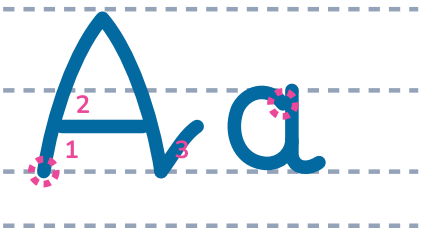
Cursive Alphabet Tracing Sheet

Full A-Z · Ages 6-9

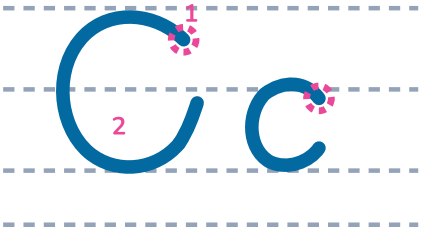
Every letter, capital and lowercase, as a bold outline with a starting dot and numbered strokes. Three ruled lines run under each pair: **start at the pink dot, follow the numbers, trace the letter twice.**



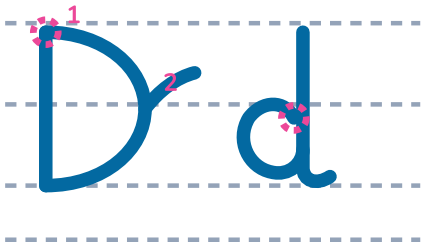
A A



B B



C C



D D

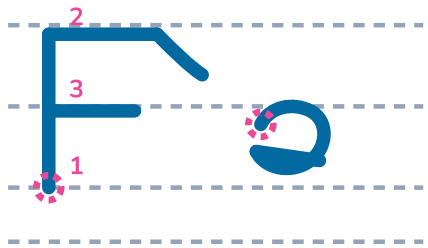
The three moves, every sitting — 10 minutes

- ☐ Finger-trace the numbered strokes
- ☐ Trace the capital, then the lowercase
- ☐ Write the letter once on the line below

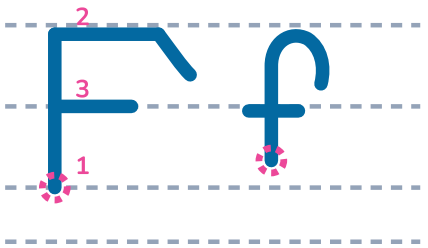
Adult: print on plain or matte paper and keep the sheet flat on a table. A sharpened pencil, and an adult, close enough to act, in the room while the pencils are out.

Cursive Alphabet Tracing Sheet

The second row of letters, same moves. Watch the midline on every short letter: **small letters stop at the dotted midline.**



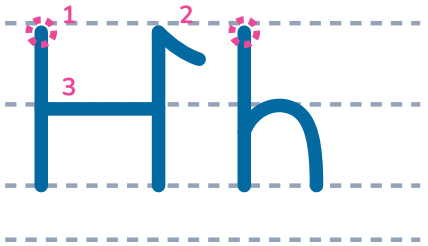
E E



F F



G G

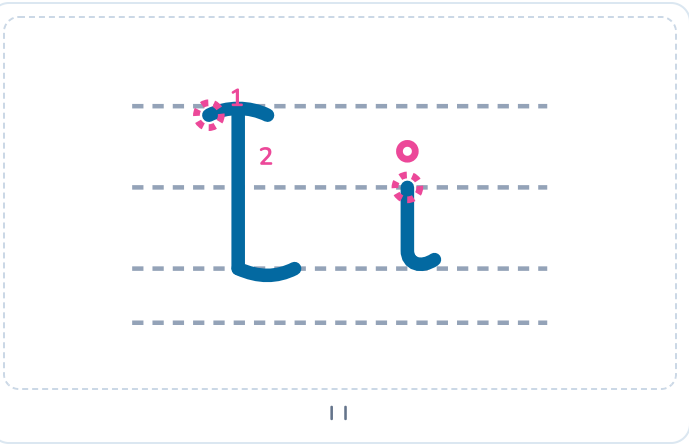


H H

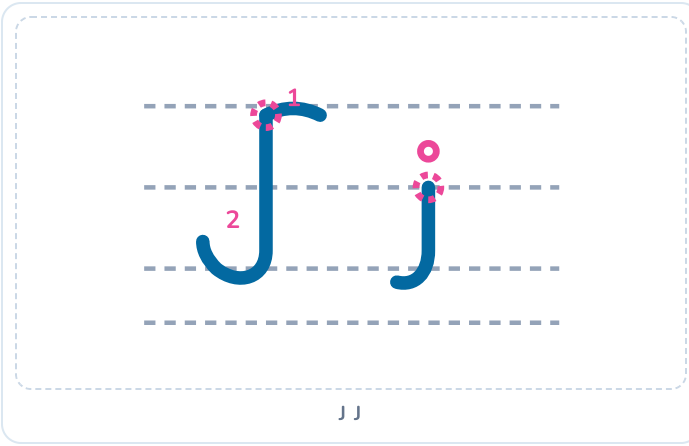
Adult: one letter pair a sitting, in order; the sheet goes on the stack finished or not. An adult, close enough to act, stays in the room while the pencils are out.

Cursive Alphabet Tracing Sheet

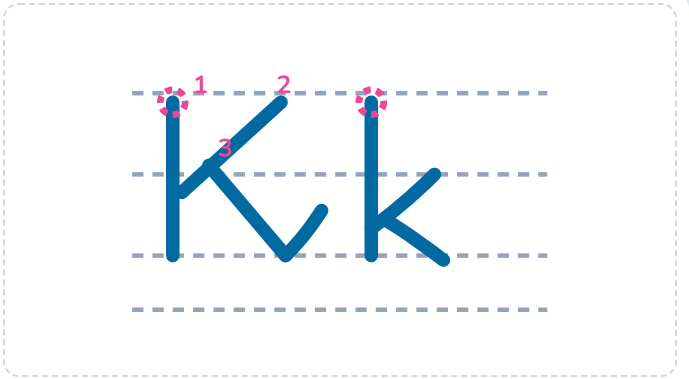
Tall letters climb to the top line and back; the J and the Y drop below the baseline. **Finger first, pencil second, numbers in order.**



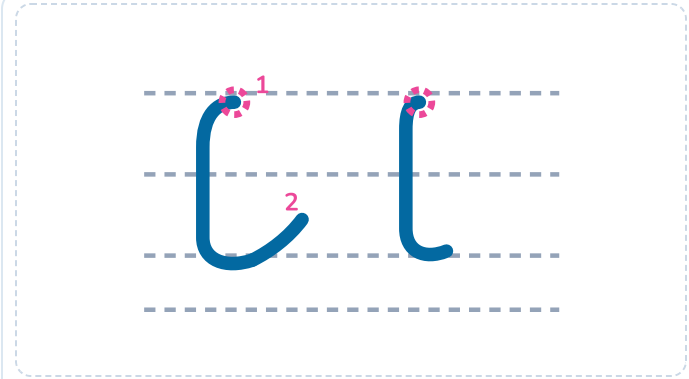
I I



J J



K K



L L

Adult: keep the sheet flat on the table, not propped, and tilt the paper slightly right for a right-handed writer, slightly left for a left-handed one.

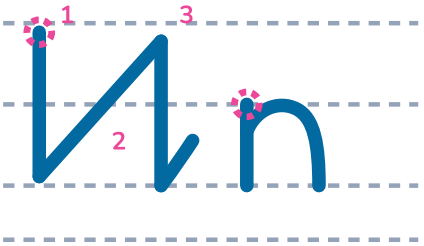
Cursive Alphabet Tracing Sheet

M-P · Ages 6-9

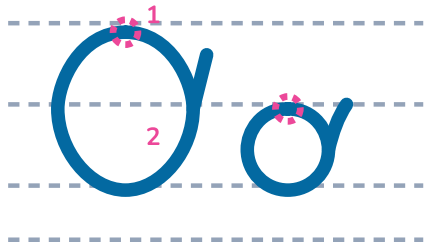
Hump letters today. Count the humps out loud as the pencil moves — **the m has three, the n has two.**



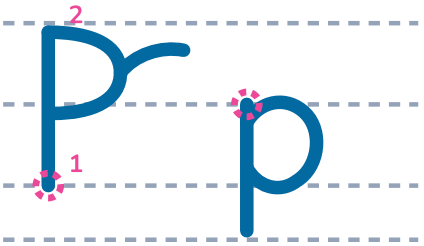
M M



N N



O O

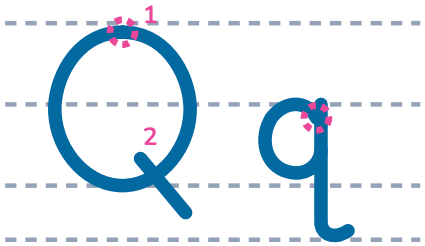


P P

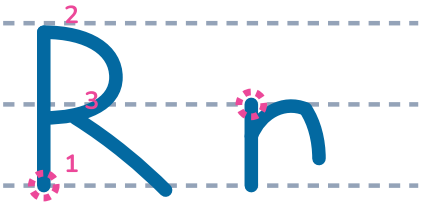
Adult: the lowercase p drops below the baseline — that is the descender line, not a mistake. One letter pair a sitting.

Cursive Alphabet Tracing Sheet

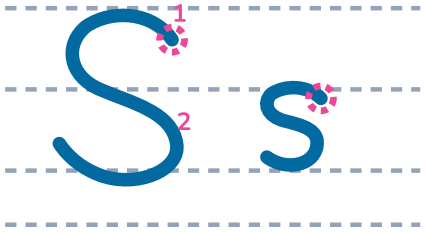
The Q and the S carry a tail; the T crosses once. **Trace the shape, then the tail, then the cross.**



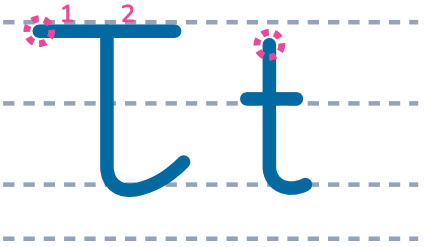
Q Q



R R



S S



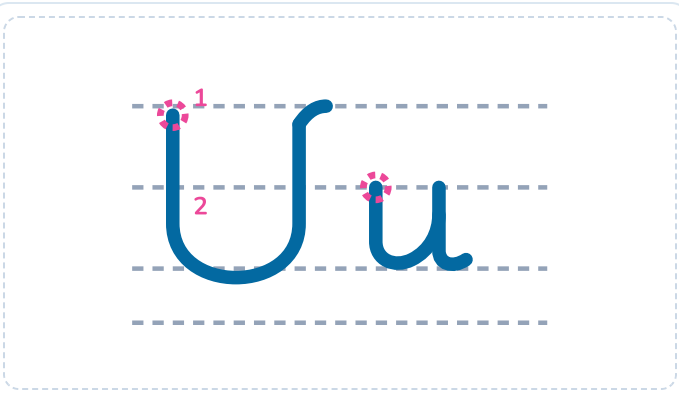
T T

Adult: one letter pair a sitting. When a letter looks the same three days running, it goes on the fridge; the rest go on the stack.

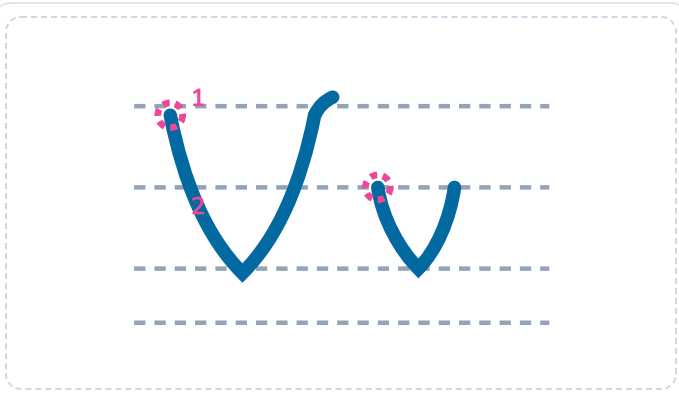
Cursive Alphabet Tracing Sheet

U-X · Ages 6-9

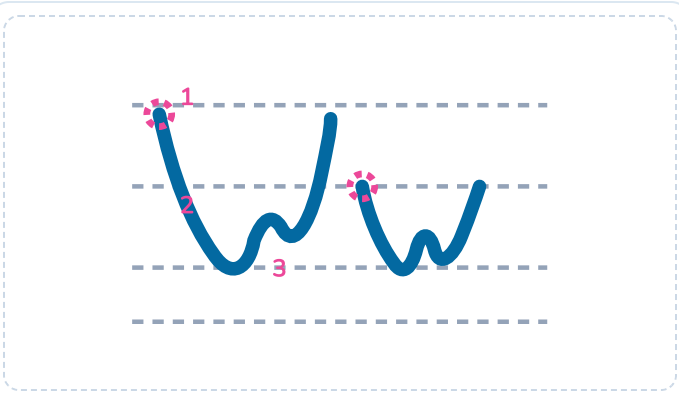
Valley letters. The W is three dips in one stroke — **slow down and let the pencil stay on the line.**



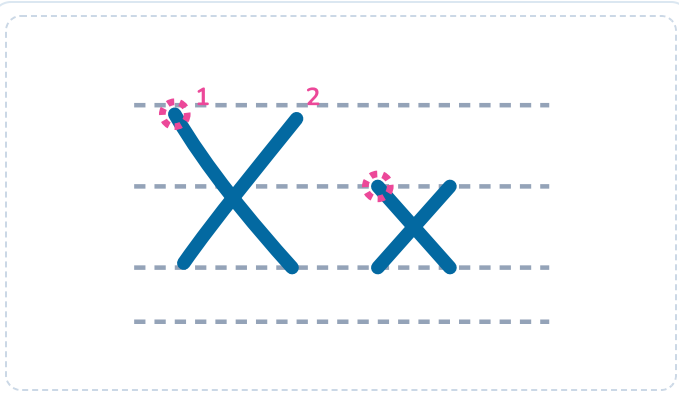
U u



V v



W w

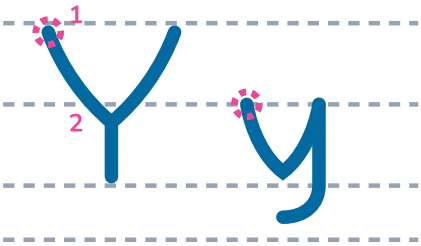


X x

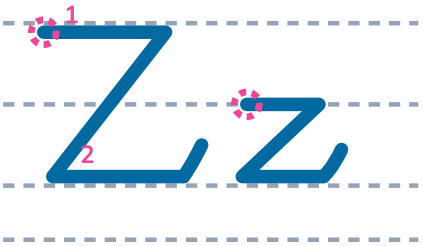
Adult: two letters a sitting at most, and an adult, close enough to act, in the room while the pencils are out. The sharpener stays with you.

Cursive Alphabet Tracing Sheet

The last two letters, then the connect-the-letters line: **a-o-s, once slowly, once joined in one breath.**



Y y



Z z



A-O-S JOINS

No printer? Draw the sheet

Rule three lines across a sheet — top, middle, baseline. Draw one letter pair a day in thick marker, with a small dot where each stroke begins and a number beside it.

Ages 6-7 trace capitals first and finger-trace the lowercase; ages 7-9 trace both, then join two letters on the baseline below.

Adult: the joined line is the finish, not the start. An adult, close enough to act, at the table while the pencil is out, and the sharpener stays in your hand.