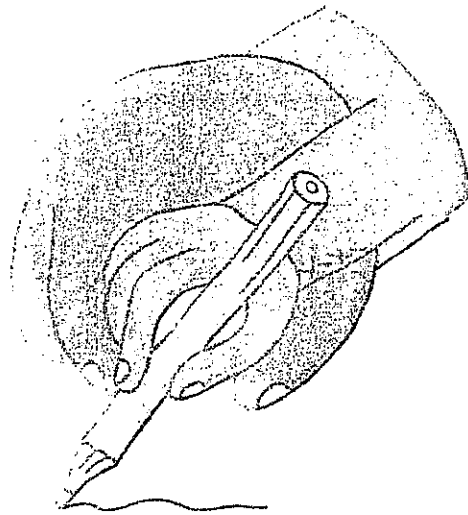


First Grade  
Parent Guide  
For  
Handwriting





# Zaner-Bloser Alphabet

A B C D E F G H I

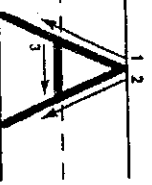
J K L M N O P Q R

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  
? ! , " ' 2 3 4 5 6 7 8 9 10

# Manuscript Stroke Descriptions



Slant left. Lift. Slant right. Lift.  
Slide right.



Circle back all the way around;  
push up straight. Pull down  
straight.



Pull down straight. Lift. Slide right;  
curve forward; slide left. Slide  
right; curve forward; slide left.



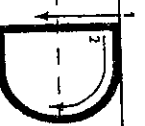
Pull down straight; push up.  
Circle forward.



Circle back.



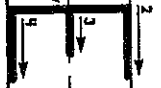
Circle back.



Pull down straight. Lift. Slide right;  
curve forward; slide left.



Circle back all the way around;  
push up straight. Pull down straight.



Pull down straight. Lift. Slide right.  
Lift. Slide right; stop short. Lift.  
Slide right.



Slide right. Circle back.



Pull down straight. Lift. Slide right.  
Lift. Slide right; stop short.



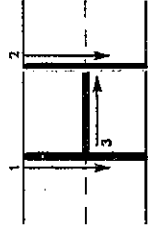
Curve back; pull down straight.  
Lift. Slide right.



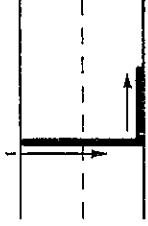
Circle back. Slide left.



Circle back all the way around;  
push up straight. Pull down straight;  
curve back.



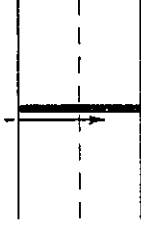
Pull down straight. Lift. Pull down straight. Lift. Slide right.



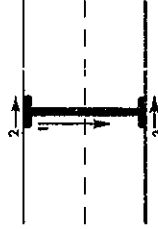
Pull down straight. Slide right.



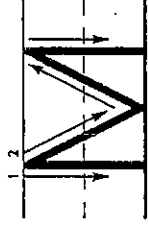
Pull down straight. Push up; curve forward; pull down straight.



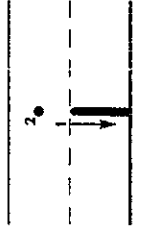
Pull down straight.



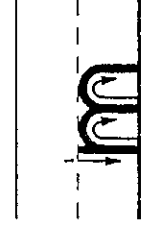
Pull down straight. Lift. Slide right. Lift. Slide right.



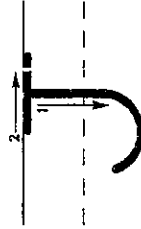
Pull down straight. Lift. Slant right. Slant up. Pull down straight.



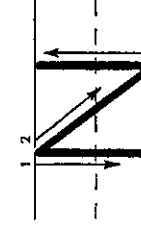
Pull down straight. Lift. Dot.



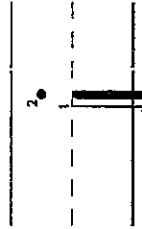
Pull down straight. Push up; curve forward; pull down straight. Push up; curve forward; pull down straight.



Pull down straight; curve back. Lift. Slide right.



Pull down straight. Lift. Slant right. Push up straight.



Pull down straight; curve back. Lift. Dot.



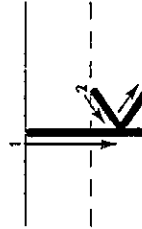
Pull down straight. Push up; curve forward; pull down straight.



Pull down straight. Lift. Slant left. Slant right.



Circle back all the way around.



Pull down straight. Lift. Slant left. Slant right.



Circle back all the way around.



Pull down straight. Lift. Slide right; curve forward; slide left.



Pull down straight. Push up. Circle forward all the way around.



Circle back all the way around. Lift. Slant right.



Circle back all the way around; push up straight. Pull down straight; curve forward.



Pull down straight. Lift. Slide right; curve forward; slide left. Slant right.



Pull down straight. Push up; curve forward.



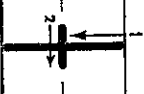
Curve back; curve forward.



Curve back; curve forward.



Pull down straight. Lift. Slide right.



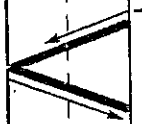
Pull down straight. Lift. Slide right.



Pull down straight; curve forward; push up.



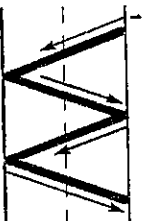
Pull down straight; curve forward; push up. Pull down straight.



Slant right. Slant up.



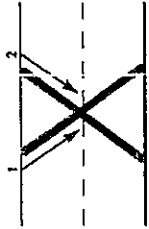
Slant right. Slant up.



Slant right. Slant up. Slant right. Slant up.



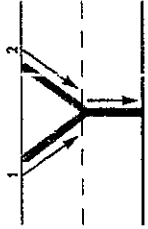
Slant right. Slant up. Slant right. Slant up.



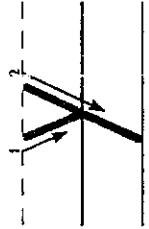
Slant right. Lift. Slant left.



Slant right. Lift. Slant left.



Slant right. Lift. Slant left. Pull down straight.



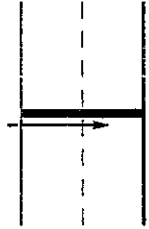
Slant right. Lift. Slant left.



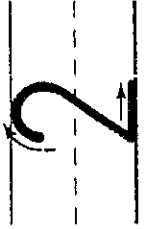
Slide right. Slant left. Slide right.



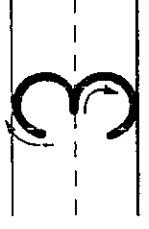
Slide right. Slant left. Slide right.



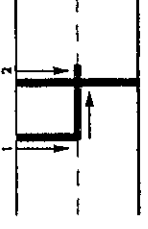
Pull down straight.



Curve forward; slant left. Slide right.



Curve forward. Curve forward.



Pull down straight. Slide right. Lift. Pull down straight.



Pull down straight. Circle forward. Lift. Slide right.



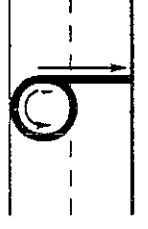
Curve down. Curve up and around.



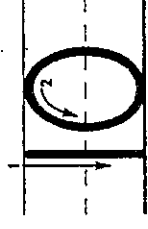
Slide right. Slant left.



Curve back; curve forward. Slant up.



Circle back all the way around. Pull down straight.



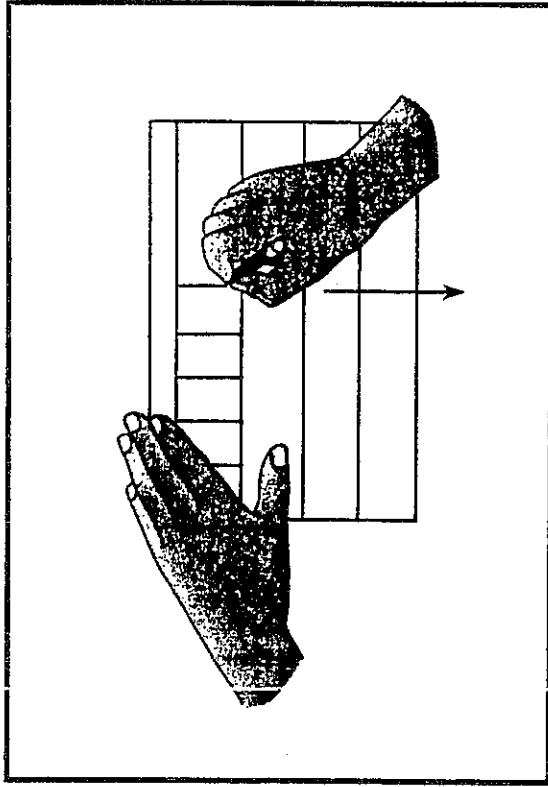
Pull down straight. Lift. Curve down; curve up.



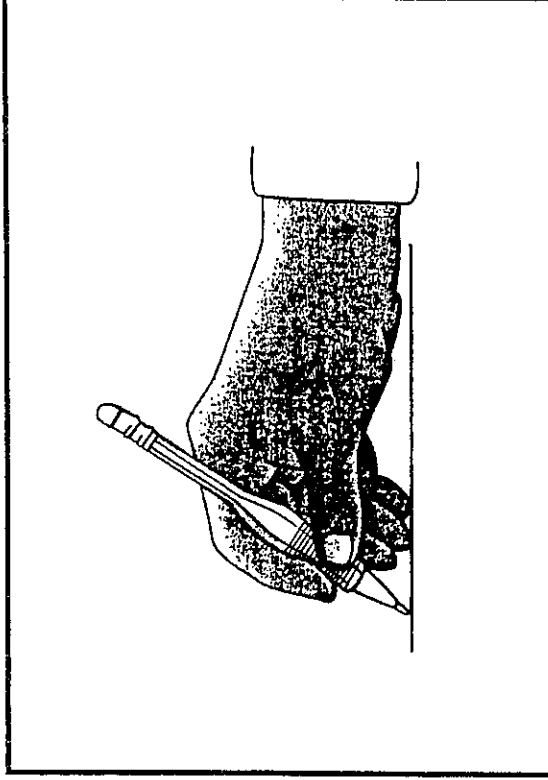


## Handwriting Positions

If you write with your right hand . . .



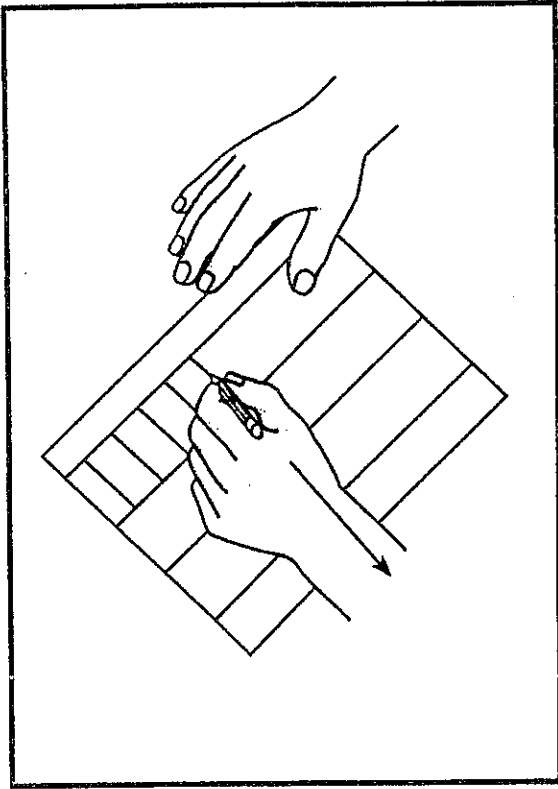
Place the paper straight in front of you.  
Rest both arms on the desk. Use your left hand to move the paper as you write.  
Pull the pencil toward the middle of your body when you write.



Hold the pencil with your thumb and first two fingers.  
Do not squeeze the pencil when you write.

## Handwriting Positions

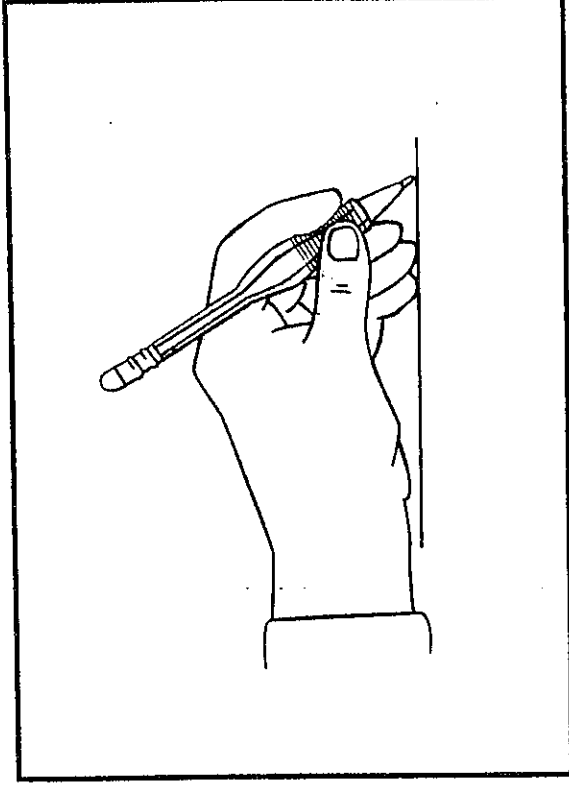
If you write with your left hand . . .



Slant your paper like you see in the picture.

Rest both arms on the desk. Use your right hand to move the paper as you write.

Pull the pencil toward your left elbow when you write.



Hold the pencil with your thumb and first two fingers.

Do not squeeze the pencil when you write.