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Grace Before Meals

Bless us, O Lord, and these
your gifts, which we are about
to receive, from your bounty,
through Christ our Lord. Amen.



Write the prayer.

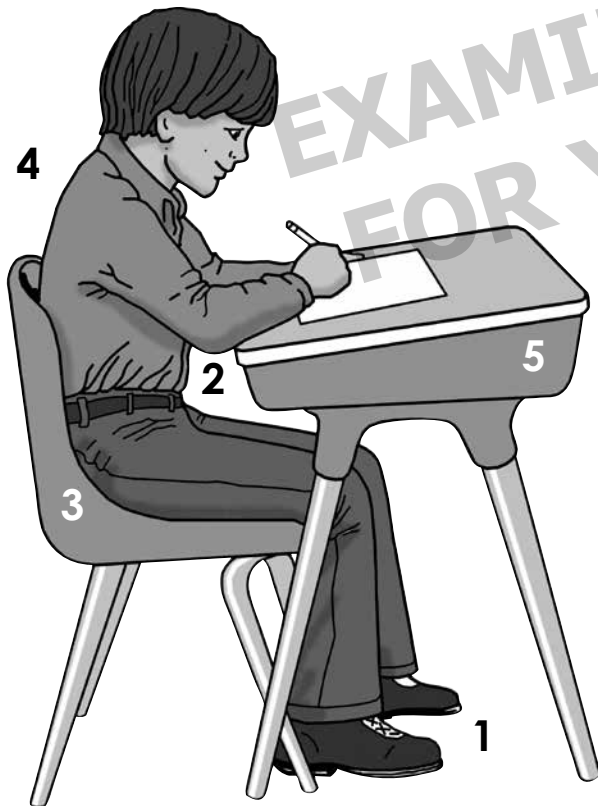
Handwriting practice lines consisting of solid top and bottom lines with a dashed midline. The lines are spaced evenly down the page.

Questions?
Call 1-800-940-2270

CHECK-UP ✓

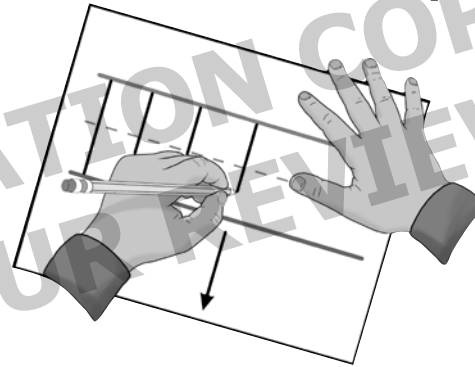
- Letter Spacing
- Size of Letters
- Letter Forms
- Line Quality
- Word Spacing

Correct Posture for Handwriting

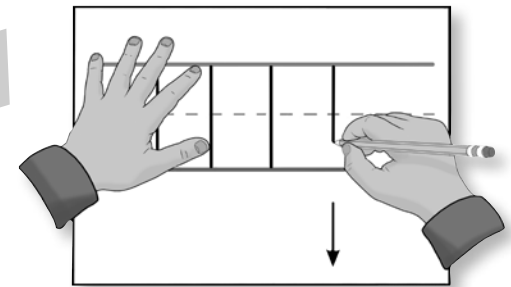


1. Both feet on the floor
2. Elbows off the edge of desk
3. Sit back in chair
4. Shoulders slightly forward
5. Proper desk height

Manuscript Paper Position



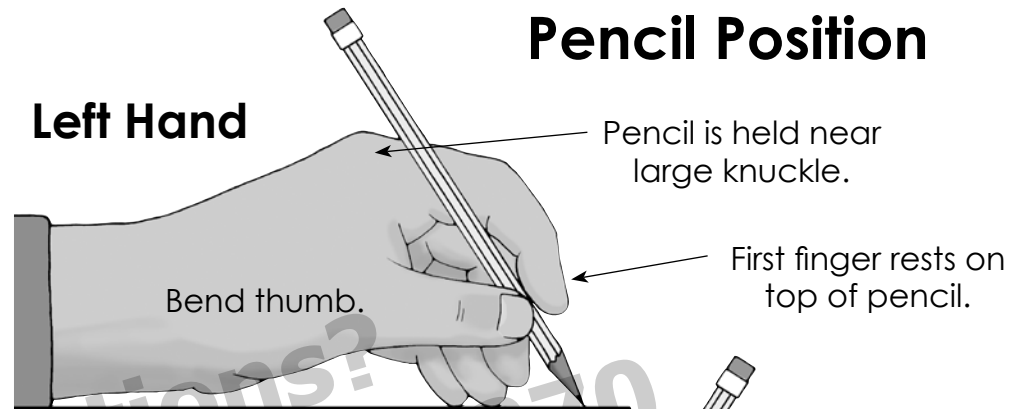
Left Hand



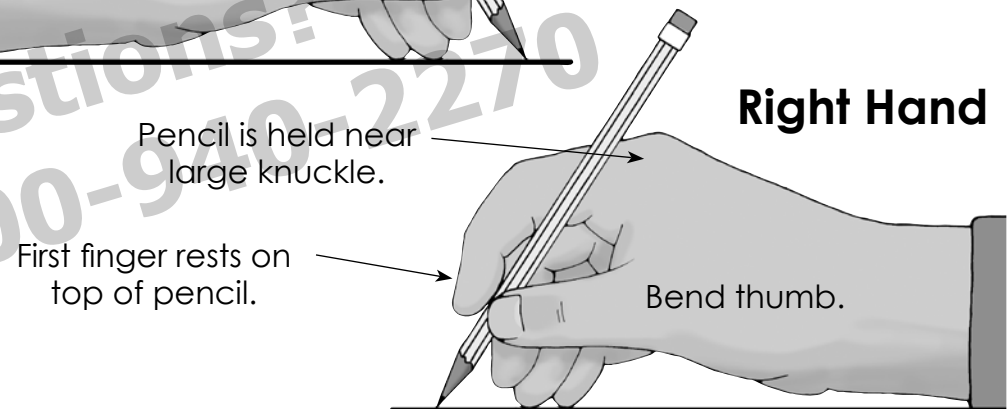
Right Hand

Pencil Position

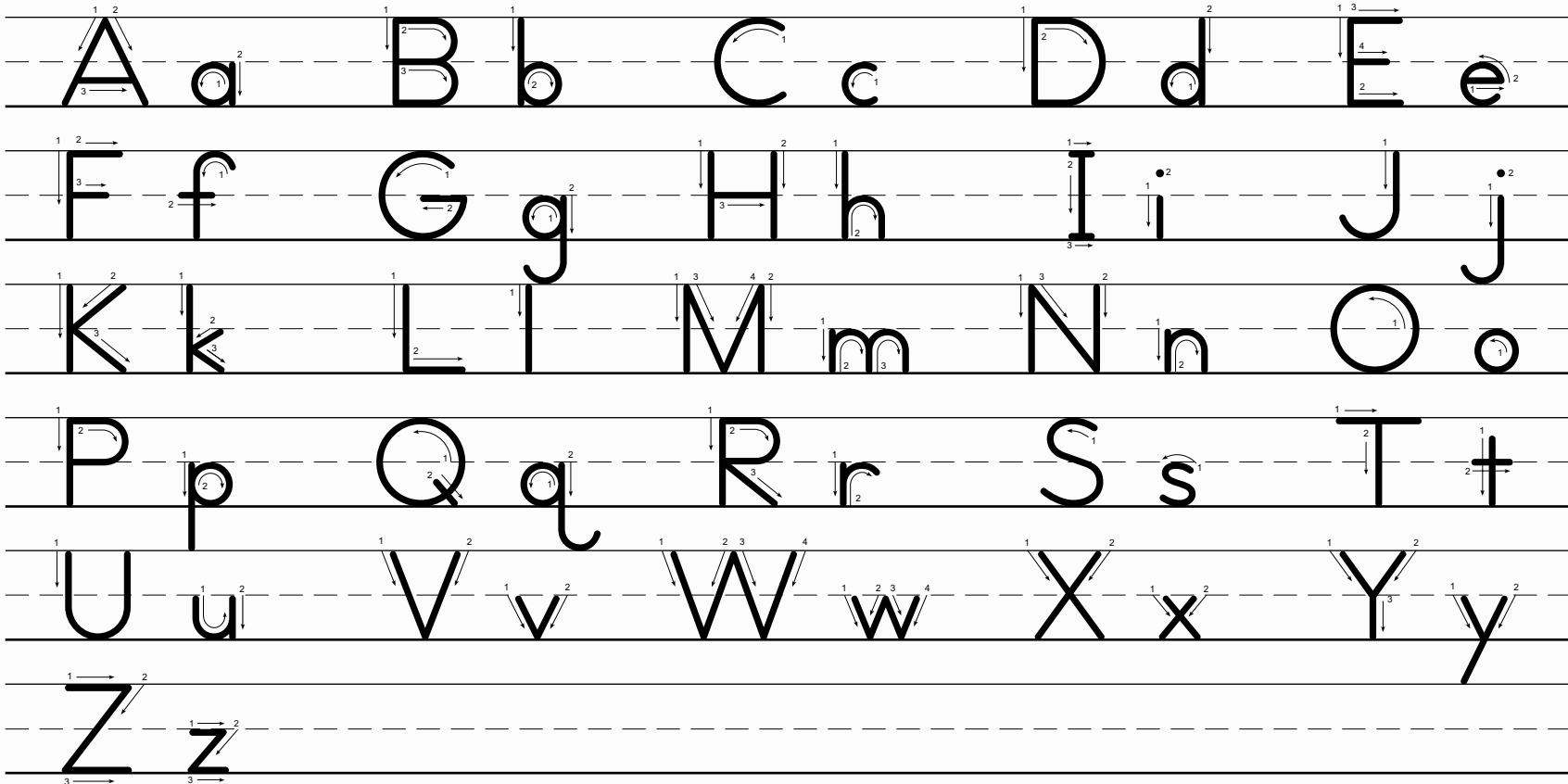
Left Hand



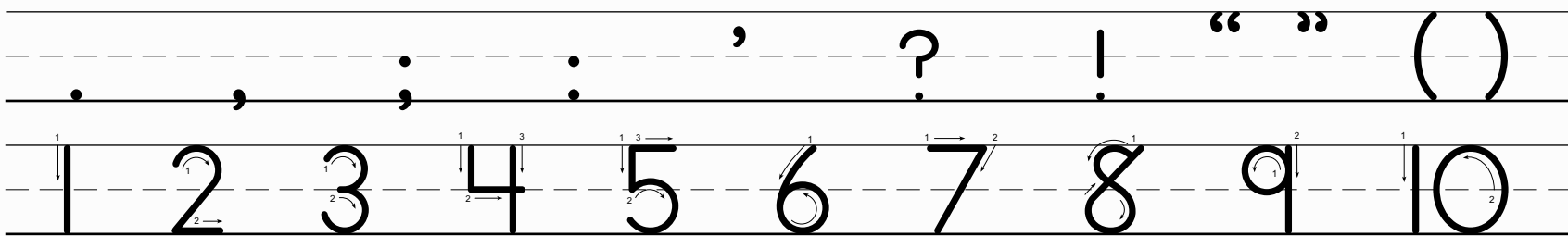
Right Hand



Manuscript Alphabet



Manuscript Punctuation and Numerals



Manuscript Basic Strokes

Left to Right

Write the left-to-right strokes.

Circle the letters that have a left-to-right stroke.

t V E r L A

Top to Bottom

Write the top-to-bottom strokes.

Circle the letters that have a top-to-bottom stroke.

h w a K S e

Backward Circle

Write the backward circles.

Circle the letters that have a backward circle.

a R m d i Q

Slant Right

Write the slant-right strokes.

Circle the letters that have a slant-right stroke.

v C k Y f M

Slant Left

Write the slant-left strokes.

Circle the letters that have a slant-left stroke.

A u V e n Z

Forward Circle

Write the forward circles.

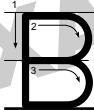
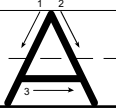
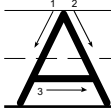
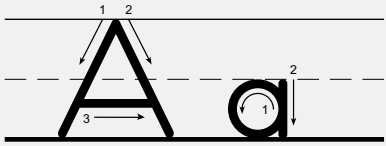
Circle the letters that have a forward circle.

h y b g U p

Name the stroke the arrow points to in each letter below.

k P A t b D R V a O

Trace and write the letters.



Write the sentences.

Abraham was Sarah's husband.

The Bible is a blessed book.

HOLY
BIBLE

CHECK-UP ✓



Letter Spacing



Letter Forms

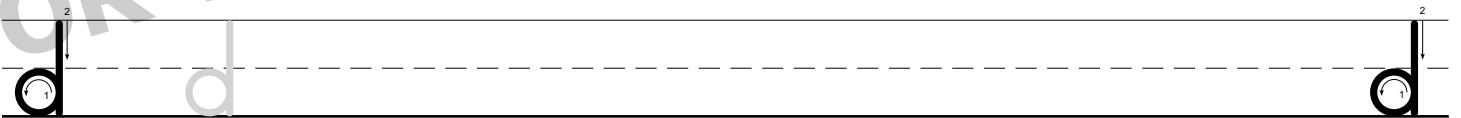
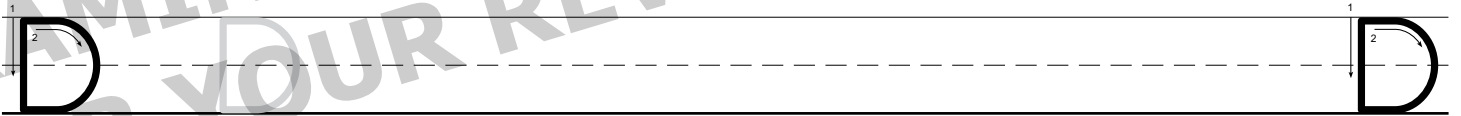
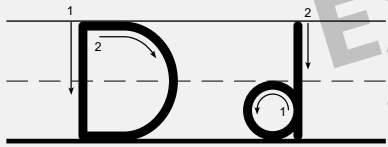
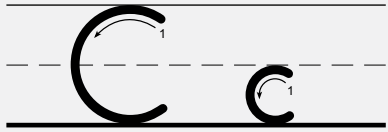


Line Quality



Word Spacing

Trace and write the letters.



Write the sentences.

I'm part of the Catholic Church.

Do deacons receive Holy Orders?

CHECK-UP ✓

Letter Spacing

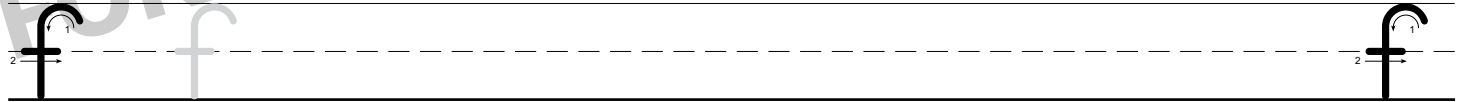
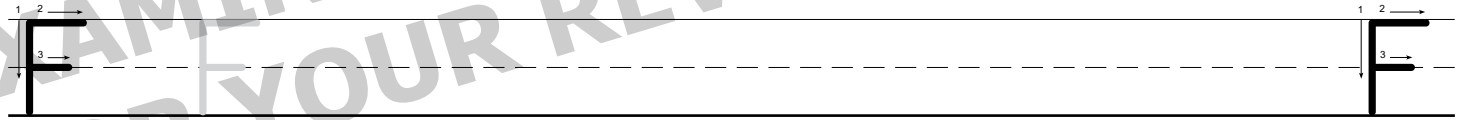
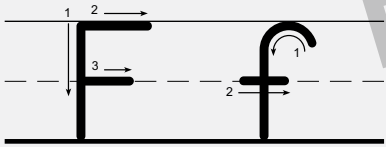
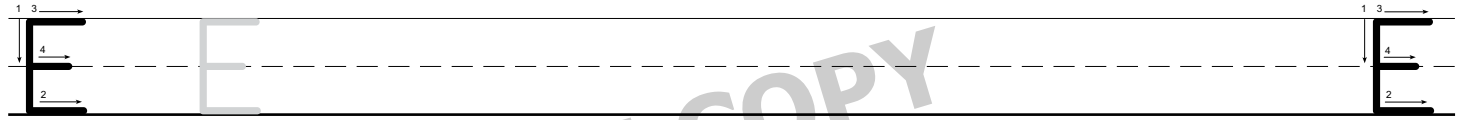
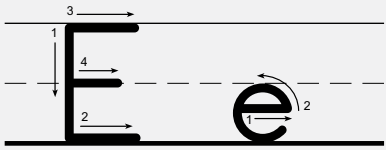
Size of Letters

Letter Forms

Line Quality

Word Spacing

Trace and write the letters.



Write the sentences.

I read the Book of Exodus.

Faith is a gift from God.



CHECK-UP ✓

Letter Spacing

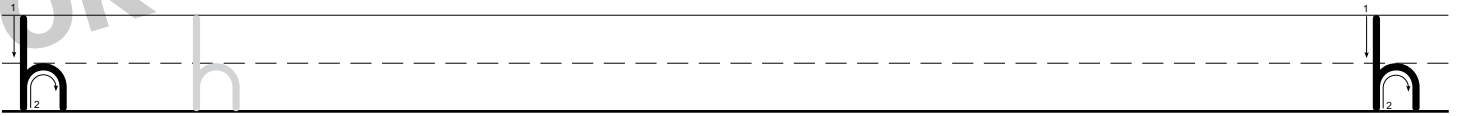
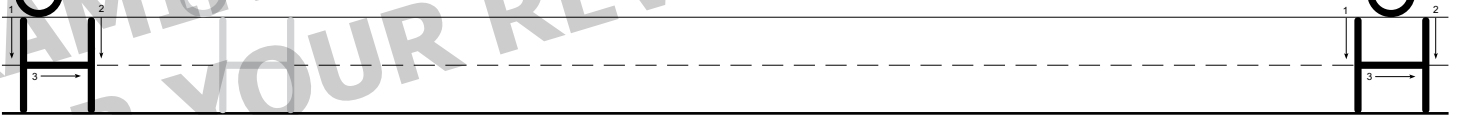
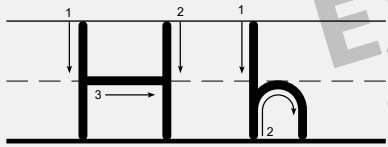
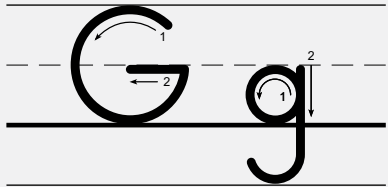
Size of Letters

Letter Forms

Line Quality

Word Spacing

Trace and write the letters.



Word Spacing Allow enough space for one lowercase **o** between words.

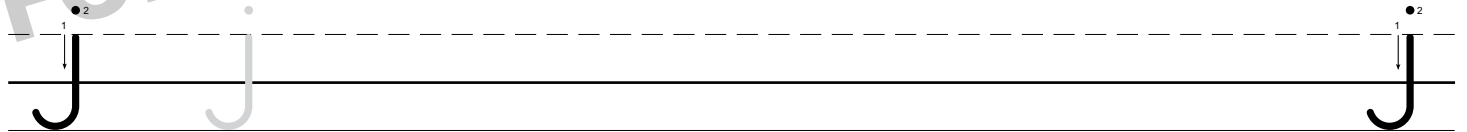
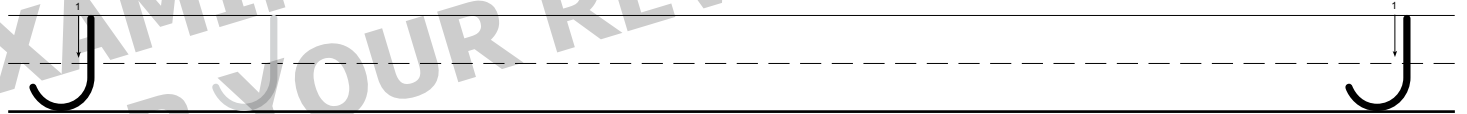
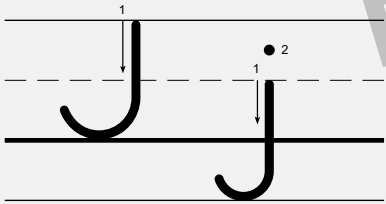
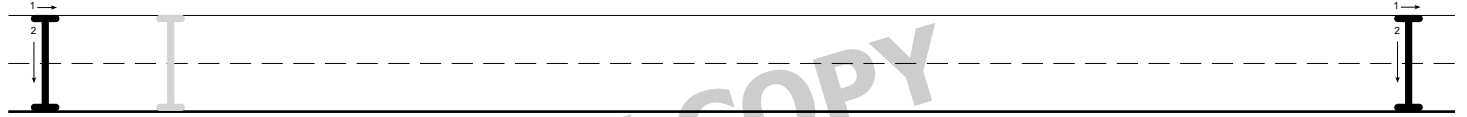
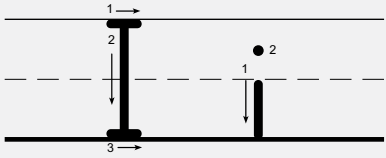
God o loves o all o of o us!

Write the sentence.

The Holy Spirit, or Holy Ghost,

guides us and gives us grace.

Trace and write the letters.



Write the sentences.

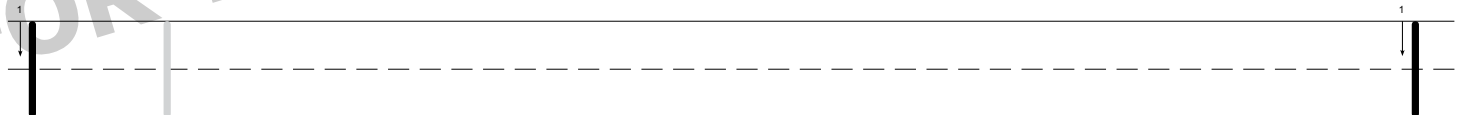
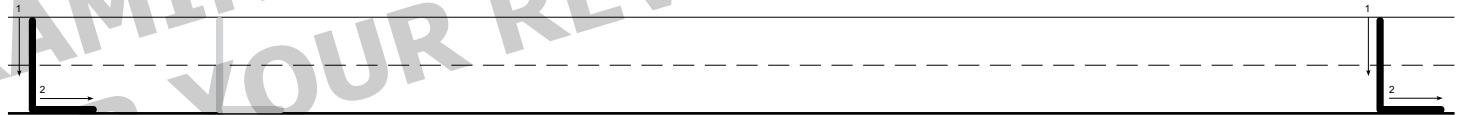
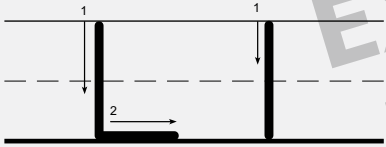
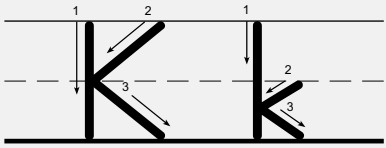
Jesus was baptized by John.

I believe in justice and fairness.

CHECK-UP ✓

- Letter Spacing
- Size of Letters
- Letter Forms
- Line Quality
- Word Spacing

Trace and write the letters.



Write the sentence.

Kings, Joel, Habakkuk, and Mark

are all books of the Bible.



CHECK-UP ✓

Letter Spacing

Size of Letters

Letter Forms

Word Spacing