

The CURSIVE ALPHABET

Cursive writing has always been considered a foundational skill for academic success and is crucial to learning, memory, idea formation, and expression. Cursive handwriting stimulates brain synapses and coordination between our left and right hemispheres and it promotes better brain development.

The Cursive Alphabet Guide builds upon the Alphabet 8s activity, which trains the brain and body to recognize up, down, center, left, and right by using a "Lazy 8." The Lazy 8 used in the Cursive Alphabet, however, is slightly slanted to allow for an easy flow of letters across a page. The slanted Lazy 8 trains the brain and body to integrate the complex nature of cursive writing: the direction of the letters, how they are formed, and how letters are linked together across a page.

PREPARING FOR THE CURSIVE ALPHABET

Prior to practicing the Cursive Alphabet it is recommended that you start first with the Alphabet 8s activity, available as a handout on my website: www.highpointaz.com/handouts

Once you complete the Alphabet 8s, you are ready for the Cursive Alphabet activity.

Alphabet 8s is an activity from Brain Gym®



THE CURSIVE ALPHABET ACTIVITY

As you begin practicing the cursive alphabet, be sure to use lined paper. The lines can be widely spaced if that is easier as you are learning.

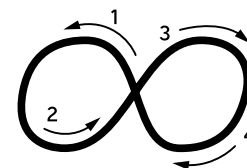
Sit facing the table with both hands on the table, as shown. Turn the paper to a 45° angle directly in front of you, where the zipper of a jacket would be. Be sure to sit upright, not slouching over the page or leaning on one arm.



PROPER BODY POSITION USING BOTH HANDS AND WRITING PAPER AT A 45° ANGLE

STEP 1: DRAW THE SLANTED LAZY 8 PATTERN

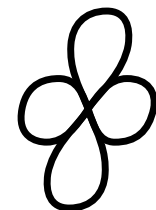
Draw a slanted Lazy 8 as shown. Practice tracing this slanted Lazy 8 several times until it is comfortable and flows easily.



THE SLANTED LAZY 8 PATTERN

STEP 2: THE CLOVERLEAF PATTERN - Follow the Guide

We'll now expand on the slanted Lazy 8 to create a cloverleaf pattern by following the steps in the Cursive Alphabet Guide. This develops the continuous flowing motion of cursive through the combination of left-to-right and up-and-down movement. Trace this pattern several times until it is comfortable and flows easily.



THE CLOVERLEAF PATTERN, pg. 2

STEP 3: CURSIVE LETTERS - Use the worksheet provided

Now you are ready to practice the individual cursive letters using the Cloverleaf Pattern.

Following the Cursive Alphabet Guide, use the worksheet provided to draw each letter on a cloverleaf pattern. If using lined paper, be sure to create a new cloverleaf pattern for each individual letter.

STEP 4: THE CURSIVE ALPHABET - Use the worksheet provided

Now that you've practiced the individual letters, let's put it all together. Use the worksheet provided to write the letters of the alphabet as one long word.

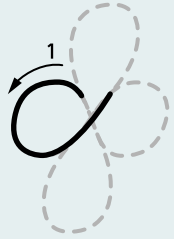
Once you have written the alphabet, continue practicing writing in cursive using words of your own - short ones and long ones.

The CURSIVE ALPHABET GUIDE

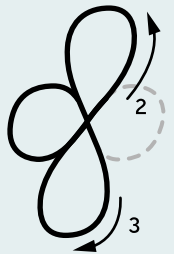
THE CLOVERLEAF PATTERN

The Cloverleaf Pattern develops the continuous flow of cursive writing, combining left-to-right with up-and-down.

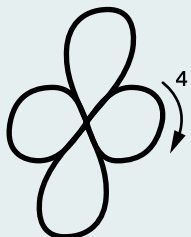
Start by writing the letter "c".



Continue the upward motion to draw a vertical 8. This is similar to the number 8, but narrow and slightly slanted.



As you finish the vertical 8, continue upwards to the right to complete the right side of the slanted Lazy 8.



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S. Christina Boyd
Highpoint Mind & Movement
www.highpointaz.com

The Cursive Alphabet Guide was inspired by the work of Isabel Cohen and Marcelle Goldsmith in their book *Hands On: How to Use Brain Gym® in the Classroom*, which is a practical application of the work of Paul E. Dennison and Gail E. Dennison. Brain Gym® is a registered trademark of Educational Kinesiology Foundation dba Breakthroughs International Santa Barbara, California, USA

The CURSIVE LETTERS

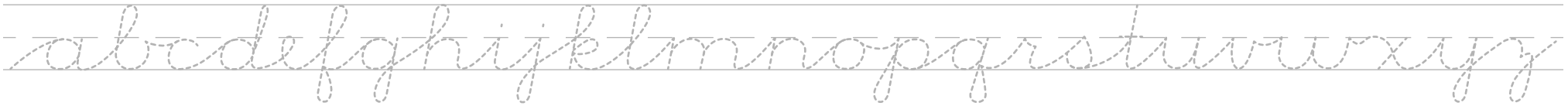
Let's practice the individual cursive letters by following the Cloverleaf Pattern. With the Cursive Alphabet Guide as your reference, use the provided Cloverleaf Patterns to draw each letter of the alphabet from a to z. Next, draw the letters without the Cloverleaf Pattern.

The image shows a handwriting practice sheet for cursive letters. It features a grid of slanted lines. The top row contains a solid cursive letter 'a' followed by ten dashed cloverleaf patterns. The second row contains ten dashed cloverleaf patterns. The third row contains ten dashed cloverleaf patterns. The remaining rows are empty slanted lines for independent practice.

The CURSIVE ALPHABET

Let's put it all together! Use the sample below to trace the letters of the alphabet as one long word. Repeat the alphabet on the lines provided. Once you have written the alphabet, explore how cursive letters connect by writing individual words.

TRACE THE CURSIVE ALPHABET



NEXT, WRITE IT OUT YOURSELF

Blank handwriting lines for practicing the cursive alphabet.

NOW, WRITE YOUR OWN WORDS - SHORT ONES AND LONGONES

the dog
sky blue

Blank handwriting lines for practicing writing individual words in cursive.