Handwriting Help for Kids

MAKE LETTERS Upper & Lower Case





OT Fine Motor Practice!

By Lisa Marnell, MS, OTR/L

Handwriting Help for Kids

MAKE LETTERS



by
Lisa Marnell MS, OTR/L

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Other resources from *Handwriting Help for Kids*:

Preschool Level:	Preschool Fine Motor Sticker Fun MAKE MORE LETTERS
Kindergarten Level:	*LEARN LETTERS: Workbooks and Write-On* *MAKE MORE LETTERS* *50 Ideas for Kindergarten Handwriting*
First Grade Level:	*START SENTENCES Workbook and Write-On* *50 Ideas for First Grade Handwriting*
Second Grade Level:	*WRITE WELL Workbook and Write-On* *50 Ideas for Second Grade Handwriting*
Third Grade Level:	*CREATE CURSIVE Workbook and Write-On* *50 Ideas for Third Grade Handwriting*
For all ages:	*Learn Numbers with SPIDER STORIES* *Multi-Grade Handwriting Paper*



** For skill-building activities and to learn more about research in child development, follow @KidsMasterSkills on Facebook**

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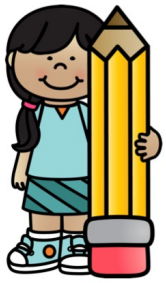

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Who is This Book For?

Thank you for purchasing this resource from *Handwriting Help for Kids!*

MAKE LETTERS helps children master letter recognition and formation while addressing fine motor skills. It was designed to work in tandem with the *LEARN LETTERS* Upper and Lower Case workbooks. Simple, yet fun, this program is ideal for kindergarten students. It is suitable for some younger children as well.



What makes *Handwriting Help for Kids* and *MAKE LETTERS* unique?

1- *Handwriting Help for Kids* pairs teaching letters with practicing and refining visual and fine motor skills that children need for academics.

2- Letters groups are organized according to similar formation. This means that children learn letters with similar kinesthetic and pencil movements, such as with the ”Down and Bump” group (letters D, B, P, R).

3- ”Letter Stories”, unique to this program, provide consistent verbal and visual cues to help children master correct letter formation.

4- “Starting Stars” show kids where to start upper and lower case letters.

For skill-building activities and to learn more about research in child development and learning, follow @KidsMasterSkills on Facebook.

Enjoy this resource!

Lisa Marnell MS, OTR/L (Occupational Therapist)

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Skills For Handwriting

1- Fine Motor Skills



Fine motor skills include hand strength, pincer grasp, and the ability to use two hands together (bilateral coordination). In *MAKE LETTERS,* children practice fine motor skills through the four activities suggested for making letters. When children manipulate Wikki Stix, Play-doh, stickers, and use small crayon pieces, they steadily improve their fine motor skills.

2- Visual Motor Skills



Visual motor skills entail using vision to guide hand movements. This is seen when cutting on a line or when carefully copying letters. When a child has trouble with visual motor skills, handwriting, drawing, and any types of craft activities can be terribly frustrating.

3- Visual Perception



Visual perception is the ability to make sense of visual information. This skill includes several areas: Visual Discrimination, Visual Closure, Visual Figure Ground, Visual Memory, & Visual Spatial Abilities. In this resource, children make letters in a variety of ways. They learn to pay attention to the details that are unique to each letter.

4- Trunk Strength/ Shoulder Stability



To have good fine motor control, a child must have solid trunk strength and a stable shoulder. If a child cannot hold his shoulder and arm steady, he cannot draw careful writing lines. Activities to build shoulder strength include animal walks, jumping jacks, and drawing and coloring on a vertical surface such as paper taped on a wall.

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About MAKE LETTERS!

What is my mission at Kids Master Skills?

My goal is to provide affordable, engaging, and developmentally appropriate resources that promote skill development and academics in children. *MAKE LETTERS* reinforces letter recognition and letter formation using a multi-sensory approach. Hands-on activities in this resource promote the development of visual and fine motor skills.



Why teach handwriting?

Research shows that learning to write by hand improves a child's long-term spelling and written composition skills (Piasta et al., 2010; Dinehardt 2015). Further, a study in *Trends in Neuroscience and Education* reports that teaching handwriting may play a strong role in learning how to read (James et al., 2012). These researchers propose that teaching letters (not tracing or typing them) may stimulate reading skills in early learners.

Why practice visual and fine motor skills along with letters?



Visual perceptual, visual motor, and fine motor skills are crucial when it comes to handwriting. Too often, occupational therapists and teachers see children struggle to learn and to master letters because of weaknesses with these skills. Now, children can practice these skills as they make letters through a variety of fine motor activities.



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How Do I Use This Resource?



MAKE LETTERS includes:

- Templates for 26 Uppercase Letters
- Templates for 26 Lowercase Letters
- Both templates include:
  * Make letters with Wikki Stix
  * Make letters with Playdoh
  * Make letters with stickers
  * Make letters with crayon pieces
- Completed example pages

Materials Needed:

- Small or broken crayons to encourage a pincer grasp, holding with thumb and fingers
- Wikki Stix (some full length; some cut in half)
- Play-doh
- Stickers (available in bulk on Amazon)
- Laminating machine and supplies (optional)
- Pencil boxes for storage (optional)

1- Make letters with Wiiki Stix!

- An adult cuts Wikki Stix in half. (This allows for both short and longer Wikki Stix.)
- Kids form one part of the letter first, choosing full or half-size Wikki Stix.
- Ask children to make letters directly on top of the letter models.
- Wikki Stix use promotes two-handed (or bilateral) hand skills.

2- Make letters with Playdoh!

- Children roll Playdoh into a snake and place it on part of a letter.
- Ask kids to adjust the length of the snake so it fits the letter well.
- Next, they complete other parts of the letter. This activity strengthens hands.

3- Make letters with stickers!

- Kids remove stickers from a sticker sheet and place them on a letter.
- Removing and manipulating stickers works on pincer grasp and two-handed skills.

4- Make letters with crayon pieces!

- Children write letters using short crayon pieces. Encourage correct letter formation.
- Using short (about 1-inch) crayon pieces promotes a pincer grasp.

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How Do I Use This Resource?



How do I prepare this resource?

- Sheets in this resource may be used "as is" or they may be laminated and cut into letter cards for each different fine motor activity.
- Also, you may store letter cards in pencil boxes for each type of fine motor activity. (See pictures on next page!)

How often do I use this resource?

- Use this resource weekly – kids can choose which activity to try.
- As you teach a new letter have children practice making it with these letter cards.
- Alternatively, use this resource as a review for letters already learned.
- This resource may be used on its own or in tandem with the *Handwriting Help for Kids LEARN LETTERS* workbooks or any other handwriting curriculum.

What does this entire kindergarten program entail?

LEARN LETTERS Workbooks: These resources teach upper and lower case letters using a multi-sensory approach, grouping letters according to similar formation.

MAKE LETTERS and MAKE MORE LETTERS: Making letters with hands-on activities promotes visual and fine motor skills.

LEARN LETTERS WRITE-ON: This laminated two-sided sheet offers practice for upper and lower case letters. Prevent reversals using our "Starting Star" approach.

50 Ideas for Kindergarten Handwriting: Encourage children to practice their new handwriting skills with these ideas! Use our FREE Kindergarten Handwriting Paper.

Learn Numbers with SPIDER STORIES: Teach children how to form numbers step by step. Using WIKKI STIX, Play-doh, or paint, children improve visual and fine motor skills.

Kindergarten Handwriting Paper: Practice writing letters and words.

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How Do I Use This Resource?



How do I store this resource?

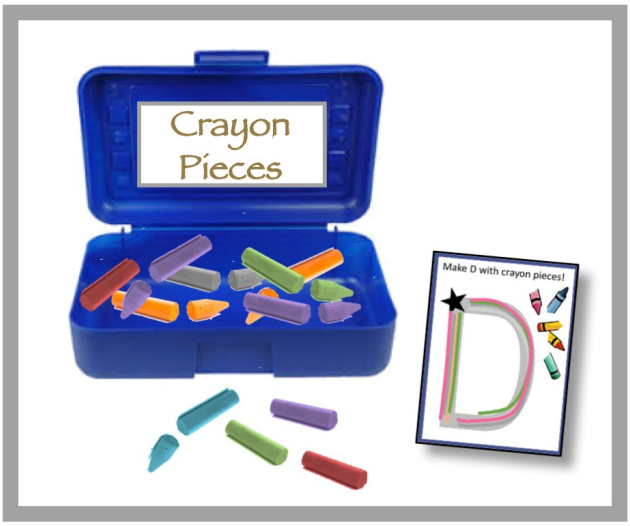
There are four hands-on activities for kids to use in this resource. Use a pencil box to store each of the activities! Follow these steps:

- Cut out letter cards for each letter.
- Cut out the signs: “Wikki Stix”, “Stickers”, “Playdoh”, and “Crayon Pieces” (page 79).
- Place cards and either Wikki Stix, stickers, Playdoh, or crayon pieces in each box.









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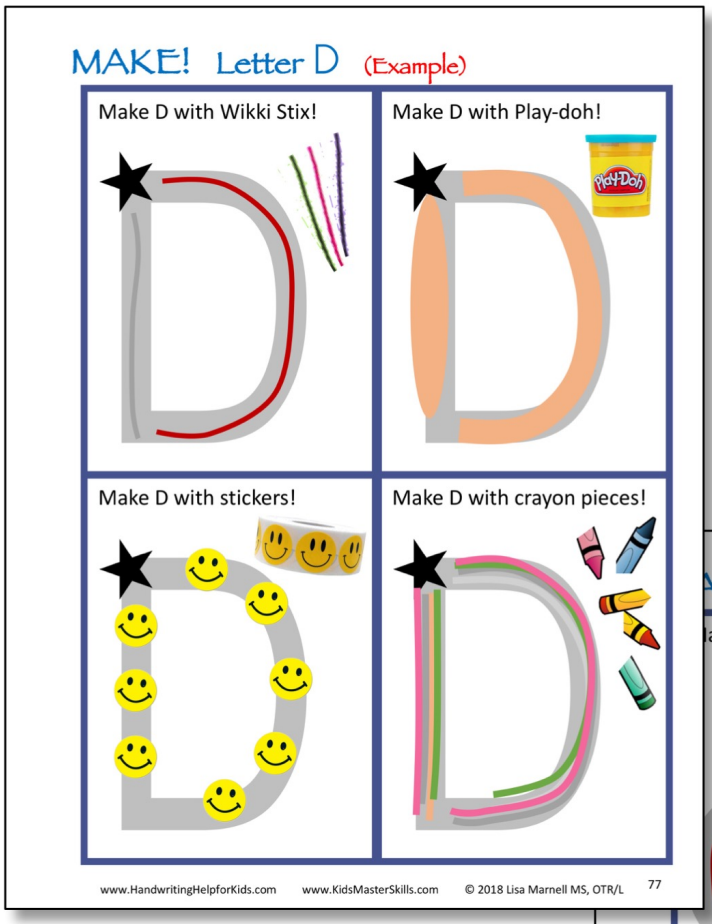
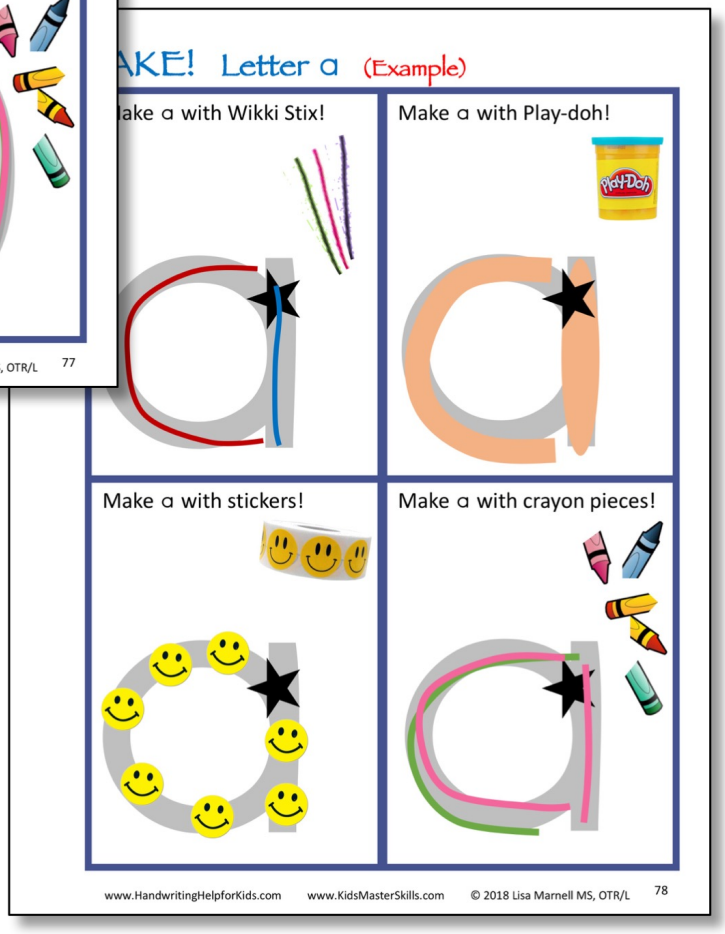
How Do I Use This Resource?

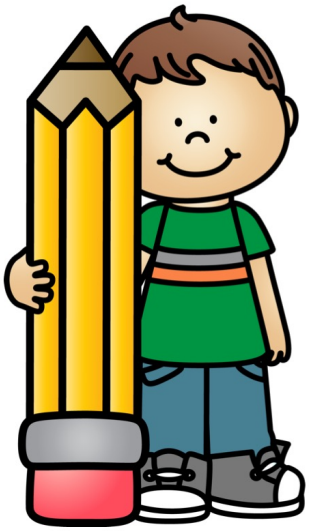
Completed Example Page:

Make letters with Wikki Stix!	Make letters with Play-doh!
Make letters with stickers!	Make letters with crayon pieces!





New Letter Group:



Down and Bumps

D B P R

MAKE! Letter D

Make D with Wikki Stix!



D

Make D with Play-doh!



D

Make D with stickers!



D

Make D with crayon pieces!



D

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MAKE! Letter B

Make B with Wikki Stix!



B

Make B with Play-doh!



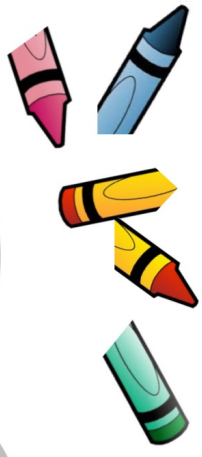
B

Make B with stickers!



B

Make B with crayon pieces!



B

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MAKE! Letter P

Make P with Wikki Stix!



P

Make P with Play-doh!



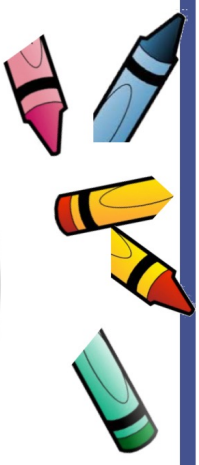
P

Make P with stickers!



P

Make P with crayon pieces!



P

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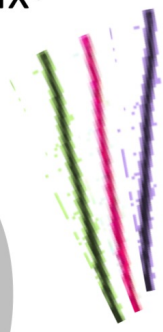
MAKE! Letter R

Make R with Wikki Stix!



R

Make R with Play-doh!



R

Make R with stickers!



R

Make R with crayon pieces!



R

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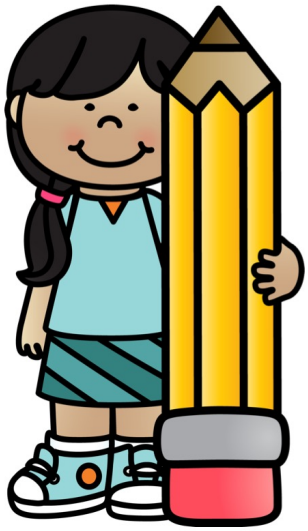
New Letter Group:

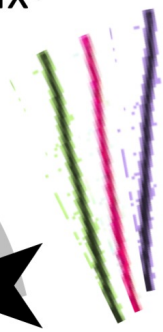


Curves

C G O Q

MAKE! Letter C

Make C with Wikki Stix!



C

Make C with Play-doh!



C

Make C with stickers!



C

Make C with crayon pieces!



C

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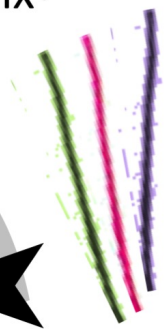
MAKE! Letter G

Make G with Wikki Stix!



G

Make G with Play-doh!



G

Make G with stickers!



G

Make G with crayon pieces!



G

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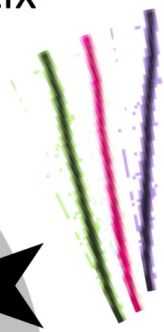
MAKE! Letter O

Make O with Wikki Stix!



Make O with Play-doh!



Make O with stickers!



Make O with crayon pieces!



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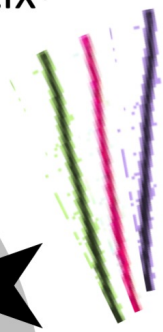
MAKE! Letter Q

Make Q with Wikki Stix!



Make Q with Play-doh!



Make Q with stickers!



Make Q with crayon pieces!



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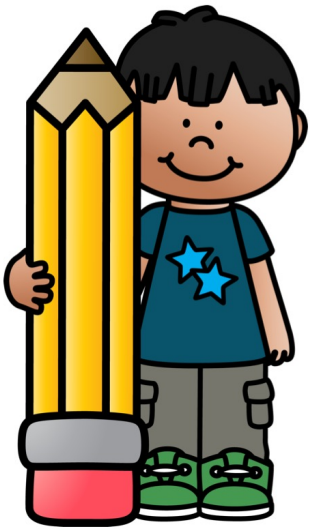
New Letter Group:



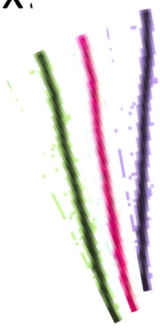
Hats and Boots

E F I J

L T

MAKE! Letter E

Make E with Wikki Stix!



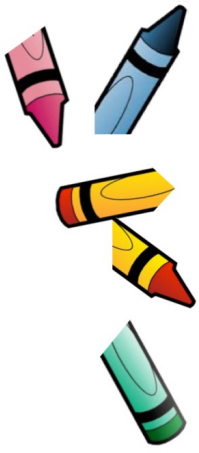
Make E with Play-doh!



Make E with stickers!



Make E with crayon pieces!



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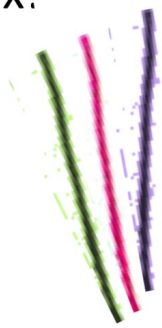
MAKE! Letter F

Make F with Wikki Stix!



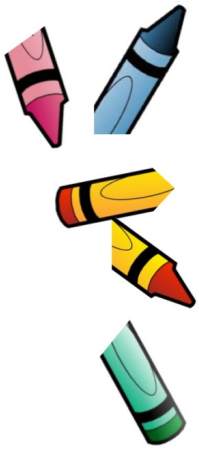
Make F with Play-doh!



Make F with stickers!



Make F with crayon pieces!



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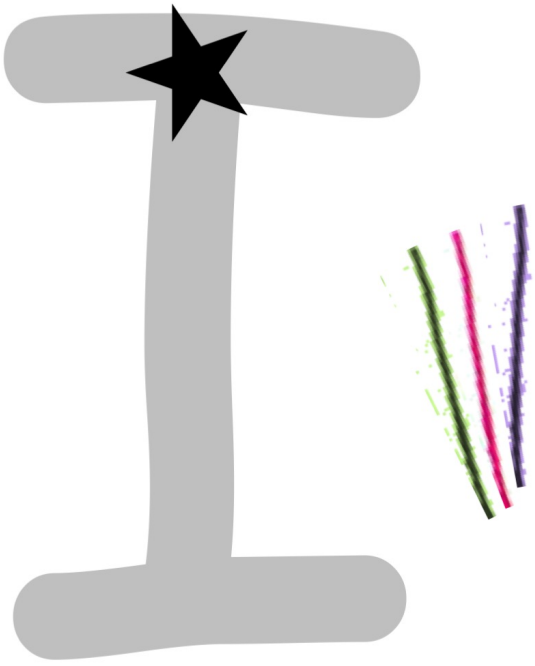
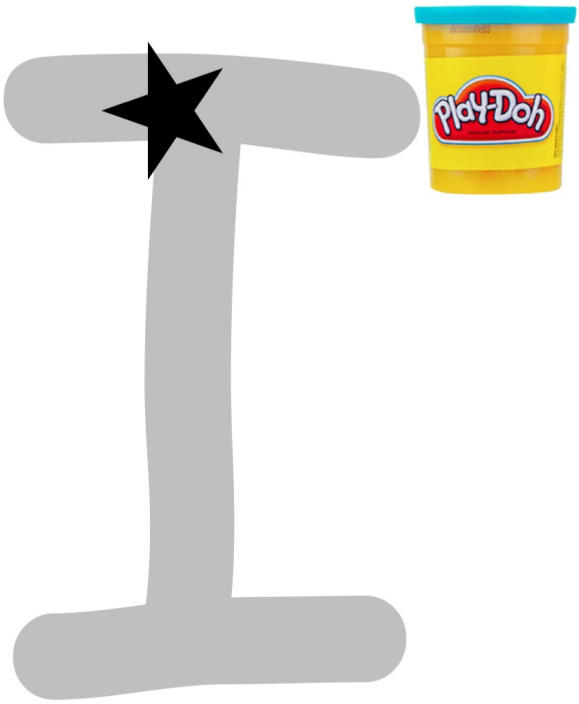
MAKE! Letter I

Make I with Wikki Stix!



Make I with Play-doh!



Make I with stickers!



Make I with crayon pieces!



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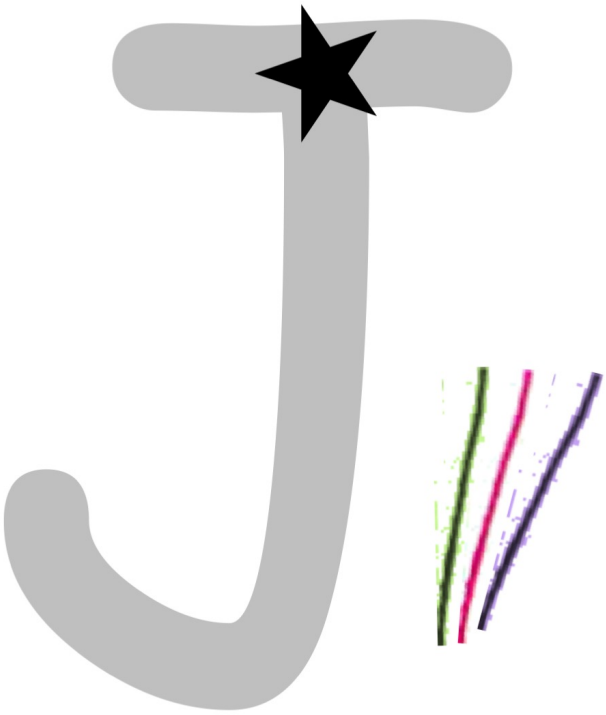
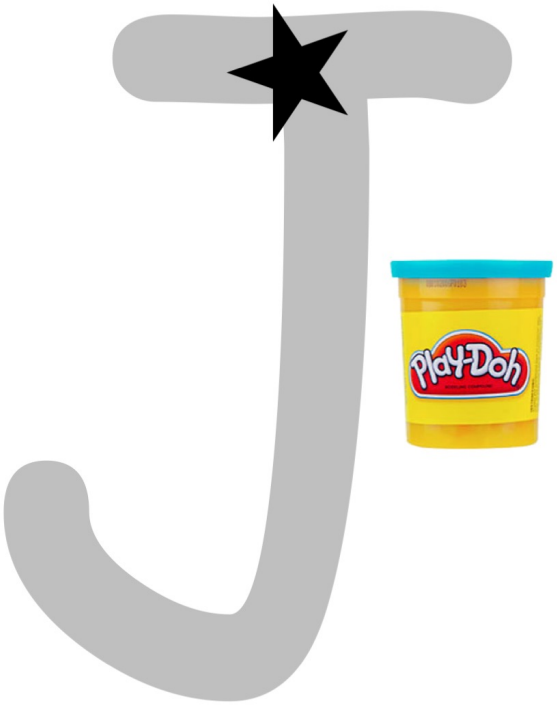
MAKE! Letter J

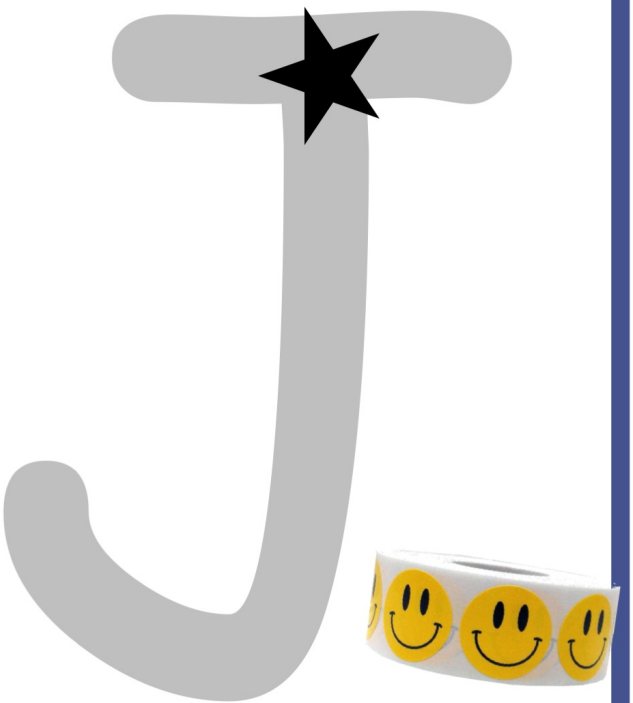
Make J with Wikki Stix!



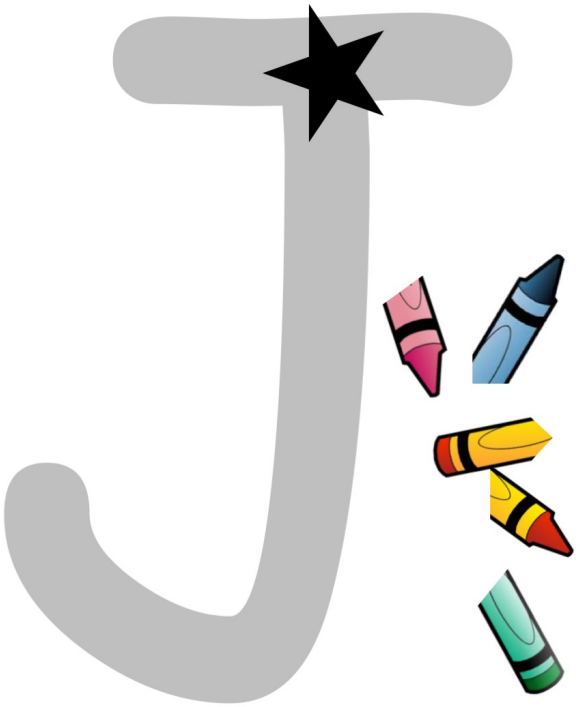
Make J with Play-doh!



Make J with stickers!



Make J with crayon pieces!



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MAKE! Letter L

Make L with Wikki Stix!



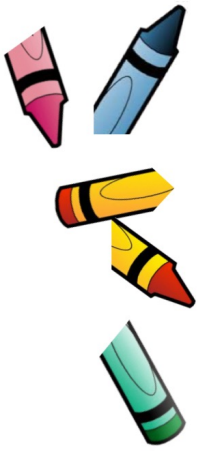
Make L with Play-doh!



Make L with stickers!



Make L with crayon pieces!



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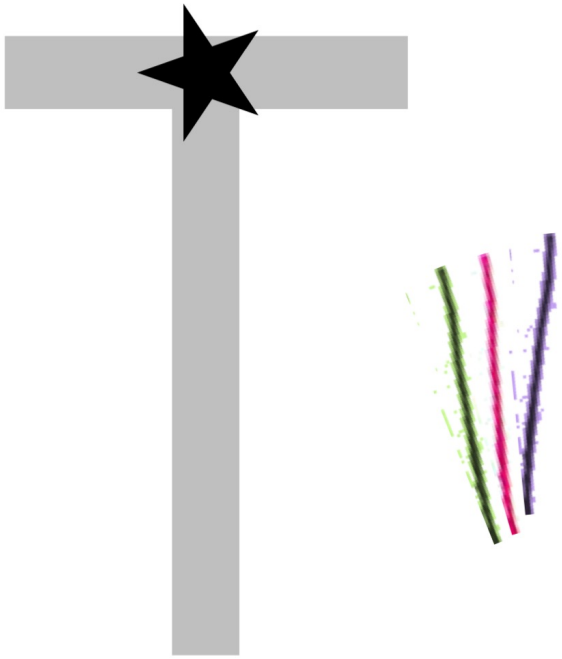
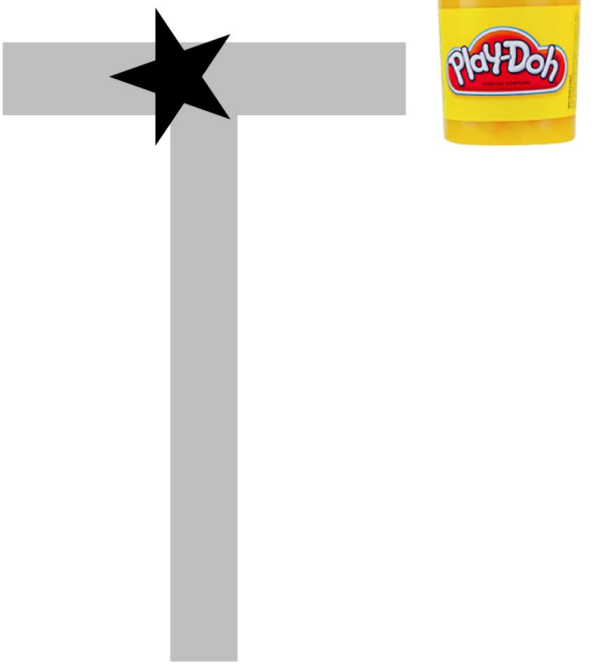
MAKE! Letter T

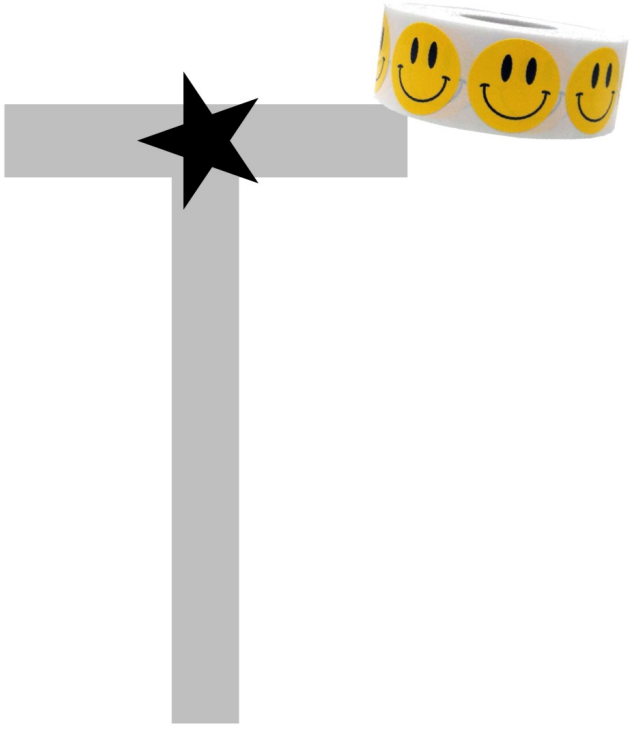
Make T with Wikki Stix!



Make T with Play-doh!



Make T with stickers!



Make T with crayon pieces!



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New Letter Group:



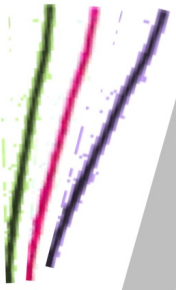
Pointers

M N U

V W

MAKE! Letter M

Make M with Wikki Stix!



M

Make M with Play-doh!



M

Make M with stickers!



M

Make M with crayon pieces!



M

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MAKE! Letter N

Make N with Wikki Stix!



Make N with Play-doh!



Make N with stickers!



Make N with crayon pieces!



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MAKE! Letter U

Make U with Wikki Stix!



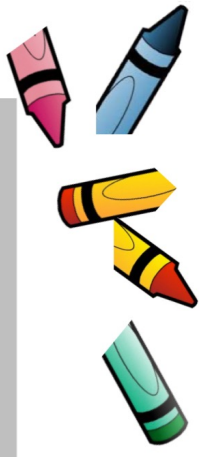
Make U with Play-doh!



Make U with stickers!



Make U with crayon pieces!



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MAKE! Letter V

Make V with Wikki Stix!



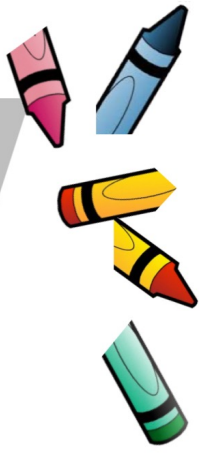
Make V with Play-doh!



Make V with stickers!



Make V with crayon pieces!



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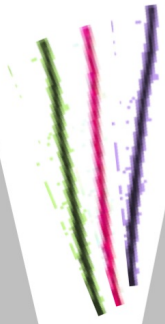
MAKE! Letter W

Make W with Wikki Stix!



Make W with Play-doh!



Make W with stickers!



Make W with crayon pieces!





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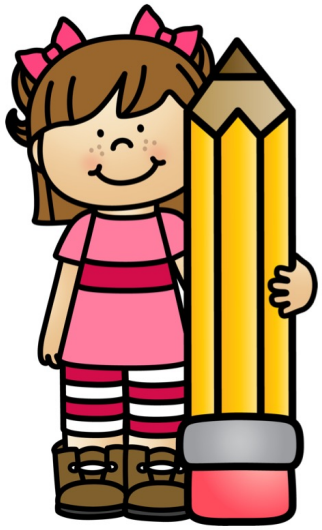
New Letter Group:



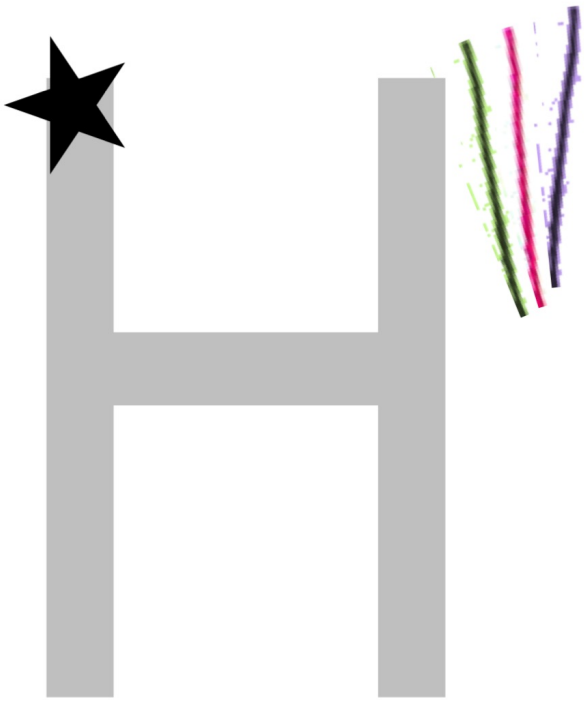
Criss Cross Applesauce

H A K

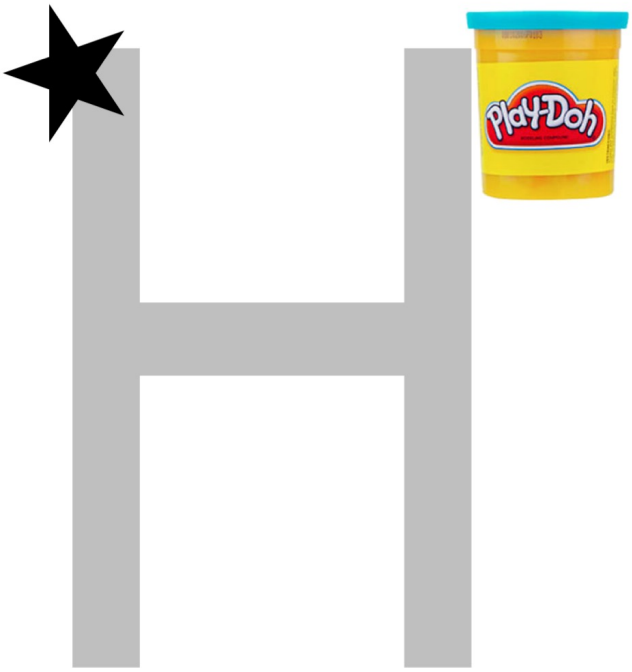
X Y

MAKE! Letter H

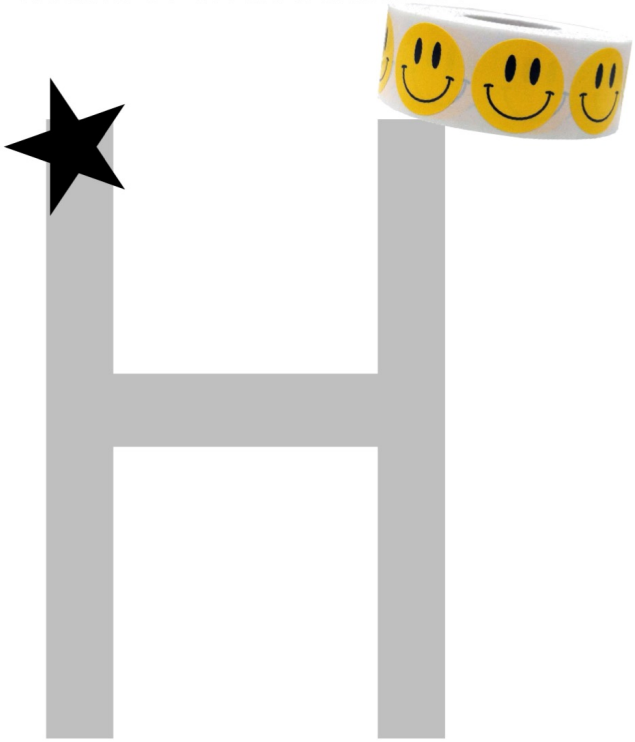
Make H with Wikki Stix!



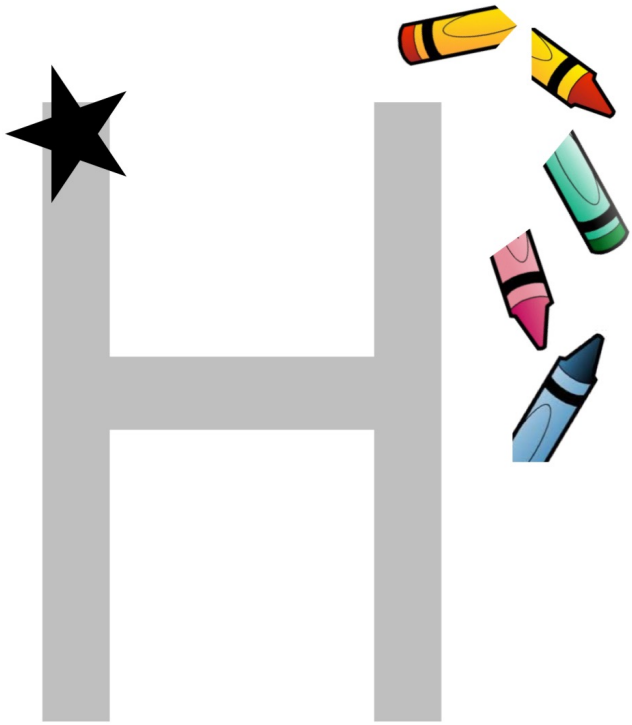
Make H with Play-doh!



Make H with stickers!



Make H with crayon pieces!



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MAKE! Letter A

Make A with Wikki Stix!



Make A with Play-doh!



Make A with stickers!



Make A with crayon pieces!



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MAKE! Letter K

Make K with Wikki Stix!



Make K with Play-doh!



Make K with stickers!



Make K with crayon pieces!



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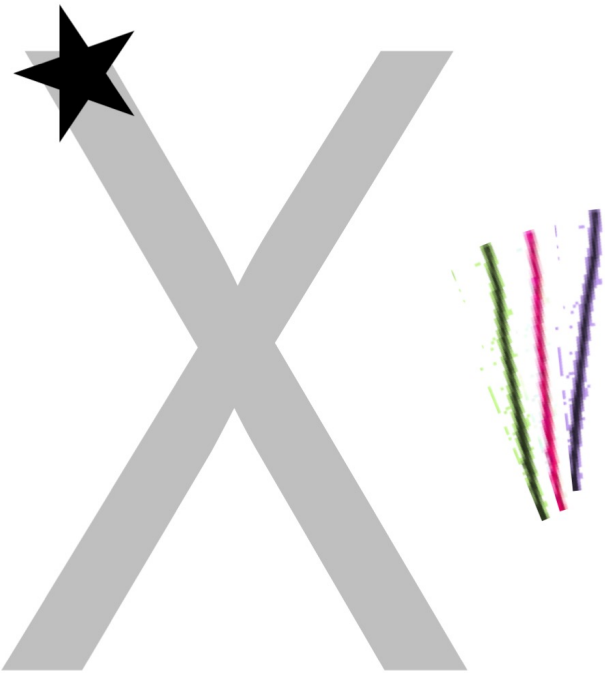
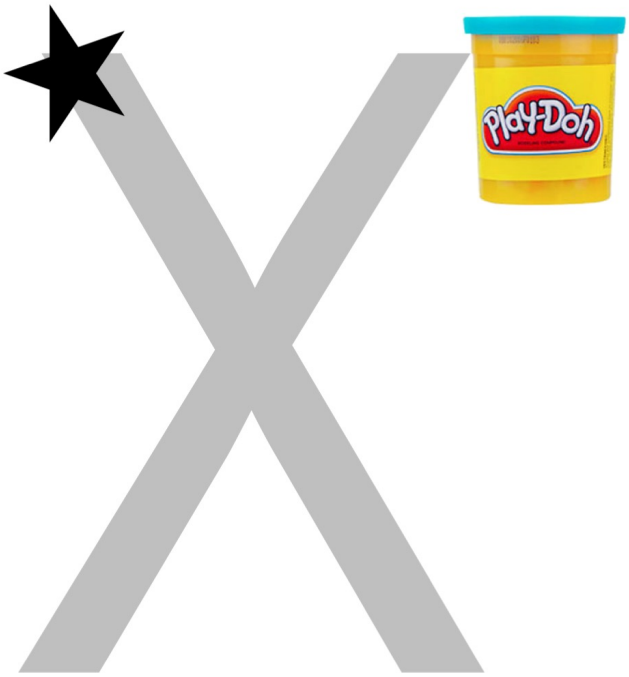
MAKE! Letter X

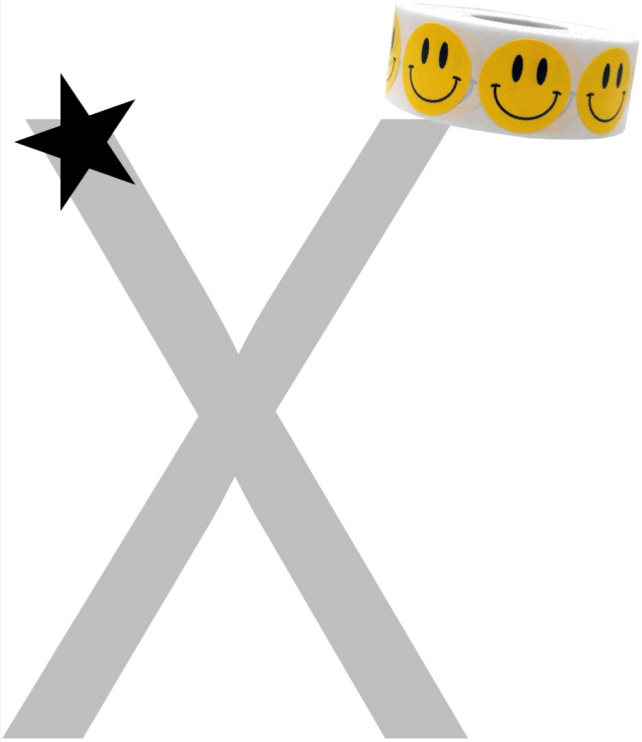
Make X with Wikki Stix!



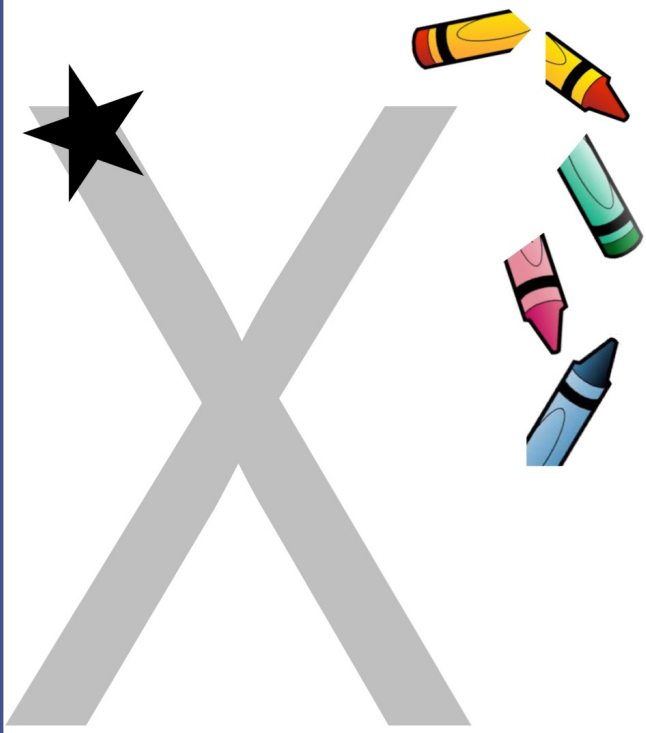
Make X with Play-doh!



Make X with stickers!



Make X with crayon pieces!



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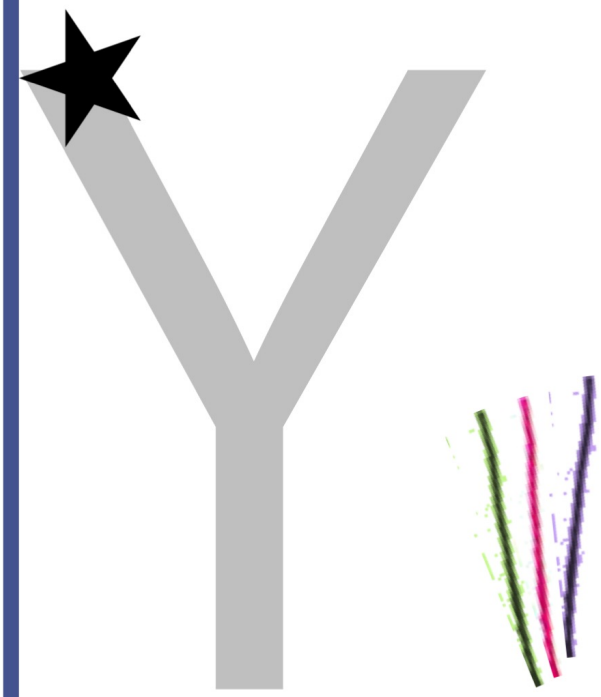
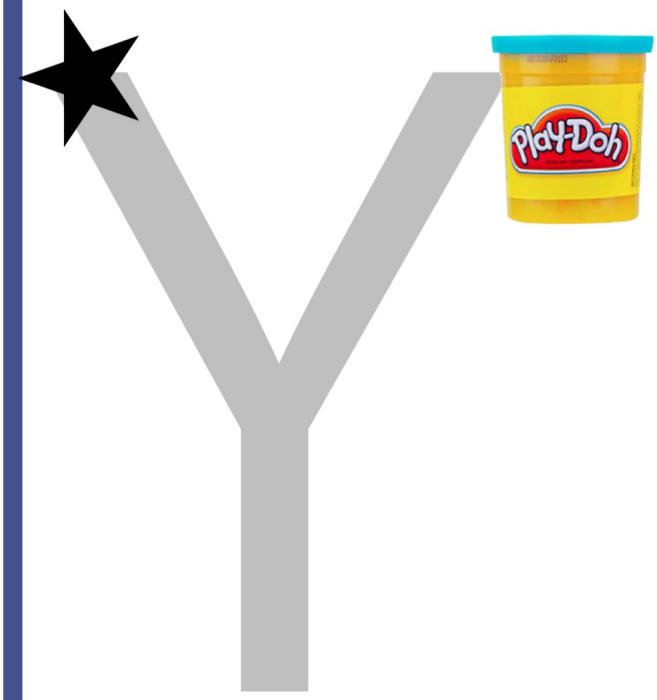
MAKE! Letter Y

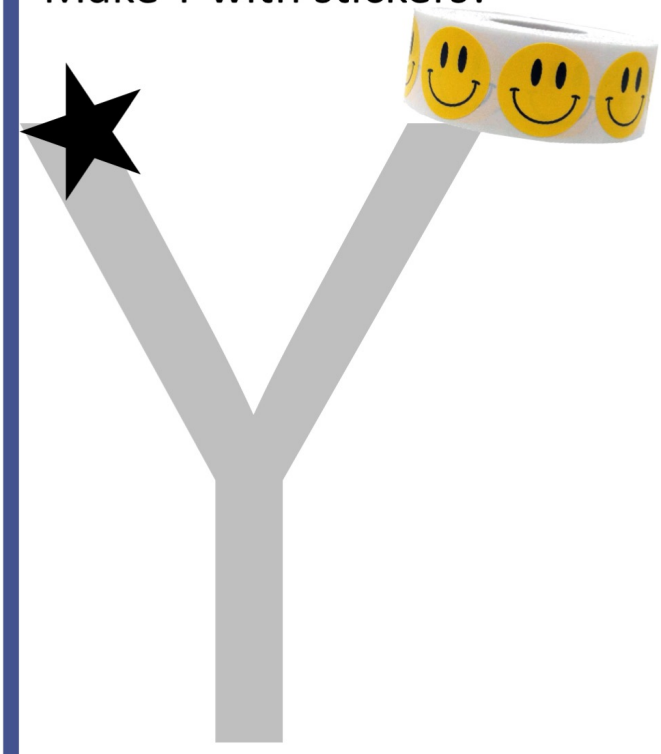
Make Y with Wikki Stix!



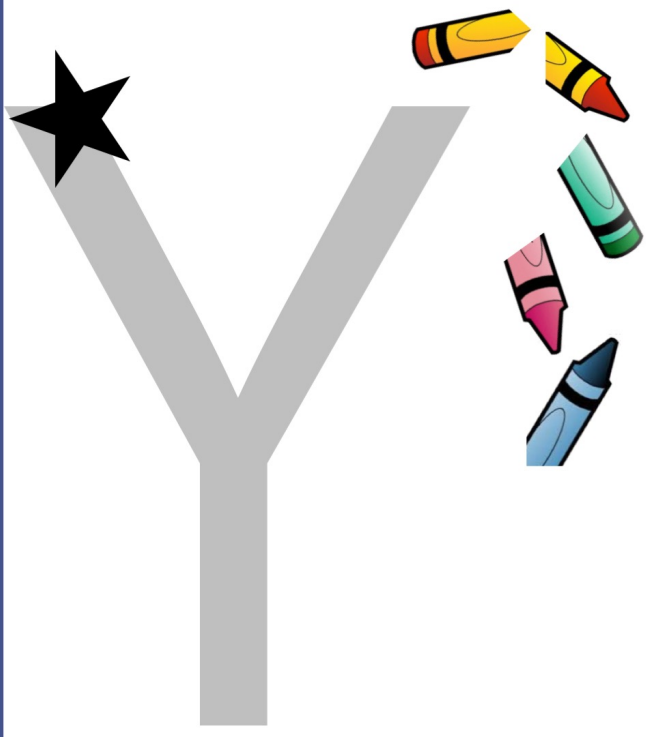
Make Y with Play-doh!



Make Y with stickers!



Make Y with crayon pieces!



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New Letter Group:



Snakes & Spiders

S Z

MAKE! Letter S

Make S with Wikki Stix!



Make S with Play-doh!



Make S with stickers!



Make S with crayon pieces!



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MAKE! Letter Z

Make Z with Wikki Stix!



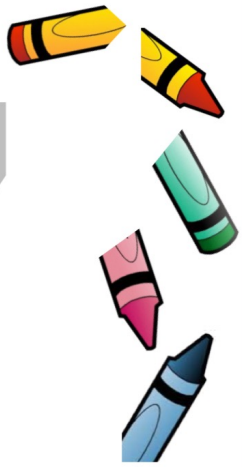
Make Z with Play-doh!



Make Z with stickers!



Make Z with crayon pieces!



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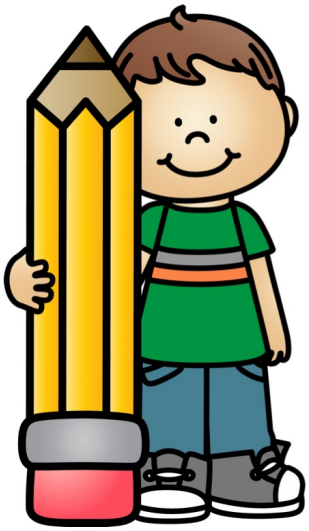
New Letter Group:



All Arounds

c a e o

MAKE! Letter c

Make c with Wikki Stix!



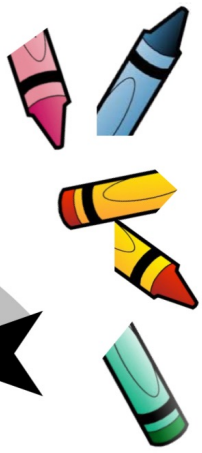
Make c with Play-doh!



Make c with stickers!



Make c with crayon pieces!



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MAKE! Letter a

Make a with Wikki Stix!



a

Make a with Play-doh!



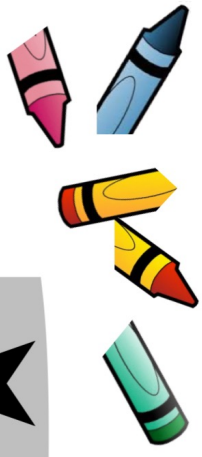
a

Make a with stickers!



a

Make a with crayon pieces!



a

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MAKE! Letter e

Make e with Wikki Stix!



e

Make e with Play-doh!



e

Make e with stickers!



e

Make e with crayon pieces!



e

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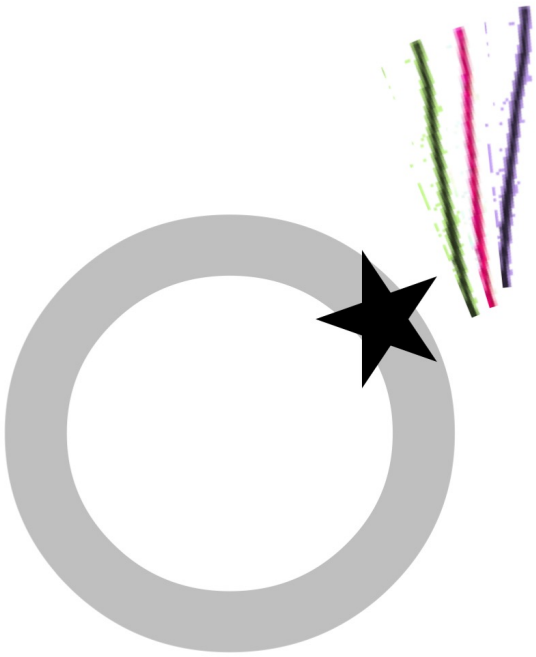
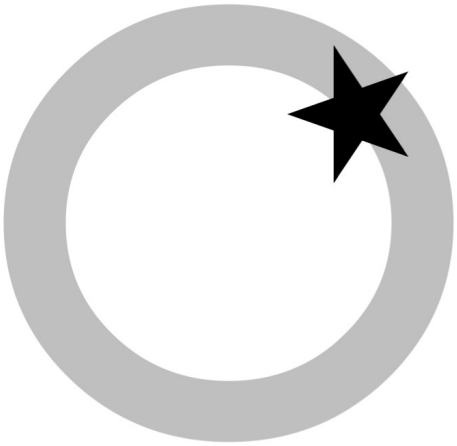
MAKE! Letter o

Make o with Wikki Stix!



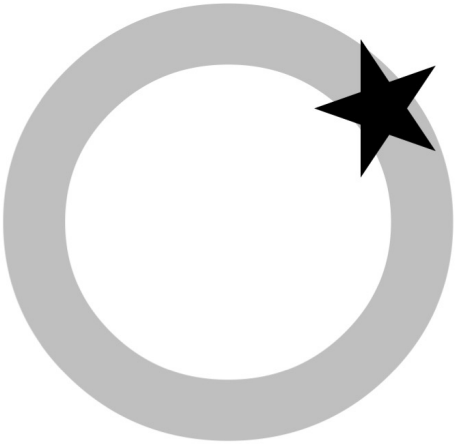
Make o with Play-doh!





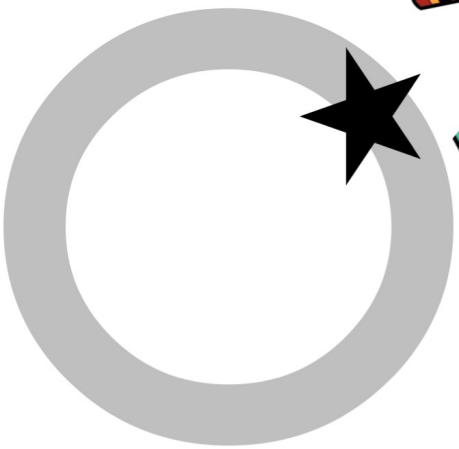
Make o with stickers!





Make o with crayon pieces!





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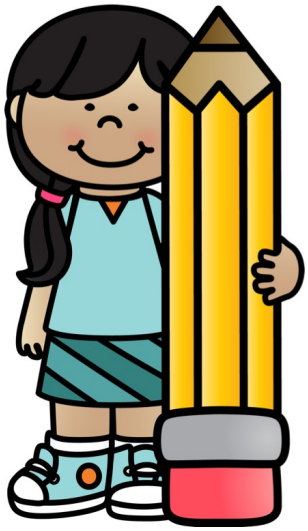
New Letter Group:



Tall Pals

b d h k

MAKE! Letter b

Make b with Wikki Stix!



b

Make b with Play-doh!



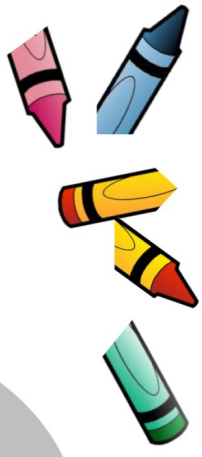
b

Make b with stickers!



b

Make b with crayon pieces!



b

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MAKE! Letter d

Make d with Wikki Stix!



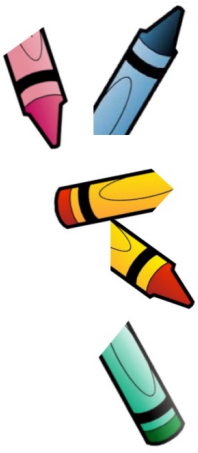
Make d with Play-doh!



Make d with stickers!



Make d with crayon pieces!



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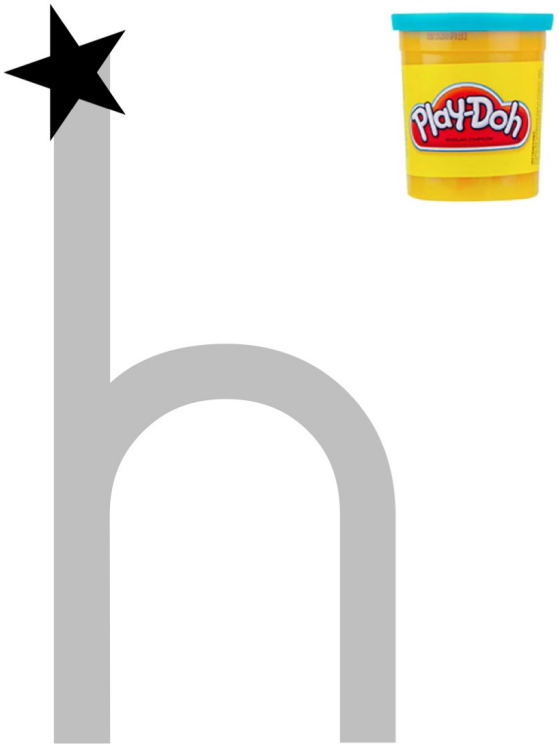
MAKE! Letter h

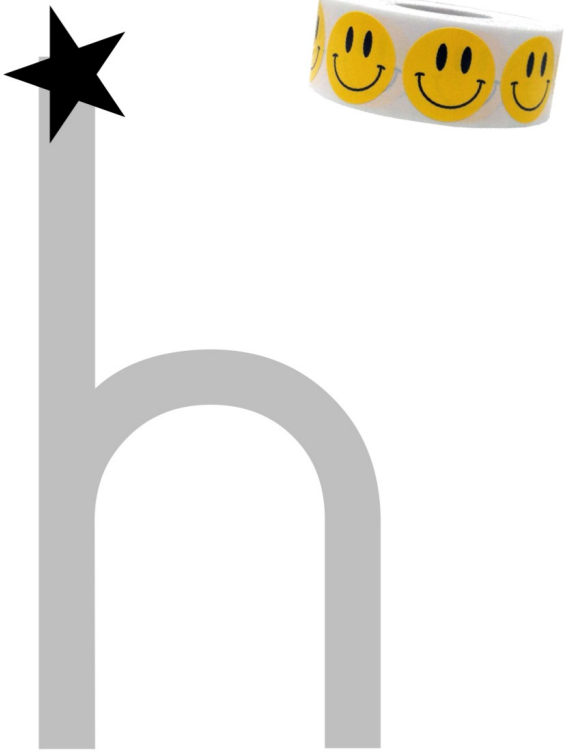
Make h with Wikki Stix!



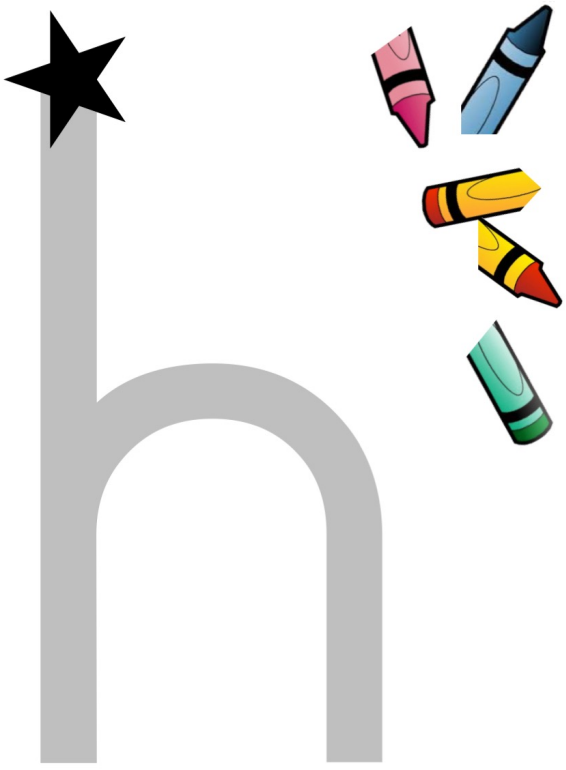
Make h with Play-doh!



Make h with stickers!



Make h with crayon pieces!



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MAKE! Letter k

Make k with Wikki Stix!



k

Make k with Play-doh!



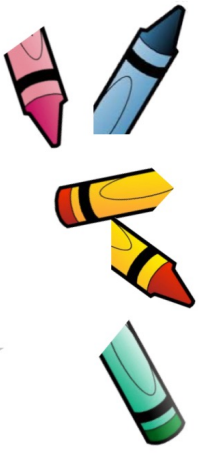
k

Make k with stickers!



k

Make k with crayon pieces!



k

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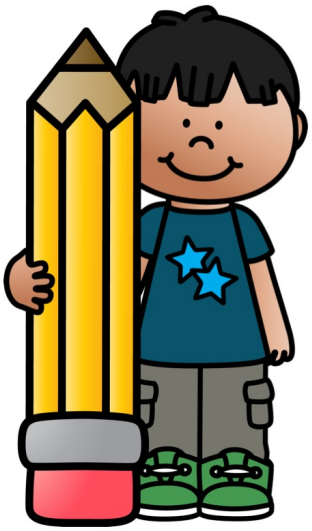
New Letter Group:



Sticks & Stones

t f i l x

MAKE! Letter †

Make † with Wikki Stix!



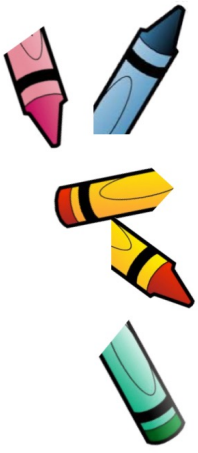
Make † with Play-doh!



Make † with stickers!



Make † with crayon pieces!



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MAKE! Letter f

Make f with Wikki Stix!



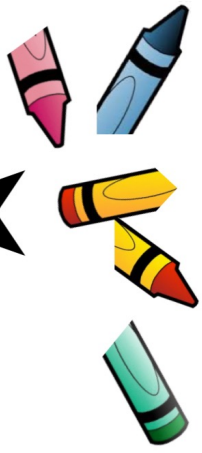
Make f with Play-doh!



Make f with stickers!



Make f with crayon pieces!



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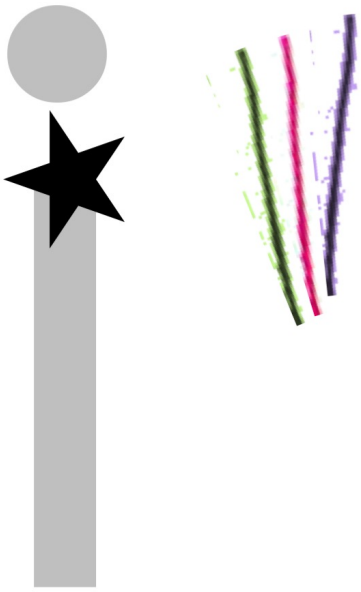
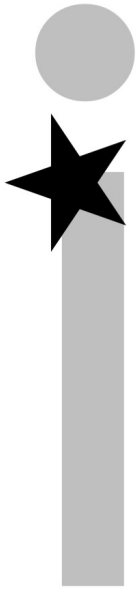
MAKE! Letter i

Make i with Wikki Stix!



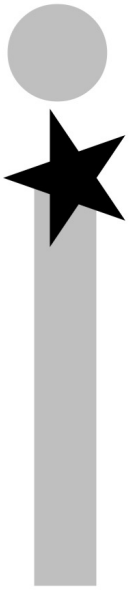
Make i with Play-doh!



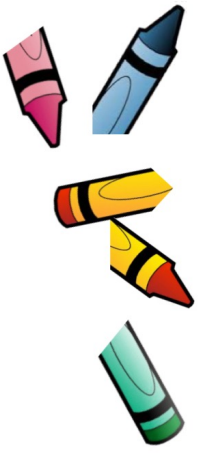


Make i with stickers!





Make i with crayon pieces!





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MAKE! Letter |

Make | with Wikki Stix!





Make | with Play-doh!





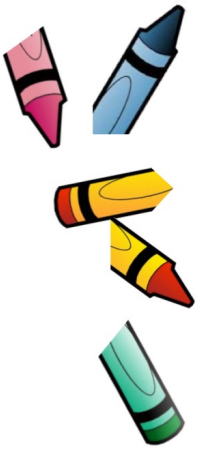
Make | with stickers!





Make | with crayon pieces!





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MAKE! Letter x

Make x with Wikki Stix!



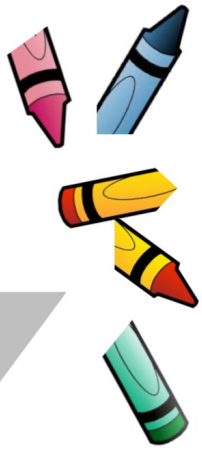
Make x with Play-doh!



Make x with stickers!



Make x with crayon pieces!



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New Letter Group:



Bunny Hops

n m r

MAKE! Letter n

Make n with Wikki Stix!



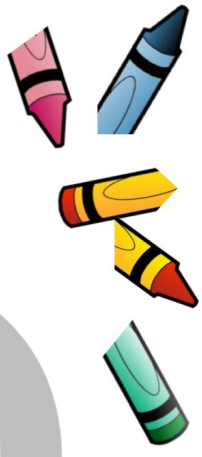
Make n with Play-doh!



Make n with stickers!



Make n with crayon pieces!



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MAKE! Letter m

Make m with Wikki Stix!



m

Make m with Play-doh!



m

Make m with stickers!



m

Make m with crayon pieces!



m

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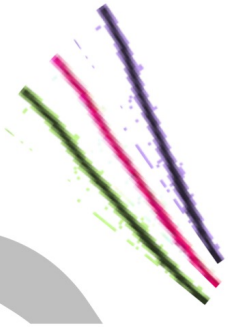
MAKE! Letter r

Make r with Wikki Stix!



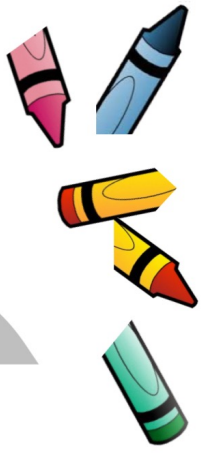
Make r with Play-doh!



Make r with stickers!



Make r with crayon pieces!



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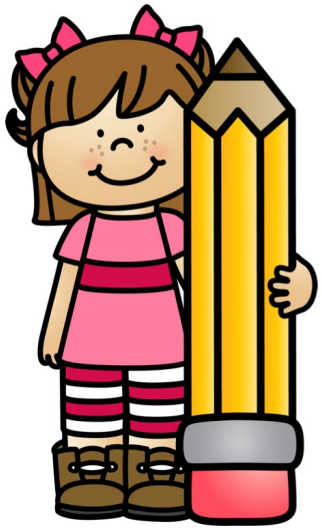
New Letter Group:



Ice Cream Scoops

u v w

MAKE! Letter u

Make u with Wikki Stix!



u

Make u with Play-doh!



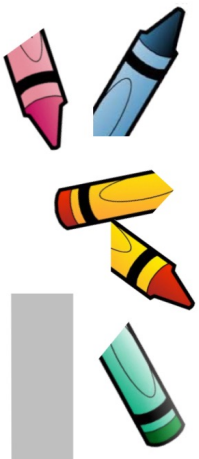
u

Make u with stickers!



u

Make u with crayon pieces!



u

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MAKE! Letter v

Make v with Wikki Stix!



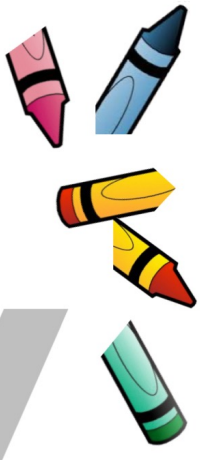
Make v with Play-doh!



Make v with stickers!



Make v with crayon pieces!



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MAKE! Letter w

Make w with Wikki Stix!



w

Make w with Play-doh!



w

Make w with stickers!



w

Make w with crayon pieces!



w

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New Letter Group:

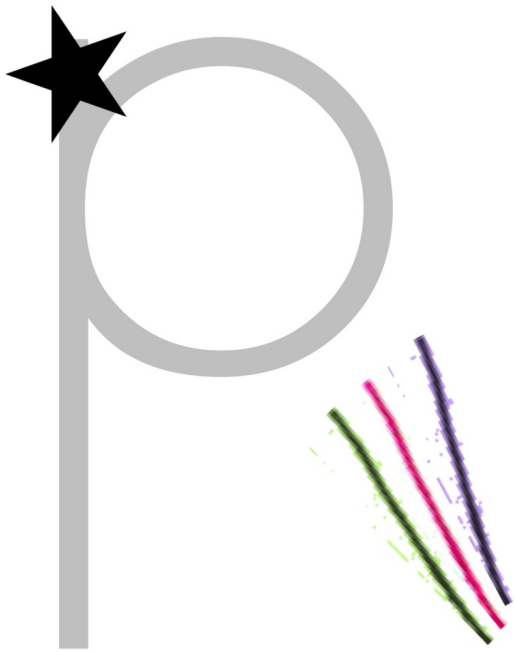


Dig Downs

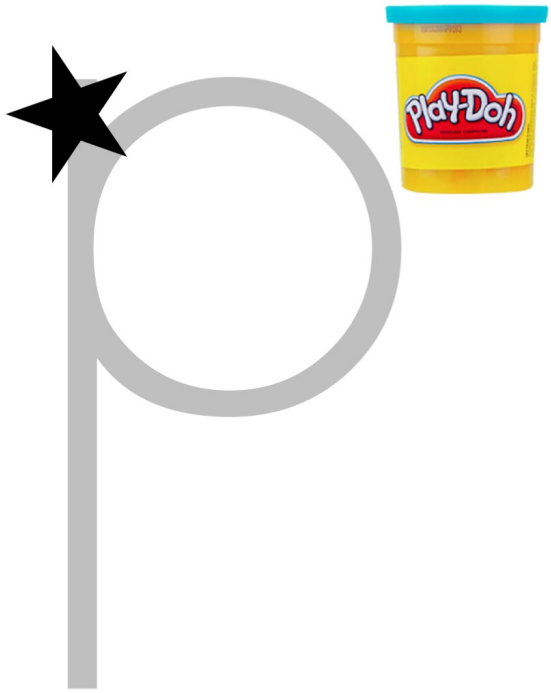
p q j y g

MAKE! Letter p

Make p with Wikki Stix!



Make p with Play-doh!



Make p with stickers!





Make p with crayon pieces!





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MAKE! Letter q

Make q with Wikki Stix!



Make q with Play-doh!



Make q with stickers!



Make q with crayon pieces!



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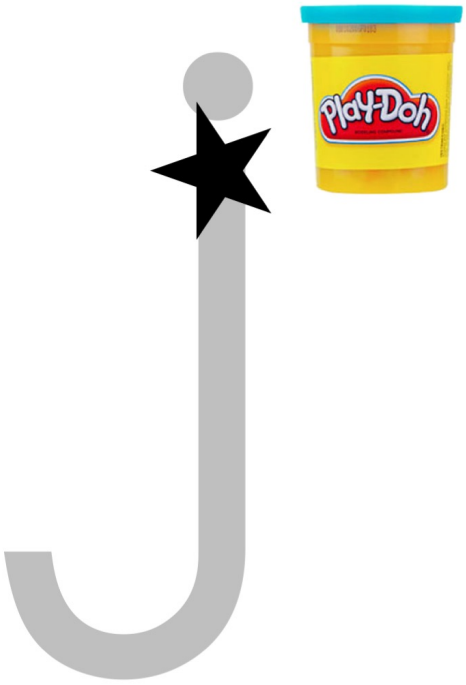
MAKE! Letter j

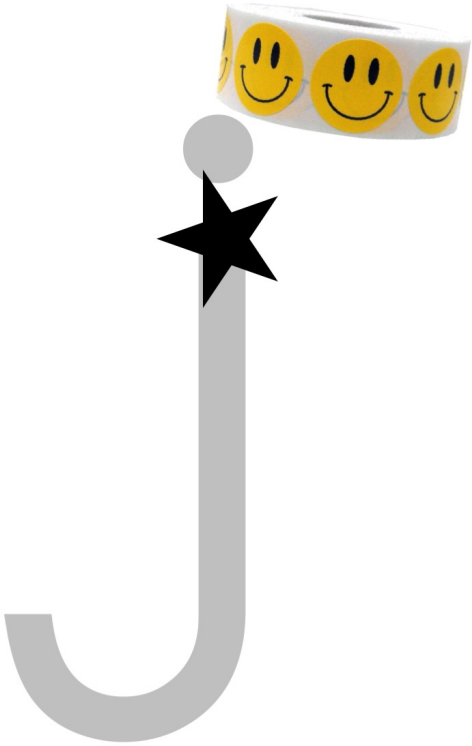
Make j with Wikki Stix!



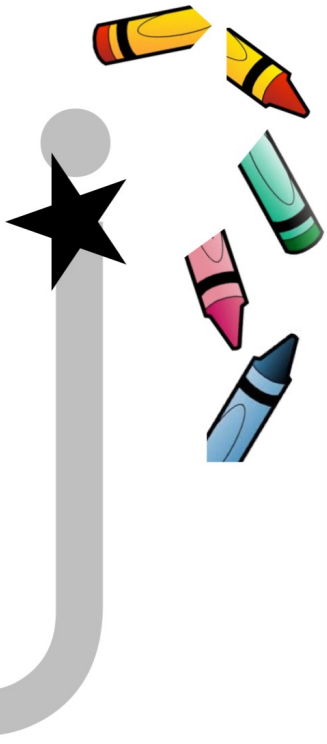
Make j with Play-doh!



Make j with stickers!



Make j with crayon pieces!



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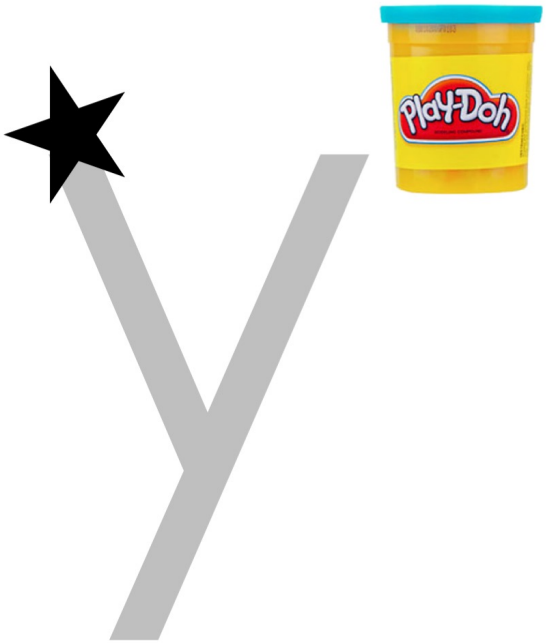
MAKE! Letter y

Make y with Wikki Stix!

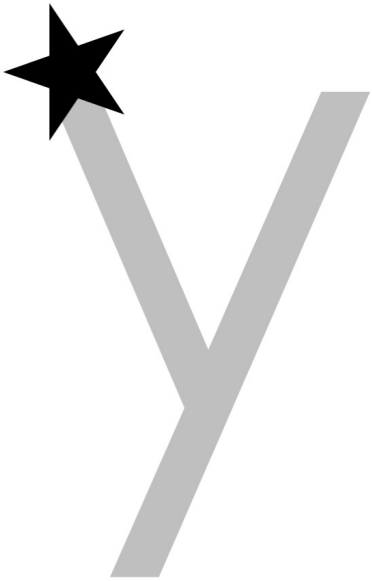


Make y with Play-doh!



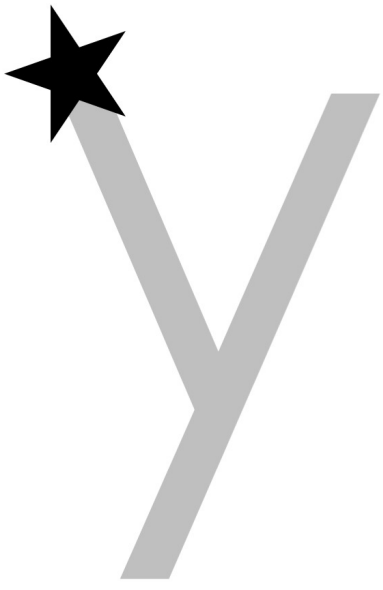
Make y with stickers!





Make y with crayon pieces!





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MAKE! Letter g

Make g with Wikki Stix!



Make g with Play-doh!



Make g with stickers!



Make g with crayon pieces!



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New Letter Group:



Snakes & Spiders

S Z

MAKE! Letter s

Make s with Wikki Stix!



Make s with Play-doh!



Make s with stickers!



Make s with crayon pieces!



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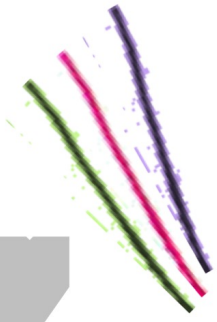
MAKE! Letter z

Make z with Wikki Stix!



Make z with Play-doh!



Make z with stickers!



Make z with crayon pieces!



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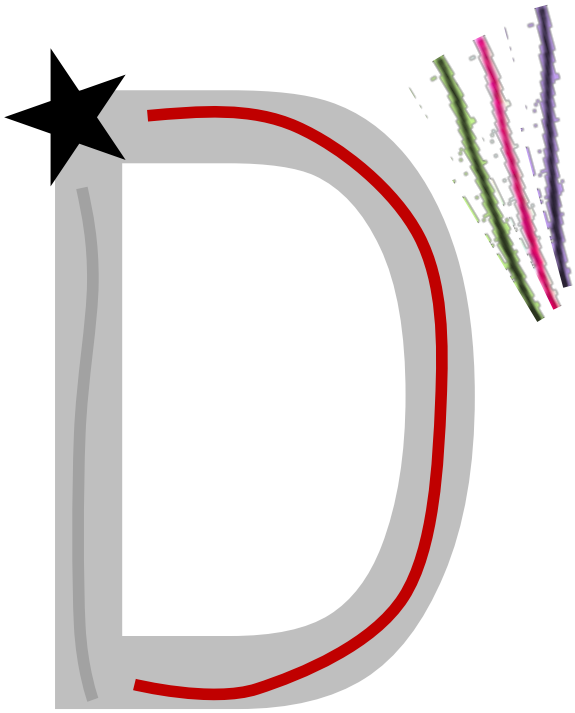
Example Completed Pages

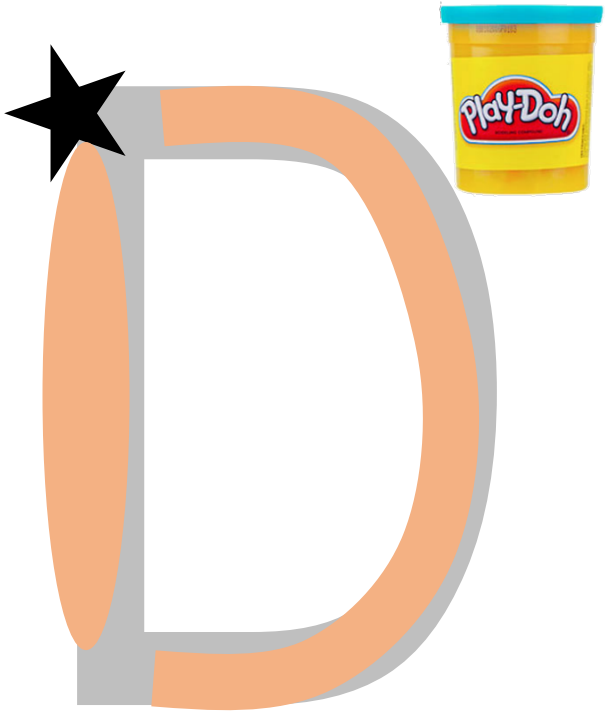


MAKE! Letter D (Example)

Make D with Wikki Stix!



Make D with Play-doh!



Make D with stickers!



Make D with crayon pieces!



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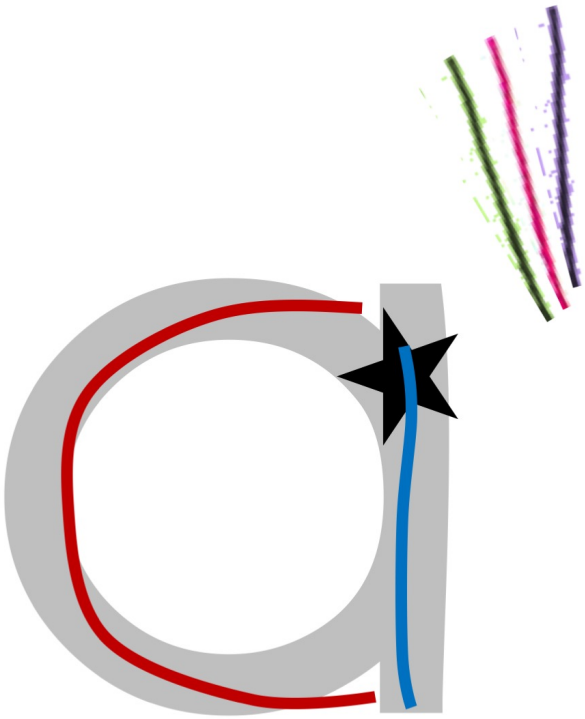
MAKE! Letter a (Example)

Make a with Wikki Stix!



Make a with Play-doh!



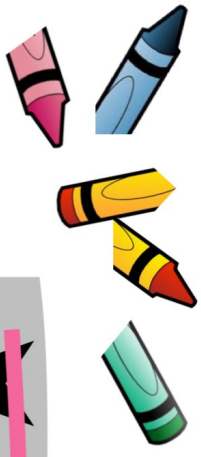


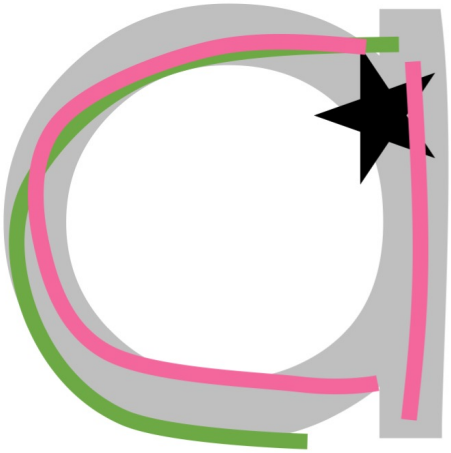
Make a with stickers!





Make a with crayon pieces!





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Signs for Pencil Boxes!





Signs for Pencil Boxes! (cont)





About the Author/Contact

Find Lisa Marnell & *Kids Master Skills* Online!

Websites: www.KidsMasterSkills.com and www.HandwritingHelpforKids.com

"Today's Foundation is Tomorrow's Success!"

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In 1997 I graduated from Tufts University with a Master of Science in Occupational Therapy. Prior to that, I completed an MBA at McGill University in Montreal (my hometown!) I am beyond happy that I became an OTR and that I have had the opportunity to work with so many wonderful kids and teachers!

My philosophy in regards to helping kids master skills is simple, but important: Children should be engaged and motivated by therapeutic and/or teaching activities. In other words, learning should be fun!

Thank you for purchasing this resource. I sincerely hope that it proves useful in supporting and promoting your students' skills. Please let me know!

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