

Writing Our Catholic Faith

Revised Edition

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June 2, 2015

Imprimatur

Archbishop Charles J. Chaput
Archdiocese of Philadelphia
June 5, 2015

Grade 5 • Item #607 • ISBN 978-1-931181-84-6

Cover Image: stdas 0476, © Standard Publishing, Licensed from GoodSalt.com

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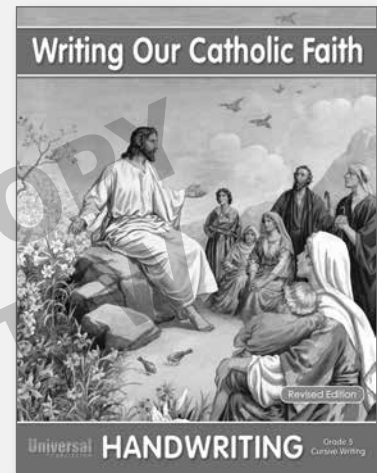


Table of Contents

Pretest.....	2	Writing Cursive Numbers.....	40
Posture.....	3	Uppercase M.....	42
Paper Position & Pencil Position.....	3	Lowercase m.....	43
Manuscript Alphabet.....	4	Uppercase N.....	44
Cursive Alphabet.....	4	Lowercase n.....	45
Size & Alignment.....	5	Uppercase O.....	46
Line Quality & Letter Forms.....	6	Lowercase o.....	47
Spacing.....	7	The Liturgical Year.....	48
Cursive Basic Strokes.....	8	Uppercase P.....	50
Uppercase A.....	10	Lowercase p.....	51
Lowercase a.....	11	Uppercase Q.....	52
Uppercase B.....	12	Lowercase q.....	53
Lowercase b.....	13	Uppercase R.....	54
Uppercase C.....	14	Lowercase r.....	55
Lowercase c.....	15	Stations of the Cross.....	56
Sacraments of Initiation.....	16	Uppercase S.....	58
Uppercase D.....	18	Lowercase s.....	59
Lowercase d.....	19	Uppercase T.....	60
Uppercase E.....	20	Lowercase t.....	61
Lowercase e.....	21	Uppercase U.....	62
Uppercase F.....	22	Lowercase u.....	63
Lowercase f.....	23	Hail, Holy Queen.....	64
Sacraments of Healing.....	24	Uppercase V.....	66
Uppercase G.....	26	Lowercase v.....	67
Lowercase g.....	27	Uppercase W.....	68
Uppercase H.....	28	Lowercase w.....	69
Lowercase h.....	29	Uppercase X.....	70
Uppercase I.....	30	Lowercase x.....	71
Lowercase i.....	31	The Gloria.....	72
Sacraments at the Service of Communion.....	32	Uppercase Y.....	74
Uppercase J.....	34	Lowercase y.....	75
Lowercase j.....	35	Uppercase Z.....	76
Uppercase K.....	36	Lowercase z.....	77
Lowercase k.....	37	Apostles' Creed.....	78
Uppercase L.....	38	Post Test.....	80
Lowercase l.....	39		

The Memorare

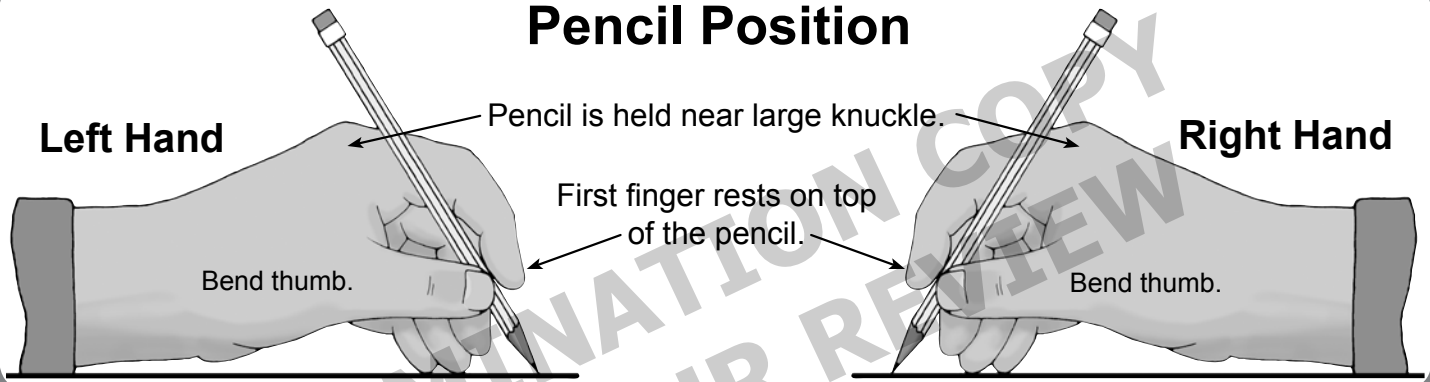
Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of Virgins, my Mother: to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.



Write the prayer.

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline. The page contains 12 sets of these lines for writing the prayer.

Pencil Position



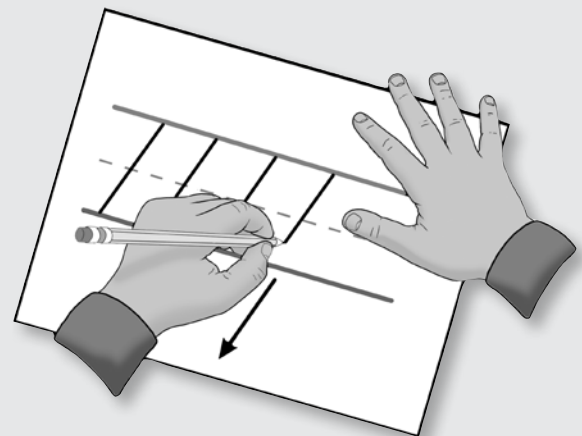
GOOD POSTURE

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

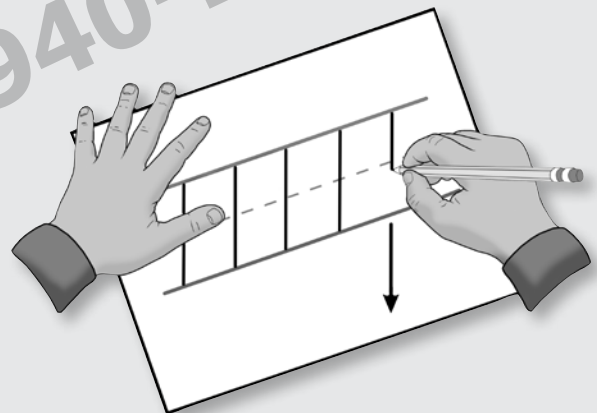


GOOD HANDWRITING

Paper Position for Cursive Writing



LEFT HAND



RIGHT HAND

Manuscript Alphabet

Write the manuscript letters, numerals, and punctuation marks.

A a B b C c D d E e F f G g
H h I i J j K k L l M m N n
O o P p Q q R r S s T t U u
V v W w X x Y y Z z . , ; : ' ! ? " " () | 2 3 4 5 6 7 8 9 10

Cursive Alphabet

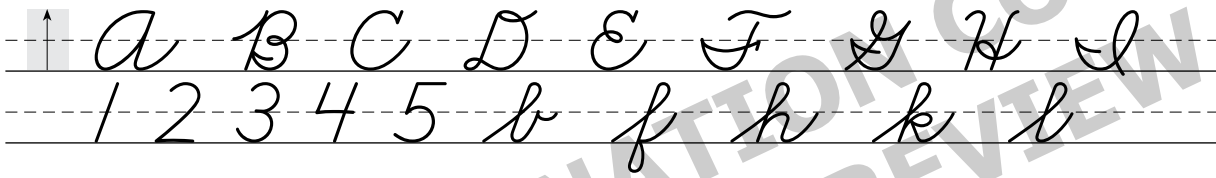
Write the cursive letters, numerals, and punctuation marks.

A a B b C c D d E e F f
G g H h I i J j K k L l
M m N n O o P p Q q R r
S s T t U u V v W w X x
Y y Z z . , ; : ' ! ? " " ()
1 2 3 4 5 6 7 8 9 10

Size and Alignment

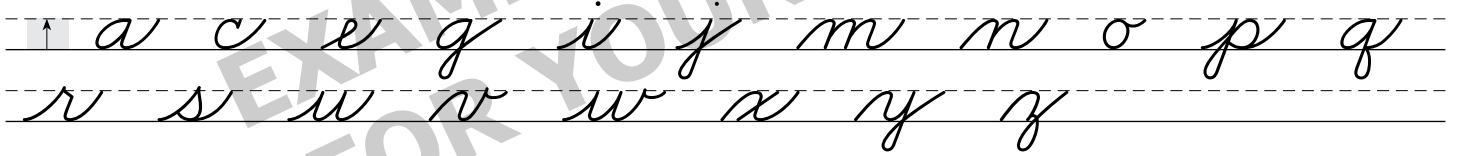
Size and alignment refer to the evenness of the letters along the bottom line and along their tops. All letters of the same size should be even in height.

Maximum Size Letters All uppercase letters, numerals, and the lowercase letters **b, f, h, k,** and **l** fill almost the full writing space.



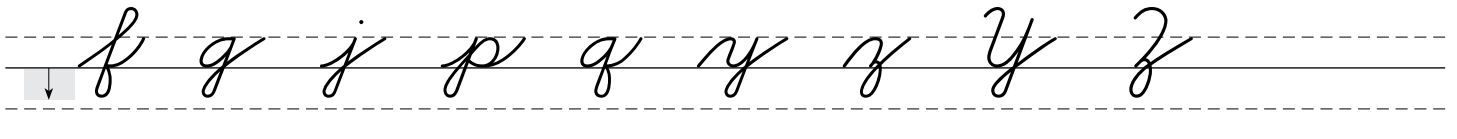
Maximum
Size
Letters

Minimum Size Letters Letters that fill approximately one-half of the writing space.

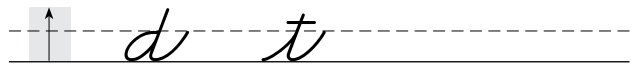


Descender Letters

Letters with lower-loops that fill approximately one-half of the space below the bottom line.



Intermediate Letters The lowercase letters **d** and **t** fill approximately two-thirds of the writing space.



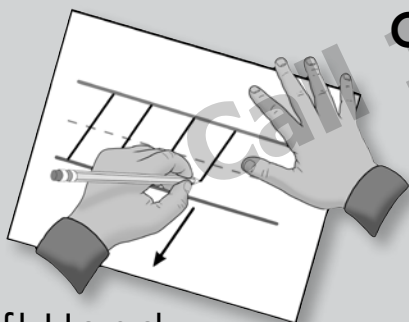
Handwriting is a vehicle that carries a message to the reader. If the handwriting is illegible, the message will never reach its destination. If what you write must be read by others, it must be written legibly.

Write the sentences.

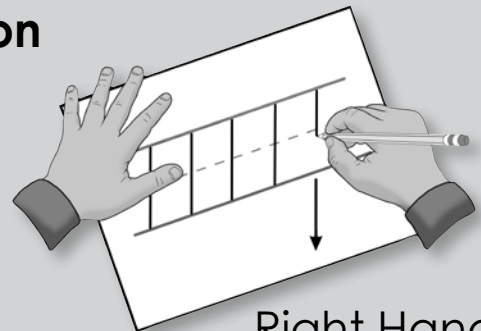
Blank handwriting lines for practicing the sentences.

Cursive Paper Position

The position of your paper or book is important for maintaining consistent slant in your writing. It also helps with the overall legibility of your handwriting.



Left Hand



Right Hand

Line Quality

Line quality refers to the smoothness, evenness, color, and thickness of the pencil line.

Be sure to apply the correct amount of pressure on your pencil. Too much pressure will make your writing too dark. Not enough pressure will make it too light. Uneven pressure will make it vary.

CORRECT

TOO HEAVY

TOO LIGHT

VARYING

blue

blue

blue

blue

Letter Forms

All letters are formed from the basic strokes. If you make your basic strokes correctly, your writing will be legible.

Study the basic strokes below. Pay close attention to how they are used in the letter forms.

Make your **undercurves** wide.

Do not undercurve up too soon.

b e f h i l t

b l f h

Write the undercurve letters **i, t, u, e, l, b, f, h,** and **k**. Be sure your undercurves are wide.

Make the **downcurves** wide in the letters **a, d, g,** and **q**.

Downcurves are too sharp, should be wide.

A a d g q

o c

a d g q

The letters **o** and **c** have sharp downcurves.

Write the downcurve letters **a, d, g, q, A, o,** and **c**. Be sure your downcurves are correct.

Make your **overcurves** wide.

Do not overcurve up too quickly.

m n v x y z

m n y

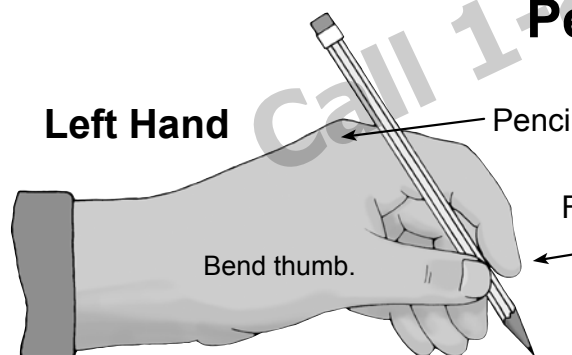
Write the overcurve letters **m, n, v, x, y,** and **z**. Be sure your overcurves are correct.

Pencil Position

Left Hand

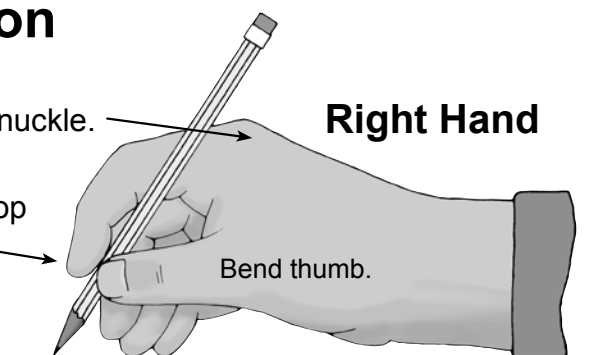
Pencil is held near large knuckle.

Right Hand



Bend thumb.

First finger rests on top of the pencil.



Bend thumb.

Spacing

Correct spacing between letters, words, and sentences makes your writing easy to read. Study the spacing examples below.

Letter and Word Spacing Allow enough space between words to fit a small oval.
The sentence below shows correct spacing between letters and words.

*This sentence has good spacing
between letters and words.*

Write the sentence. Check your spacing between letters and words.

I saw the first star tonight.

Sentence Spacing Allow enough space between sentences to fit a large oval.
The example below shows correct spacing between sentences.

*Pat plays soccer. Olivia plays
baseball. They both like to sing.*

Write the sentences. Check your spacing between sentences.

Val is my sister. She is great!

New Paragraph Indent When you indent for a new paragraph, allow enough space for two large ovals. Study the example below.

*The second week of volleyball
practice was great. I had the...*

Write the sentences. Check your spacing between letters, words, and sentences.

**I like to play softball. I play third base. My team is currently in second place, but we
have a good chance of finishing the season in first.**

CHECK-UP Letter Spacing Joinings Alignment Slant Letter Forms

Cursive Basic Strokes

Slant Strokes

little

Slant Strokes The slant stroke is used in many cursive letters. Can you name the letters that contain a slant stroke?

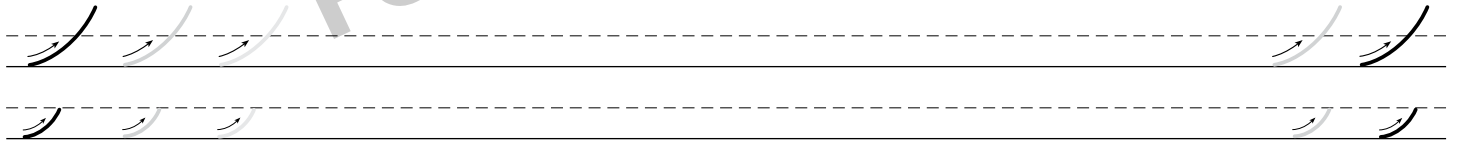
Trace and write the slant strokes.



Study the slant strokes in the letters to the right.

h b a h i H f K

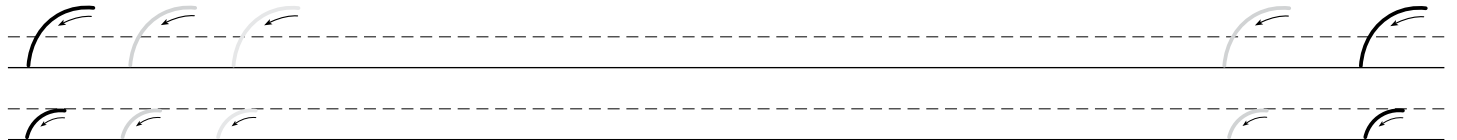
Undercurve The undercurve is used to begin fourteen lowercase letters. Can you name them? Trace and write the undercurves.



Study the undercurves in the letters to the right.

b c f i r s t B P

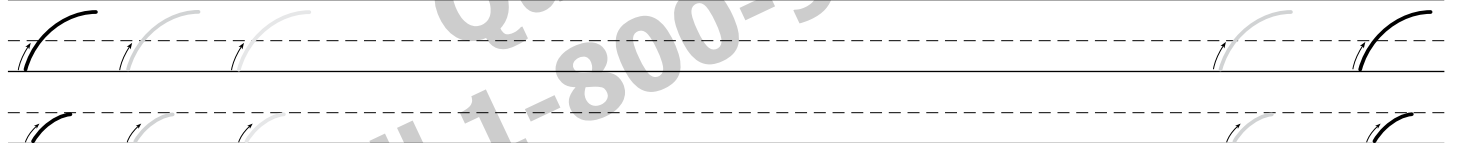
Downcurve The downcurve is used in six lowercase letters. Can you name them? Trace and write the downcurves.



Study the downcurves in the letters to the right.

a d g q o c A

Overcurve The overcurve is used to begin six lowercase letters. Can you name them? Trace and write the overcurves.



Study the overcurves in the letters to the right.

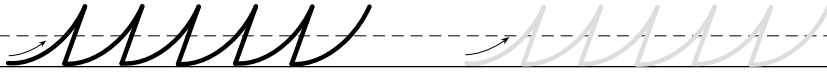
m n v w y z y

Write the words **letter**, **added**, and **minimum**. Check your basic strokes.

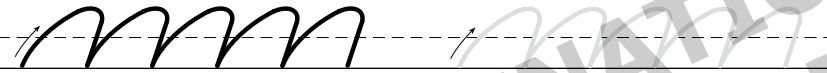
Basic Strokes

Your hand and arm should move together when doing the exercises below. Don't just use your fingers when you write. Try to develop good hand/arm movement.

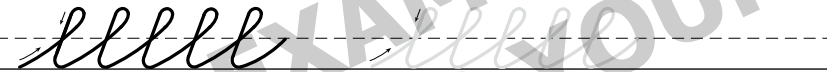
Trace and write the undercurve-slant exercise.



Trace and write the overcurve-slant exercise.



Trace and write the undercurve-loop-slant exercise.

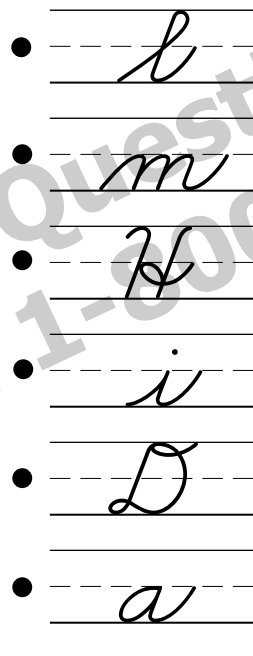
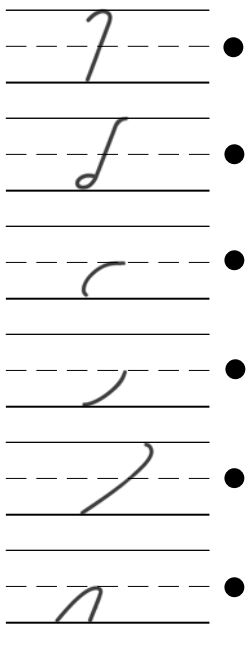


Matching - Draw a line from each stroke to the correct name.

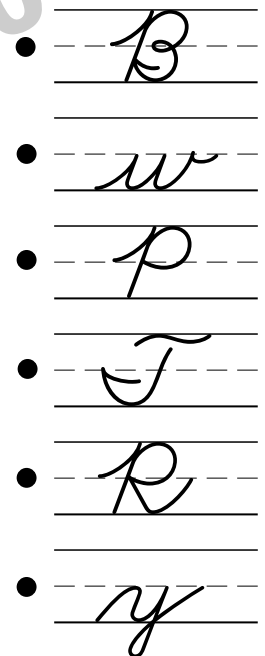
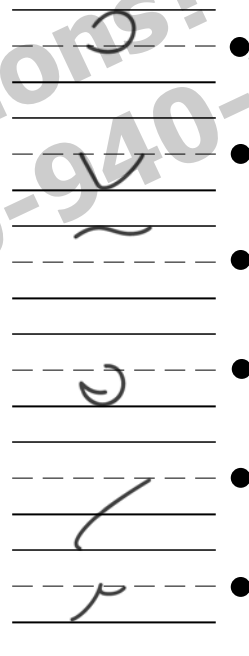


- OVERCURVE
- SLANT
- UNDERCURVE
- DOWNCURVE

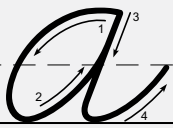
Match the **beginning** strokes to the correct letter.



Match the **ending** strokes to the correct letter.

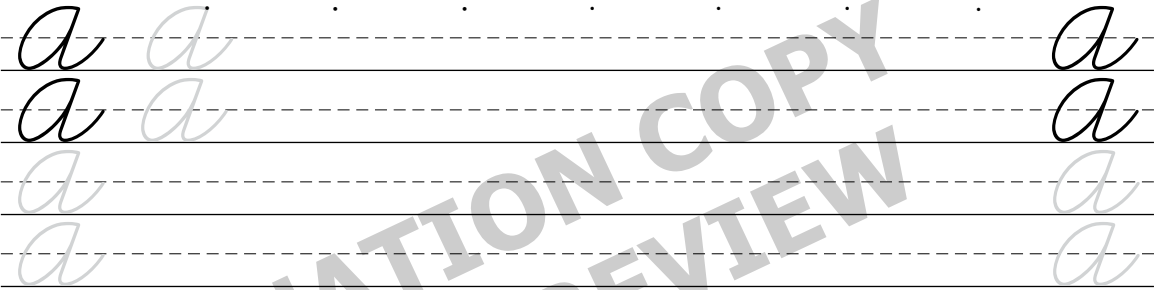


Uppercase A

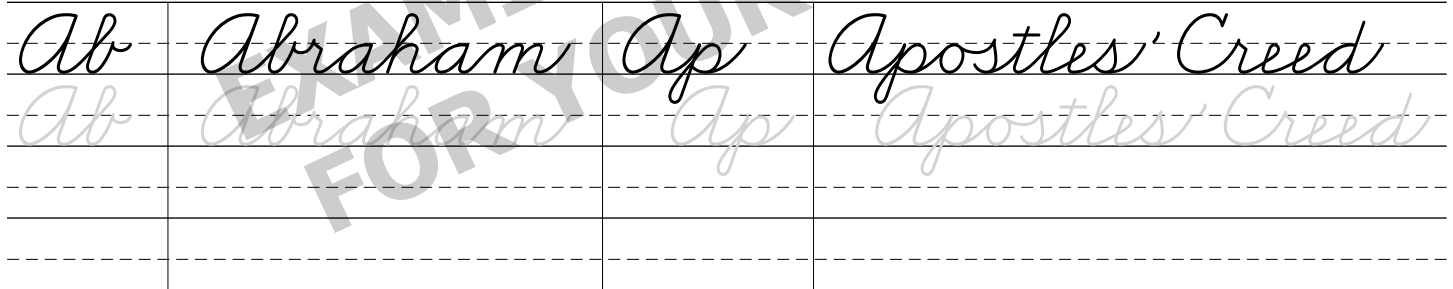


1. Downcurve
2. Undercurve
3. Slant
4. Undercurve

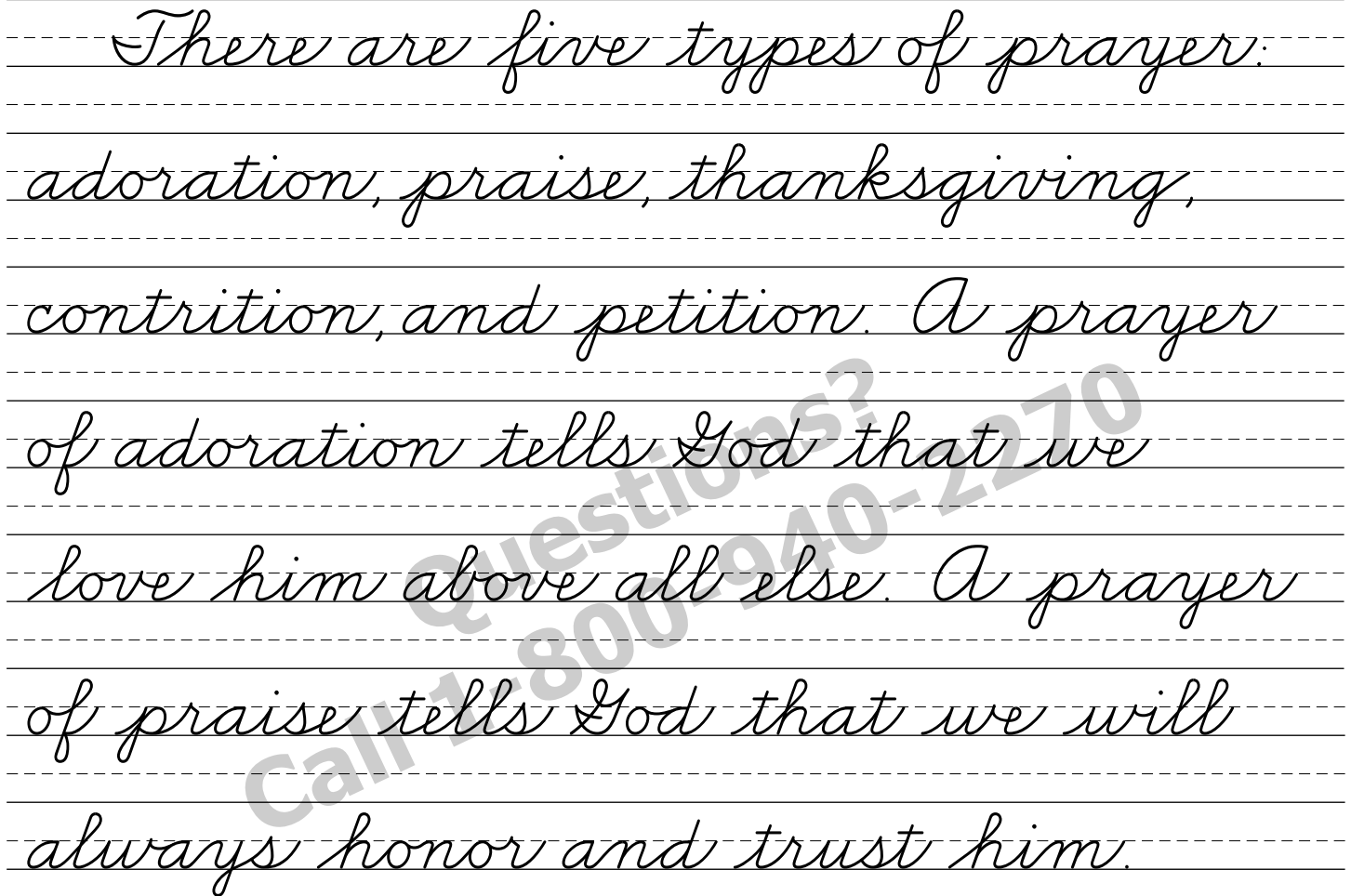
Be sure to close the downcurve-undercurve motion. Pull the slant stroke to the bottom line before you undercurve. Trace and write the letter.



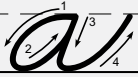
Trace and write the joinings and words.



Write the sentences. Check your writing.

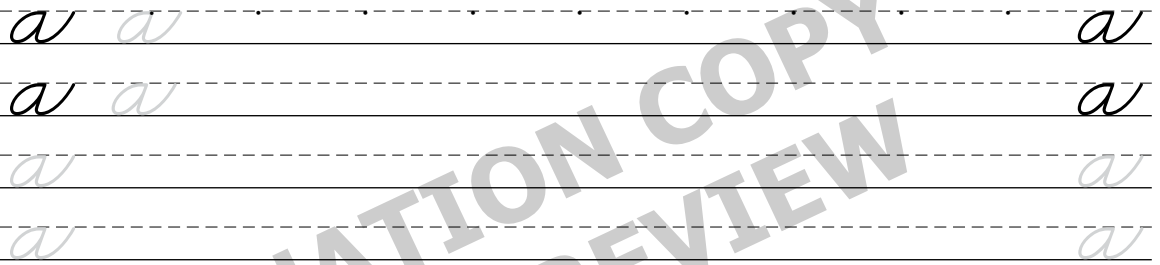


Lowercase a

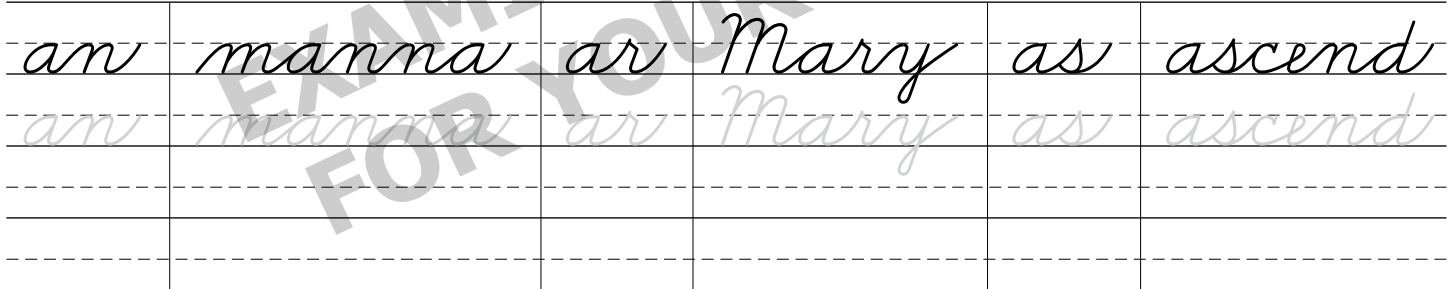


1. Downcurve
2. Undercurve
3. Slant
4. Undercurve

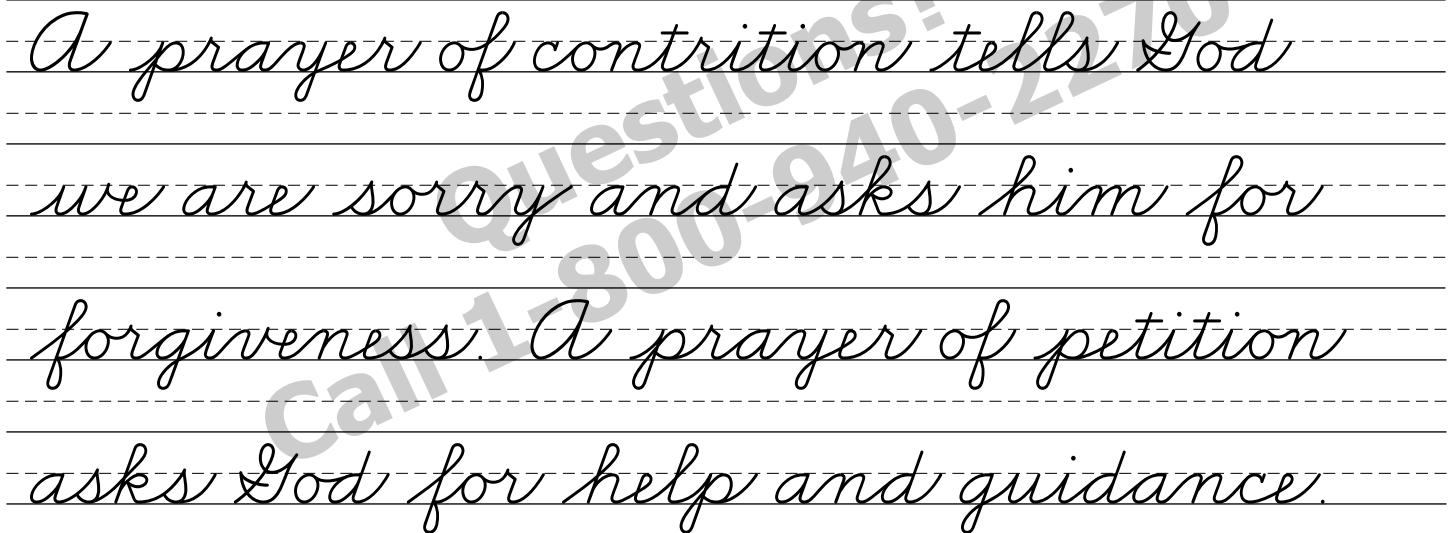
Begin this letter with a wide downcurve. Pull the slant stroke to the bottom line before you make the undercurve ending. Trace and write the letter.



Trace and write the joinings and words.



Write the sentences. Check your writing.



CHECK-UP Letter Spacing Joinings Word Spacing Slant Letter Forms