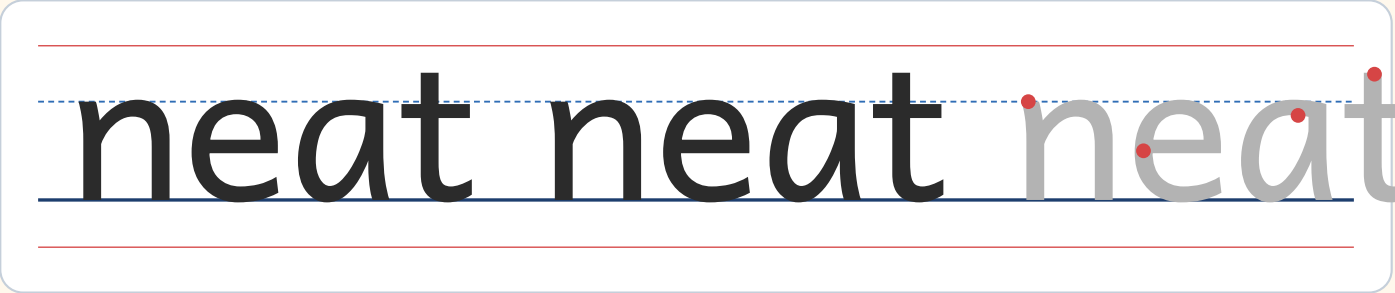
CLASSES 1–3 · AGES 6–8

FREE SAMPLE

30-Day Handwriting Fix Kit

Neater English handwriting in 30 days,
15 minutes a day, at home.



Inside the kit

- ✓ 2-minute handwriting test and score sheet
- ✓ 30 daily practice pages with start dots
- ✓ Star chart, progress record and certificate
- ✓ Simple parent guide: grip, posture, lines
- ✓ 4 extra fix tracks for the weakest area
- ✓ Practice games and calm parent scripts

Shape | Size | Line | Spacing

The four parts of neat handwriting, fixed one at a time.

Free sample: 10 of the 70 pages in the full kit

WELCOME

Before you start

This kit is for parents of children in Class 1 to 3 whose handwriting is messy, uneven or hard to read. Most of these children already write every day at school. More writing alone rarely fixes the problem, because the same habits get repeated.

Neat handwriting has four parts: **shape**, **size**, **line** and **spacing**. This kit works on them one at a time, in that order, for 15 minutes a day. A short test on Day 1 shows which part your child needs most. The same test on Day 30 shows what has changed.

You do not need to be a teacher. Each page tells you what to say and what to look for. Children improve at different speeds, so treat 30 days as a guide, not a deadline.

What is in this kit

Section	What it is for	Page
Start here	Your first 10 minutes	3
2-minute test and score sheet	Find your child's main problem	4
Parent guide	Grip, posture, the four lines, how to correct	6
Letter start guide	Where every small letter begins	8
30-day plan	All 30 days on one page	9
Week 1: Shape (Days 1–7)	Letter shapes, by letter family	10
Week 2: Size and line (Days 8–14)	Small, tall and tail letters, capitals, numbers	24
Week 3: Spacing (Days 15–21)	Gaps, sentences, school words	38
Days 22–30: School notebooks	Use the new habits in real notebooks	52
Fix tracks 1–4	Extra practice twice a week	61
Star chart and progress record	Track every day and every score	65
Certificate	For finishing 30 days	67
Bonus pages	Games, parent scripts, printing tips, teacher note	68
Day 1 and Day 30 photo page	See the change side by side	70

2-MINUTE TEST

Handwriting test: Day 1

Parent: give your child a sharp HB pencil. Say only: *"Please copy these three sentences in your normal handwriting."* Do not help or correct. Watch how they hold the pencil.

Name: _____ Date: _____

1. The quick brown fox jumps over the lazy dog.

2. My big yellow bag is very heavy.

3. Zoya and Raj play football at school.

2-MINUTE TEST

Score sheet

Look at the three copied sentences. Give 1, 2 or 3 points for each area.

Area	1 point	2 points	3 points	Score
Shape	Many letters are hard to read, or a and o, n and h look the same	A few letters are badly formed	Every letter is easy to read	__ / 3
Size	Small letters are uneven; tall letters are no taller than small ones	Mostly even, with some slips	Small, tall and tail letters are clearly different	__ / 3
Line	Letters float above or sink below the line in most words	Some words drift off the line	Every letter sits on the line	__ / 3
Spacing	Words run together or letters are spread out	Gaps are uneven in places	A clear, even gap after every word	__ / 3

Total: _____ / 12

While your child was writing, did you see this?

- ☐ Holds the pencil in a fist or with four fingers
- ☐ Presses so hard the page dents, or so lightly it is faint
- ☐ Does not hold the paper still with the other hand
- ☐ Starts round letters such as a, d and o from the bottom

If you ticked any box, read the parent guide (page 6) before Day 1.

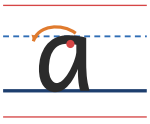
What the score means

• The area with the lowest score is your child's main problem. Add its fix track twice a week (page 61).
• If two areas have the same score, fix them in this order: shape, size, line, spacing. Shape comes first because the others depend on it.
• A total of 10 or more means the basics are in place. Your child will still gain from Weeks 2 and 3 and the school notebook days.
• Every child follows the same 30-day plan. The fix track only adds practice where it is needed most.

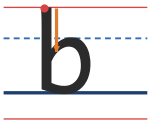
PARENT GUIDE

Where every letter starts

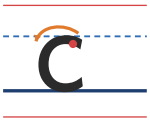
The **red dot** is the starting point. The **orange arrow** shows which way to go first. Read the words aloud while your child writes.



a
round like c, up, down



b
down, back up, round



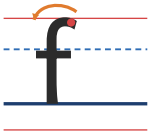
c
start top right, curve round



d
round like c, then tall stick down



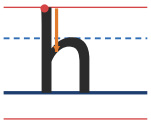
e
across, then round like c



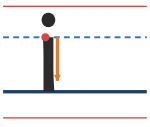
f
hook over, down, then cross



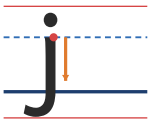
g
round like c, up, down, tail



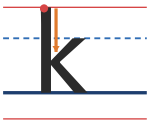
h
down, back up, over, down



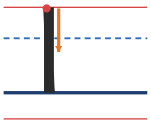
i
down, then the dot



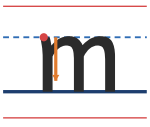
j
down, tail left, then the dot



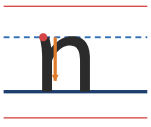
k
down, then in and out



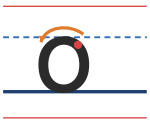
l
tall stick, straight down



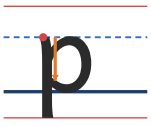
m
down, up, over, up, over



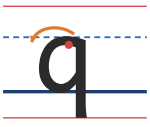
n
down, back up, over, down



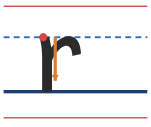
o
start top right, round, close



p
down to the red line, up, round



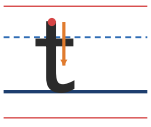
q
round like c, up, down



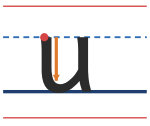
r
down, back up, over a little



s
start top right, curve, curve back



t
down, then cross



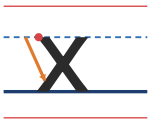
u
down, round, up, down



v
slant down, slant up



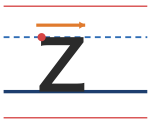
w
down, up, down, up



x
slant down, then cross



y
slant down, long slant to the tail



z
across, slant down, across

Three habits to watch for

- Sticks are pulled down from the top, never pushed up from the bottom.
- Round letters (a, c, d, g, o, q) start at the top right and go round to the left, like c.
- i and j get their dot last, after the stick is finished. t and f get their cross last.

Capital letters start at the top too. Most begin with a line down from near the top red line.

30-DAY PLAN

All 30 days at a glance

Day	Focus	Practice words
1	Pencil grip and warm-up strokes	lines, curves, circles, zigzags, waves
2	Round letters: c, o, a	cab, coat, cocoa, a cat
3	Round letters: d, g, q	dad, dog, good, quack
4	Round letters: e, s, f	see, safe, face, feed
5	Stick and cup letters: l, i, t, j, u, y	lit, tilt, jet, yes
6	Down-and-up letters: r, n, m, h, b, p, k	ram, hen, bump, park
7	Slant letters: v, w, x, z and Week 1 check	van, wax, zoo, six; check: The quick brown fox jumps over the lazy dog.
8	Small letters stay between the blue lines	can, sun, moon, warm, zero
9	Tall letters reach the top red line	hill, ball, tall, kid, doll
10	Tail letters go down to the bottom red line	pig, jug, yoyo, queen, gap
11	All three sizes in one word	play, jungle, bright, happy, friendly
12	Capital letters A to M	Aman, Bina, Delhi, India, Monday
13	Capital letters N to Z	Neha, Pune, Sunday, Tuesday, Zoya
14	Numbers 0 to 9 and Week 2 check	Check: My big yellow bag is very heavy.
15	Spacing inside a word	street, grand
16	A finger space between words	the big tree, we can run
17	Sentence rules: capital and full stop	My dog can run fast.
18	Starting at the margin	The sun is hot today.
19	Everyday school words	Maths English, Hindi Science, homework, classwork
20	Questions and commas	I like mangoes, apples and grapes.
21	My School and Week 3 check	Three sentences about My School; check sentence
22	From four lines to single lines	School notebook
23	Copying from a textbook	School notebook
24	Copying from the board	School notebook
25	Listening and writing	School notebook
26	Speed with neatness	School notebook
27	Real homework	School notebook
28	Maths notebook	School notebook
29	Long writing	School notebook
30	Final check and certificate	School notebook

Date: _____

Round letters: c, o, a

Warm-up · 2 minutes: trace the pattern with a smooth hand

c c c c c c c c c c c c c c c

Trace the grey row, then write on your own in the empty row below

c c c c c c c c c c c c

c

o o o o o o o o o o o

o

a a a a a a a a a a a

a

Extra practice: write the letter you found hardest

Parent tip: Every round letter starts at the top right and curves left, like c.

Best line circled ☐ Star ☆

Date: _____

Round letters: c, o, *a*

Trace the words, then write them on your own

cab cab cab cab cab

cab

coat coat coat coat

coat

cocoa cocoa cocoa

cocoa

a cat a cat a cat a cat

a cat

Extra practice: copy your best word or sentence again

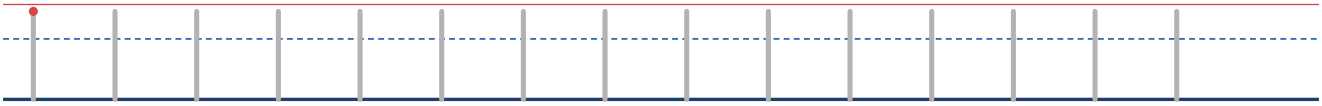
Parent tip: Every round letter starts at the top right and curves left, like c.

Best line circled ☐ Star ☆

Date: _____

Tall letters reach the top red line

Warm-up · 2 minutes: trace the pattern with a smooth hand



Trace the grey row, then write on your own in the empty row below

b d f b d f b d f

b d f

h k l h k l h k l h k l

h k l

t t t t t t t t t t t t

t

Extra practice: write the letter you found hardest

Parent tip: Tall letters start at the top red line. t is a little shorter.

Best line circled ☐ Star ☆

You have seen 10 pages.

The full kit has 70, for all 30 days.

In the full kit	Pages
2-minute test, score sheet and parent guide	7
Week 1: letter shapes, by letter family (Days 1–7)	14
Week 2: size and line, capitals and numbers (Days 8–14)	14
Week 3: spacing, sentences and school words (Days 15–21)	14
Days 22–30: practice in real school notebooks, final test	9
4 fix tracks for your child's weakest area	4
Star chart, progress record and certificate	3
Bonus: games, parent scripts, printing tips, teacher note	2
Day 1 and Day 30 side-by-side photo page	1

15 minutes a day. No tuition. Print at home.

- ✓ Instant download after payment
- ✓ Print in black and white, one week at a time
- ✓ Use again for a younger brother or sister

Get the full kit

Tap the orange button to open the kit page.

This kit teaches and practises handwriting. It is not a medical or therapy programme.