dice

pig pig pig



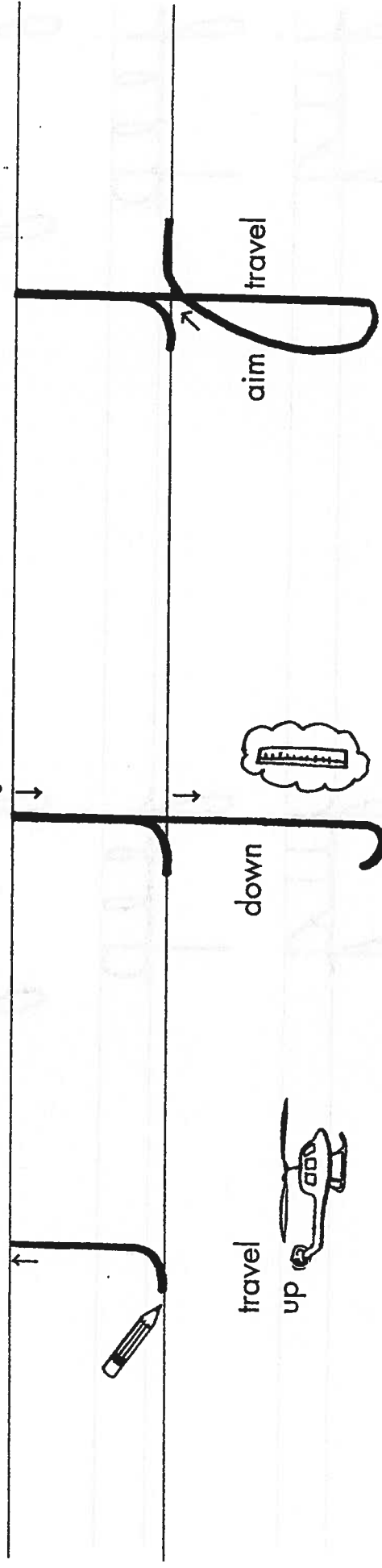
Seeing spots?
No, these are dots!



j is j

dot!

Make the line as straight as a ruler.



Wait until the end of the word to dot the j, to dot the i, or cross the t.



j j j

jet jet jet

jelly jelly jelly

jeep jeep jeep

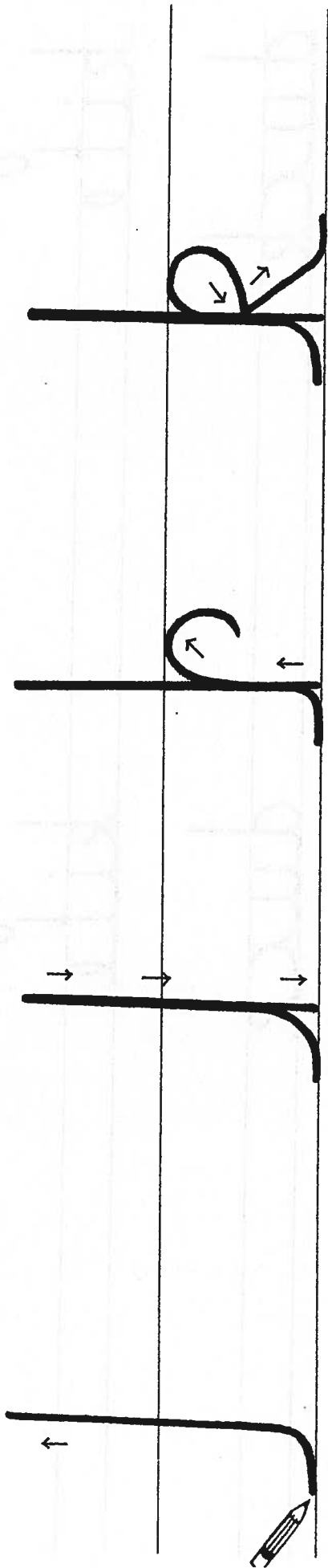
jug jug jug

juice juice juice



Karate k is just like h with a kick.

k is k



travel +
up



down
bump

up
over
around

kick!
slide away



kite

k

k

k

k

roy

roy

kite

kite

duck

duck

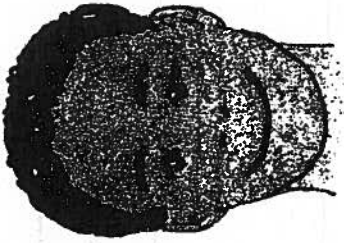
keep

keep

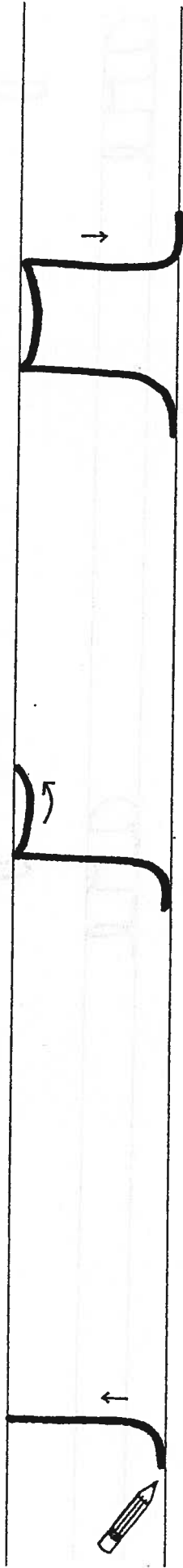
like

like

See our "smiley face" smiles!



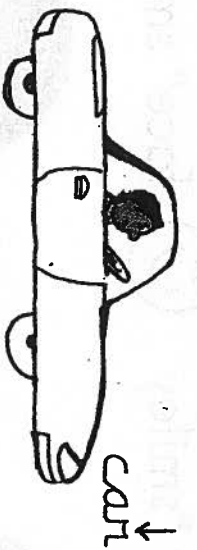
r is R



travel +
up

smile

down
bump
travel away



H H H H H

road road

after after

are are

race race

car car



You have to make a straight take off!



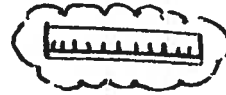
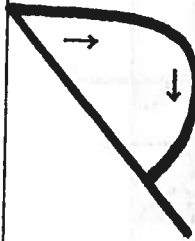
Then print "J."

S is *A*

bump



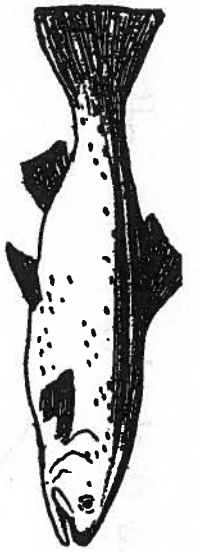
straight jet take-off
bump
stop!



drop
↓

make a J

touch
sneak away



fish

A A A A

i i she she

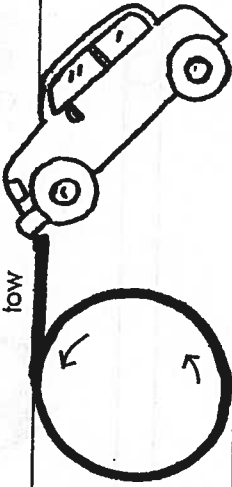
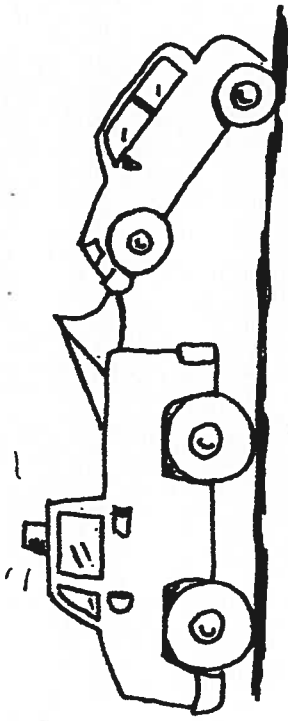
ia ia

ria ria

i fish fish

oo oo

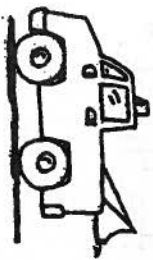
Now you are ready to learn the tow truck letters.
They tow letters by joining them up at the "hook."



start at top
Magic c

circle around
end with tow





Now you are ready to use tow truck O.



kaala

O O O O

to to

kaala kaala

you you

dog dog

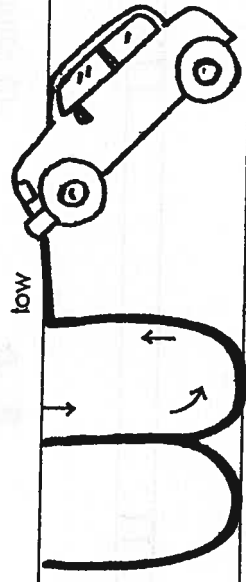
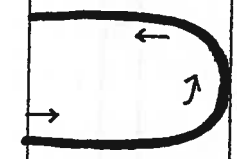
out out

shout shout

loud loud

The tow truck letters always end with a tow.

W is W



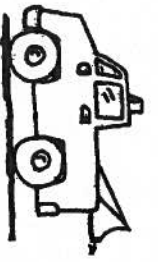
down and up

down and up
end with tow

W w W w

way way

was was



Now you are ready to use tow truck W.



W W W

how how

blow blow

jaw jaw

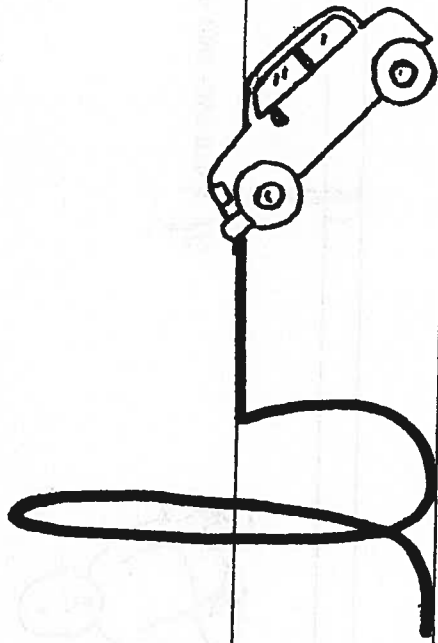
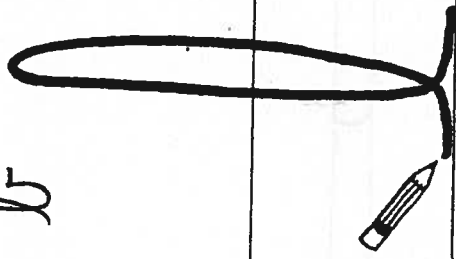
wait wait

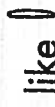
walk walk

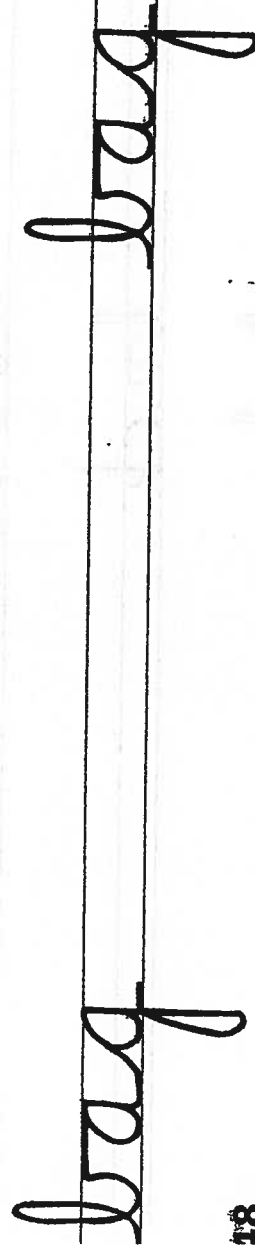
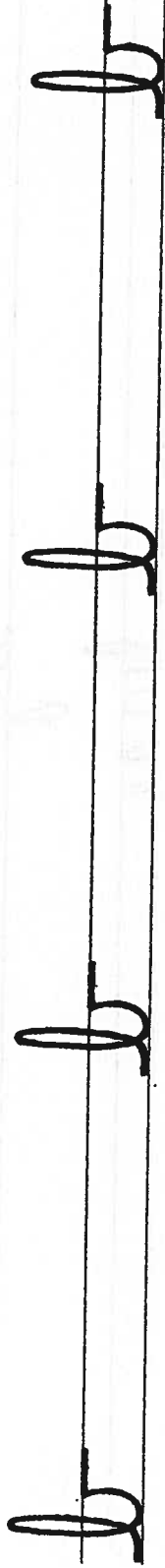
wood wood

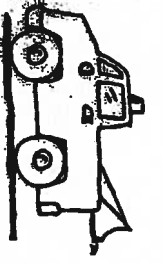
water water

b is b



like 
travel and up
end with a tow





Now you are ready to use tow truck *tr*.



tr *tr* *tr*

tr *tr* *tr*

tr *tr* *tr*

tr *tr* *tr*

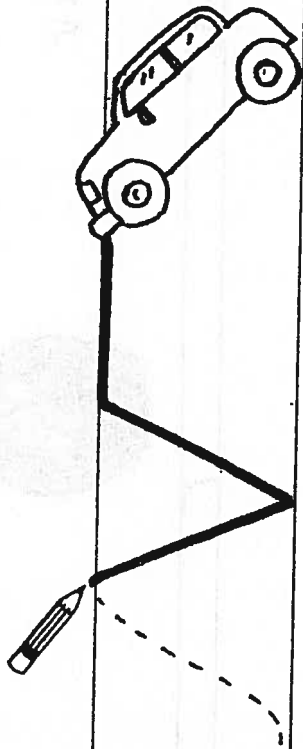
tr *tr* *tr*

tr *tr* *tr*

tr *tr* *tr*

tr *tr* *tr*

V is V or N

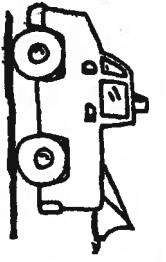


slide down and up
end with tow



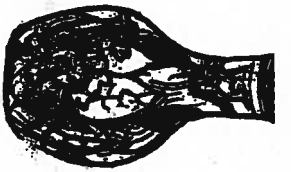
vase vase

lava lava



Now you are ready to use low truck V.

vase



V V V

vase vase vase

vulture vulture vulture

oval oval oval

you you you

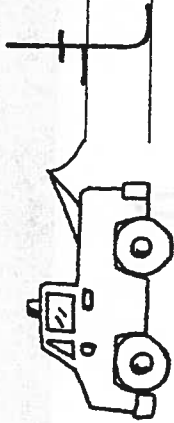
value value value

lava lava lava

rival rival rival

After a tow truck letter, use:

Model each letter



h k

t hot

pot

not

h who

whale

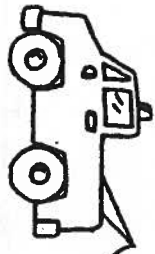
why

k joke

look

cook

✓ After a tow truck letter, use:



l l l

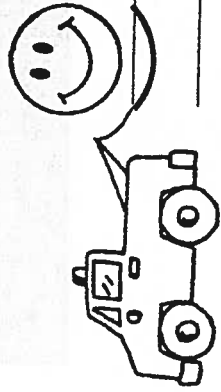
l old owl black

l l of loft off

l l job sob hobby

Tow Truck Mastery

Make the tow like a smile!
Here's how to add cursive i and curcive j.



big smile
for the tow



down



big smile
for the tow



little smile



down

i i oil

will

big

video

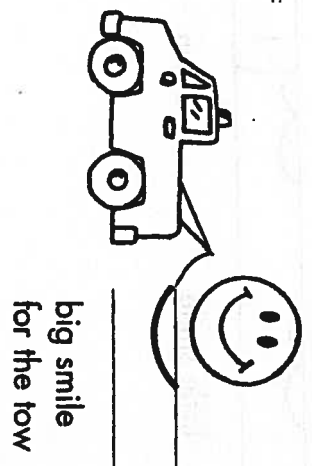
write

door

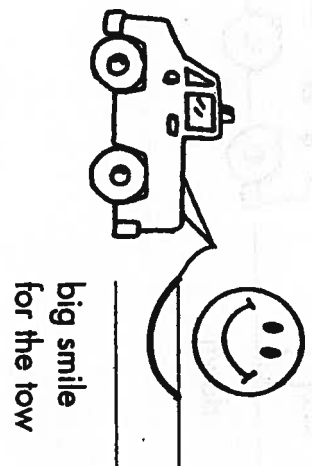
bride

Make the tow like a smile!
Here's how to add cursive *l* and cursive *A*.

Tow Truck Mastery



turn and down



down
J turn

touch the smile
retrace and end

we love be over

cool jaws ribs va

Review and Mastery

Practice words with your new letters.

o w b v

blow = we be

for love = nose hose

what where = with wish

love over = coat boat

Translate Print to Cursive

c a d g, h t p, e l f, u y i j

k r s, + o w b v

Teacher or student prints 8 words and then student writes them in cursive.

Silly Spelling Test

Your teacher will call out and spell the words using only the letters you have been taught. You write them in cursive.

1 _____

1 _____

2 _____

2 _____

3 _____

3 _____

4 _____

4 _____

5 _____

5 _____

6 _____

6 _____

7 _____

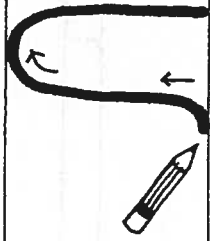
7 _____

8 _____

8 _____

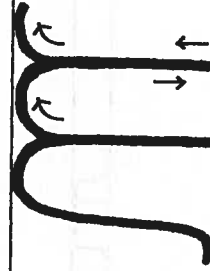
m is m

1



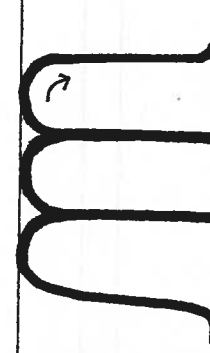
up
over
down

2

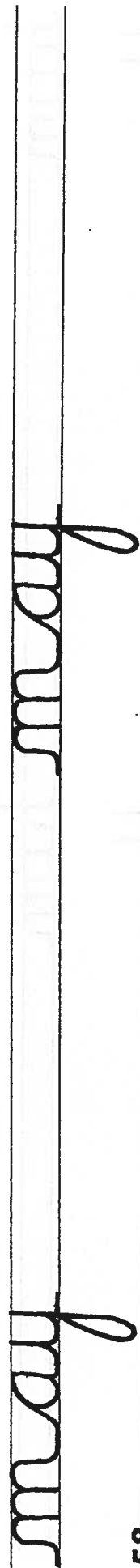


again

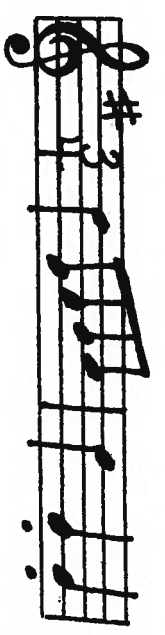
3 bumps



again



music



m m m m m

mu mu

my my

time time

make make

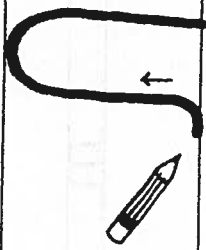
music music

him him

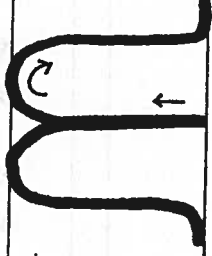
them them

n is m

|



2 bumps

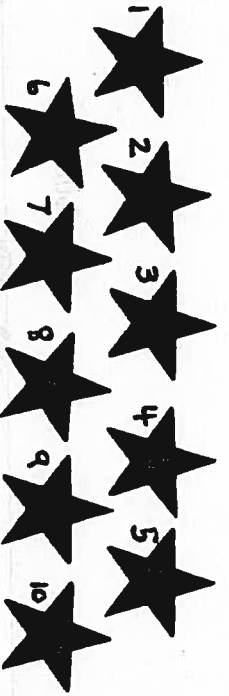


up
over
down

again



ten ↓



pine ↓



m m m m m

mot mot mot

mow mow mow

mover mover mover

open open open

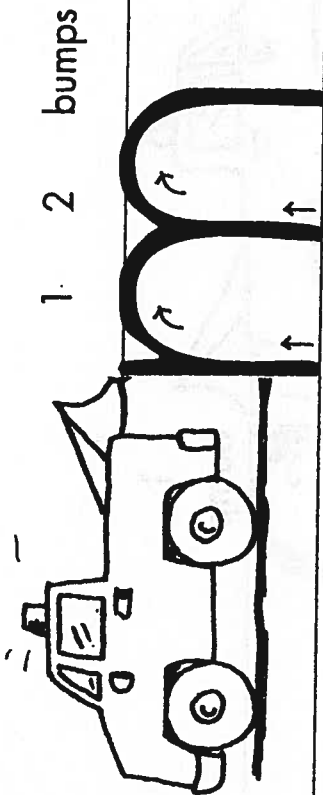
ten ten ten

pine pine pine

im im im

Special Situation:

After a tow truck letter, use printed m.



Don't forget!

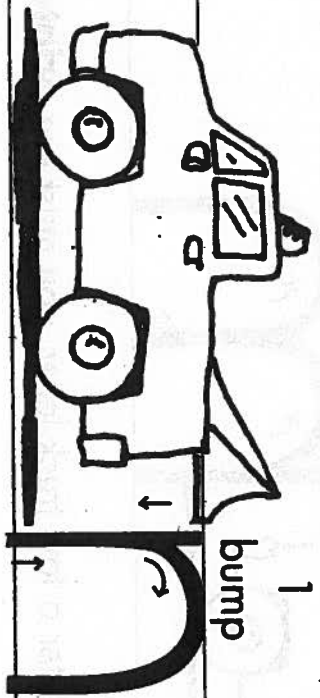
After a tow truck letter, you must use **printed m**.

m m m m

come come

from from

Special Situation:
After a tow truck letter, use printed n.



Don't forget!

After a tow truck letter, you must use **printed n**.

n n n

on on

on on

Review and Mastery

Practice words with your new letters.

m (m) m (n)

make made - some come

inside insect - one gone

jump bump - from room

snake snail - own town

Translate Print to Cursive

c a d g h t p e l f u y i j
k r s o w b v + m n

Yoi
yoi

Spelling Test

spell the words using only the letters
rite them in cursive.

Teacher or student prints 8 words and then student writes them in cursive.

1 _____

1 _____

2 _____

2 _____

3 _____

3 _____

4 _____

4 _____

5 _____

5 _____

6 _____

6 _____

7 _____

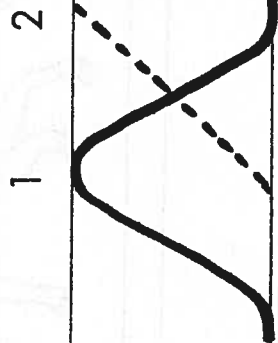
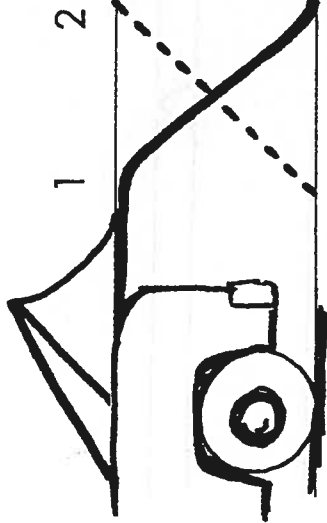
7 _____

8 _____

8 _____

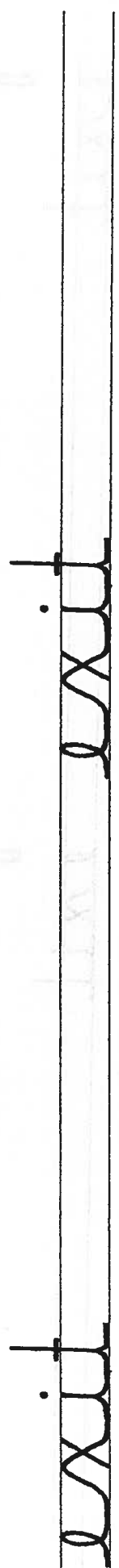
X is X or X

Don't miss
this part



- 1. slide down
- 2. cross

- climb up first, then
- 1. slide down
- 2. cross





fox

x x x x x

ox ox

fox fox

toxic toxic

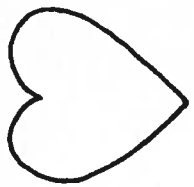
tax tax

fix fix

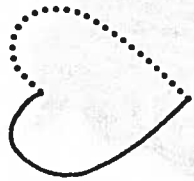
exit exit

fax fax

Z is z or Z



Here's a heart.

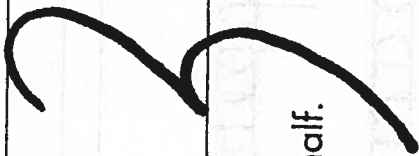


My half.

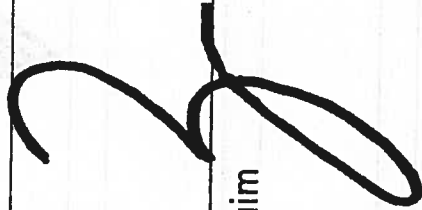
Make your half.



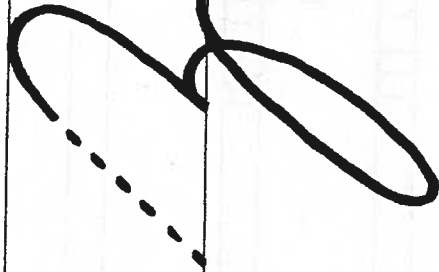
Make your half.



Make another half.



aim



travel



zip

zip

lazy

lazy



zebra

z z z z z

zipper zipper zipper

zoom zoom zoom

zoo zoo zoo

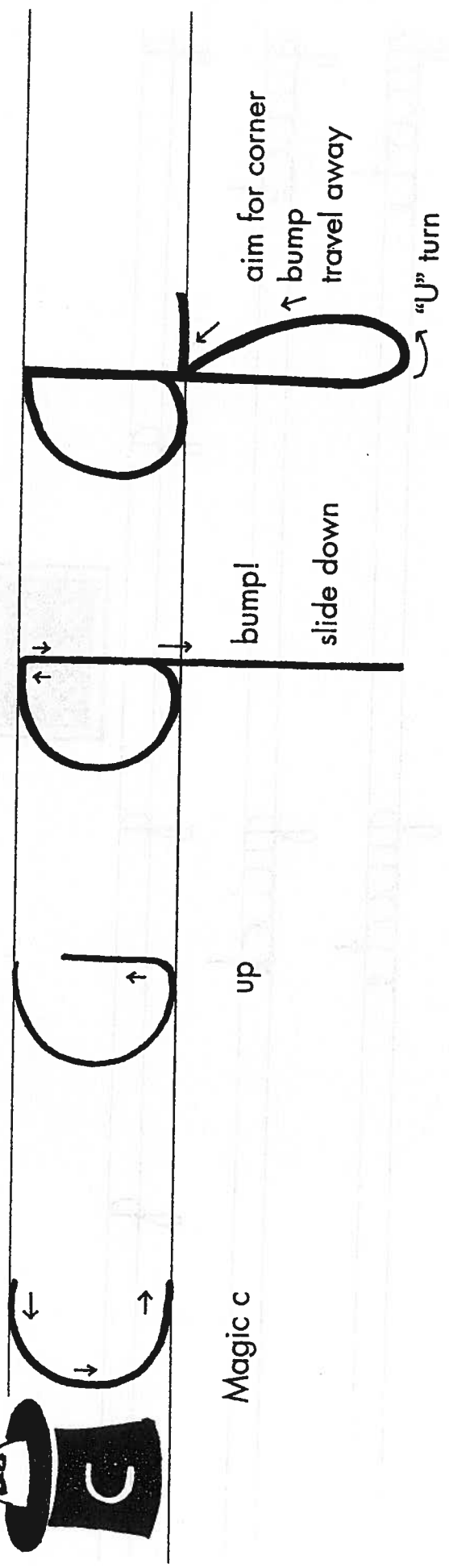
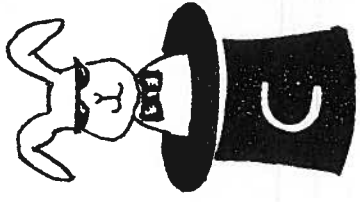
zap zap zap

zip zip zip

zipper zipper zipper

zebra zebra zebra

Here's how to make c into q.



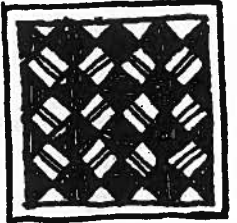
q q q

quiet

square

q q q

q q q



quilt

quick quick

quota quota

equator equator

equal equal

quilt quilt

quilt quilt

quart quart

quilt's quilt or quilt's quilt

Review and Mastery

Practice words with your new letters.

x z g

tax wax quit quick

fox box aqua equal

extra expect happy baby

fix six single fizzle

Translate Print to Cursive

c a d d g, h t p, e l f, u y i
k r s, o w b v, m n + x z q

Teacher or student prints 8 words and then student writes them in cursive.

Silly Spelling Test

Teacher will call out and spell the words using only the letters
re been taught. You write them in cursive.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

Cursive Capitals

A a C c O o

Adam Carol Carlos Olivia

U u V v W w

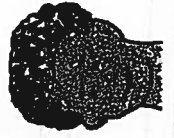
Oscar Ursula Victor Valeria Wendy

X x Y y Z z

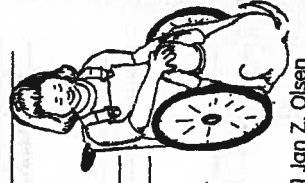
Xavier Yvonne Yuri Zelda Zach



Yuri

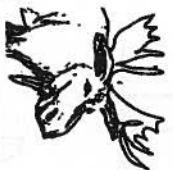


Adam



Wendy and Oscar

a c e O o U u V v W w Y y Z z



Zebra are African mammals.

Use a globe to find Africa.

"Vultures eat dead game," said Will.

Ostriches are the largest birds.

You can see moose in the Yukon.

Ready
1 set

up and over

That's how to start all these letters — cursive P R B N M

Ready, set,
up and over

STOP

p

p

p

Ready, set,
up and over

STOP

R

R

R

slide

Ready, set,
up and over

STOP

B

B

B

one more

Ready, set,
up and over

over more

n

n

n

down

Ready, set,
up and over

down

m

m

m

one more

m

m

m

m

m

grass

P R B N M

Using cursive capitals

P R B N M

in sentences



Noah takes care of his brother.

Pablo flew to Mexico to see Bonita.

Ralph cuts grass for the Browns.

Ruth plays on Mrs. Roy's team.



Ready



set



J turn

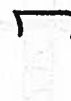
T F H E

J J H E

That's how to start T and F in cursive.

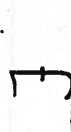
J

Ready, set,
J turn



J

Ready, set,
J turn



Left-handed students may cross from right to left.

1

Ready, set



down
+ bump



climb up
reach across



come back
straight line



H



c

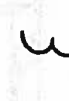
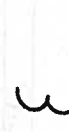
C in the air



C again
bump the line



c



I H E

J J H E

Using cursive capitals

in sentences

Eddie ate a banana from Ecuador.

Jina likes pineapple from Hawaii.

Jud profers Texas style chili.

Helm ate a juicy Florida orange.





Old Mac Donald had a farm l i e i o

For cursive G - l, think of l i

G S D
g s d

To end - Stapl Come straight back.

Handwriting practice for cursive 'l' and 'i'. The first row shows a vertical line with a hook at the top, labeled 'curve up'. The second row shows a vertical line with a hook at the bottom, labeled 'i part'. The third row shows a vertical line with a hook at the bottom, labeled 'down bump'. The fourth row shows a vertical line with a hook at the bottom, labeled 'turn'. The fifth row shows a vertical line with a hook at the bottom, labeled 'end'.

Handwriting practice for cursive 's'. The first row shows a vertical line with a hook at the top, labeled 'jet take off'. The second row shows a vertical line with a hook at the top, labeled 'think S'. The third row shows a vertical line with a hook at the top.

Handwriting practice for cursive 's'. The first row shows a vertical line with a hook at the top. The second row shows a vertical line with a hook at the top.

Handwriting practice for cursive 'd'. The first row shows a vertical line with a hook at the top, labeled 'down'. The second row shows a vertical line with a hook at the top, labeled 'tiny J turn'. The third row shows a vertical line with a hook at the top, labeled 'flip over'. The fourth row shows a vertical line with a hook at the top, labeled 'bump'. The fifth row shows a vertical line with a hook at the top, labeled 'curl up'. The sixth row shows a vertical line with a hook at the top, labeled 'end'.

Handwriting practice for cursive 'd'. The first row shows a vertical line with a hook at the top. The second row shows a vertical line with a hook at the top.

Using cursive capitals

G

S

D

in sentences

H

L

B

In Hook, the name for A is alpha.

In Hook, the name for B is beta.

The Hobi and Sahara Berets have sand.

Dancers catch fish in the North Sea.



L I J K Q

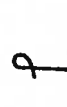
l i j k 2



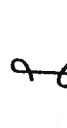
think of l in the air



start l STOP drop



tiny J turn



flip over + bump

l

l

l

l

l

curve up

straight down

BIG J turn

end

l

l

l

l

l

curve up

down

J turn

into corner

l

Ready, set

kick

slide away

K

K

half a heart

flip over

or bump

Q

Q

It is fine to use printed Q if you prefer.

L I J K Q

l i j k q

Using cursive capitals

in sentences

Kevin threw the ball to Julie.

Kevin made lunch for Kevin.

John wrote a letter to Aunt Ida.

Quack, quack! Kevin heard ducks.





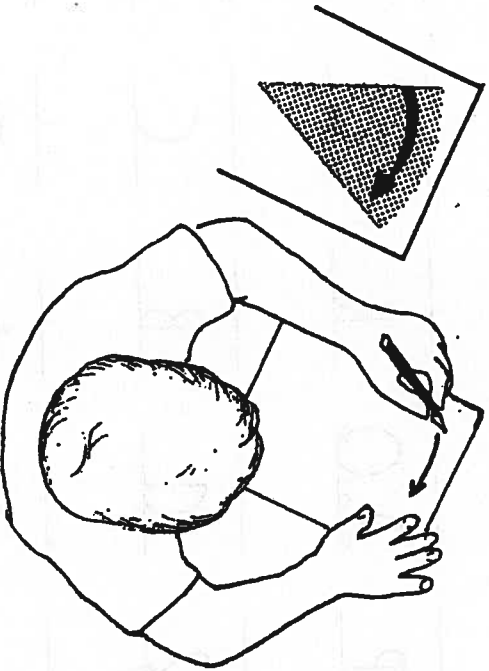
You need head room for your capital letters!



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 [] [] []
 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 [] [] []
 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 [] [] []

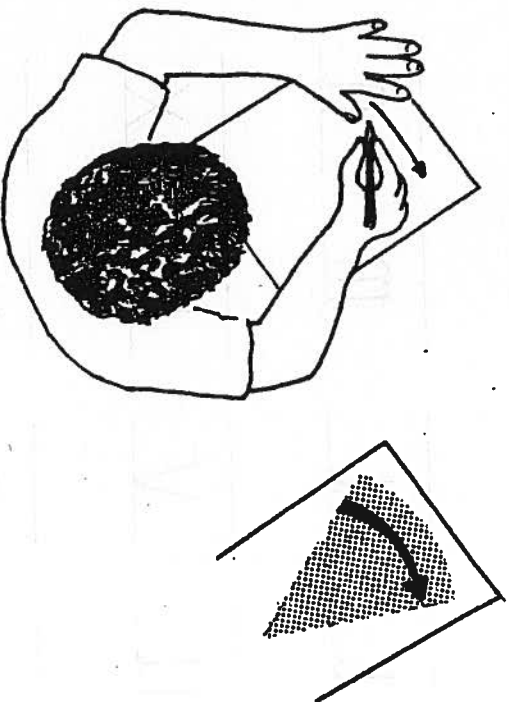
Suggested Pencil Grip and Posture

Left-Handed Students

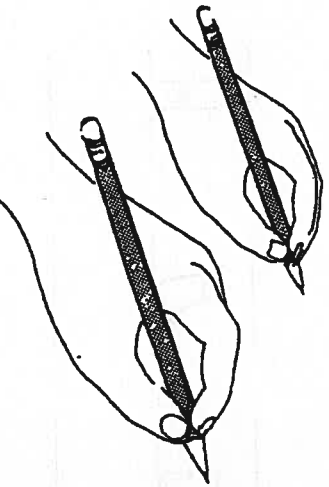


Place the top left corner of the paper higher for left-handed students.

Right-Handed Students



Place the top right corner of the paper higher for right-handed students.



Place the pencil between the thumb pad and index finger pad. The pencil rests on the middle finger. The eraser points back toward the shoulder of the writing hand. (An alternate grip is a pinch with the thumb and two fingers. The pencil rests on the ring finger.)

