

Benchmark Advance Handwriting Practice Book Second Grade



Student Name _____

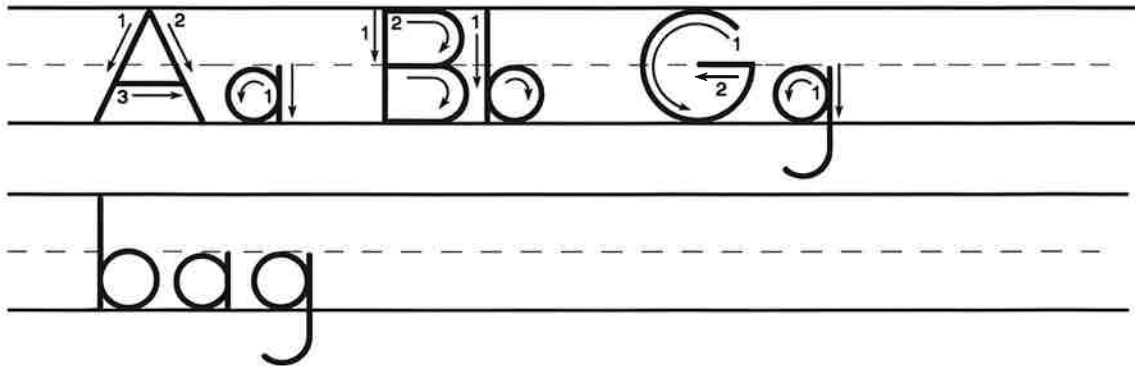
Handwriting Practice

Letter Formation and Spacing

When teaching handwriting, focus on letter formation, letter size, letter and word spacing, and pencil grip and body posture. Begin with teaching the starting and stopping point of each letter. You can model this by tracing the letters with your finger.

For letter size, the following lowercase letters are half the size of letters with ascenders and descenders: **a, c, e, i, m, n, o, r, s, u, v, w, x, z**. Letters with ascenders are **b, d, f, h, k, l**, and **t**. Letters with descenders are **g, j, p, q**, and **y**. Uppercase letters are the same height as ascenders.

The space between each letter in a word should be the same, and the space between each word in a sentence should be consistent. You can use your pinkie finger to measure the correct spacing between words.

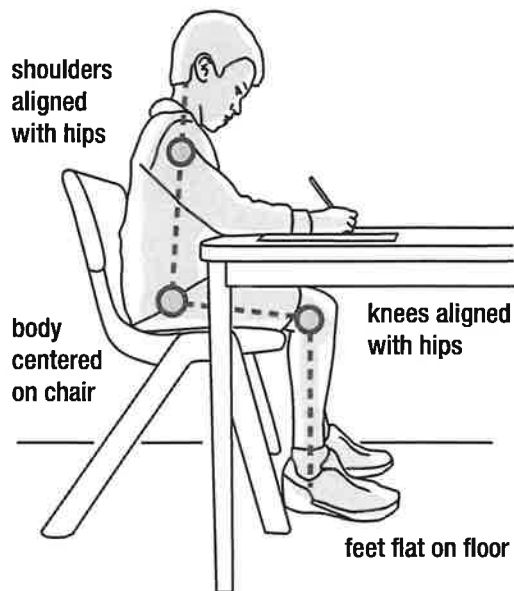


Proper Handwriting Grip and Body Posture



Tripod Grip

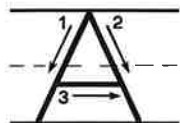
For the tripod grip, hold your pencil with your thumb, index finger, and middle finger.



Proper Posture

For good posture while writing, sit with your feet flat on the floor and your bottom in the center of your seat.

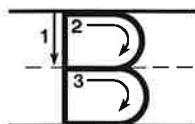
Forming Letters



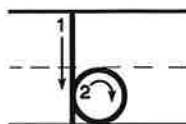
Uppercase A: slant left down, lift, slant right down, lift, slide across in the middle



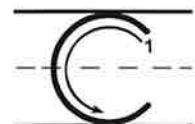
Lowercase a: circle back, lift, pull down



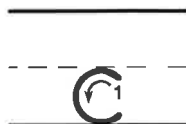
Uppercase B: pull down, push up to the top, curve forward, slide left, curve forward, slide left



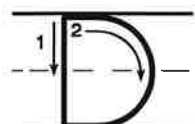
Lowercase b: pull down, push up, circle forward



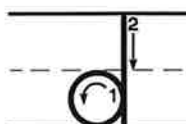
Uppercase C: circle back and open



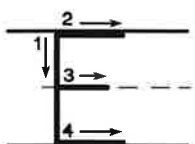
Lowercase c: circle back and open



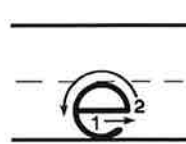
Uppercase D: pull down, lift, curve forward



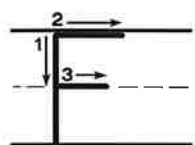
Lowercase d: circle back, push up, pull down



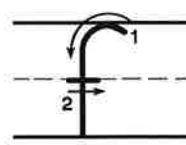
Uppercase E: pull down, lift, top slide right, lift, middle slide right, lift, bottom slide right



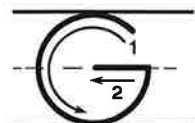
Lowercase e: slide right, circle back



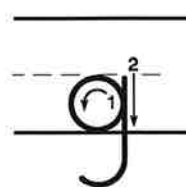
Uppercase F: pull down, lift, top slide right, lift, middle slide right



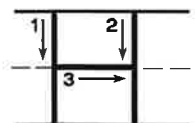
Lowercase f: curve back from the top, lift, cross in the middle



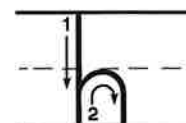
Uppercase G: circle back, slide left in the middle



Lowercase g: circle back, push up, pull down, curve back

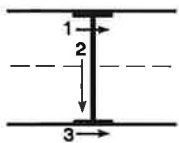


Uppercase H: pull down, lift, pull down, lift, slide across in the middle

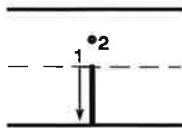


Lowercase h: pull down, push up, curve forward, pull down

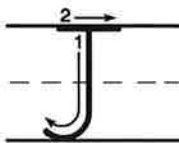
Forming Letters (continued)



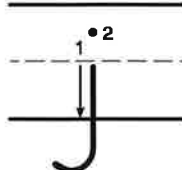
Uppercase I: cross the top, pull down, cross the bottom



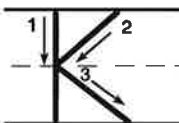
Lowercase i: pull down, dot above the top



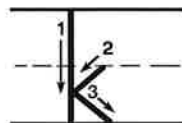
Uppercase J: pull down, curve back, lift, cross the top



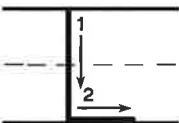
Lowercase j: pull down, curve back, dot above the top



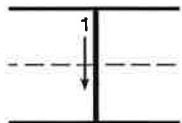
Uppercase K: pull down, lift, slant in, slant out



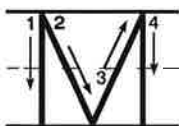
Lowercase k: pull down, lift, slant in, slant out



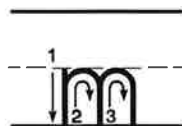
Uppercase L: pull down, slide right



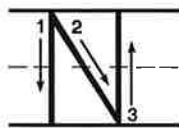
Lowercase l: pull down



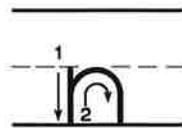
Uppercase M: pull down, lift, slant left down, slant up, pull down



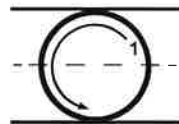
Lowercase m: pull down, push up, curve forward, pull down, push up, curve forward, pull down



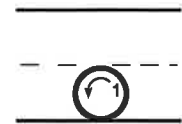
Uppercase N: pull down, lift, slant right down, push up



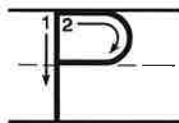
Lowercase n: pull down, push up, curve forward, pull down



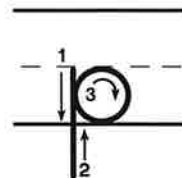
Uppercase O: circle around



Lowercase o: circle around

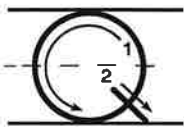


Uppercase P: pull down, lift, push up, curve forward, slide left

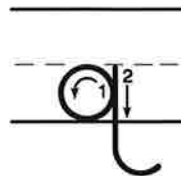


Lowercase p: pull down, push up, circle forward

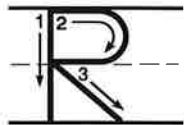
Forming Letters (continued)



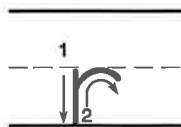
Uppercase Q: circle around, lift, slant right



Lowercase q: circle back, push up, pull down, curve back



Uppercase R: pull down, lift, curve forward, slide left, slant right



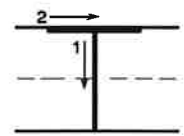
Lowercase r: pull down, push up, curve forward



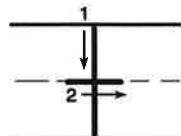
Uppercase S: curve back, curve forward



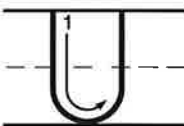
Lowercase s: curve back, curve forward



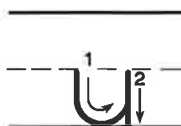
Uppercase T: pull down, lift, cross the top



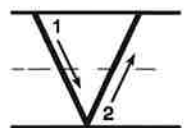
Lowercase t: pull down, lift, cross in the middle



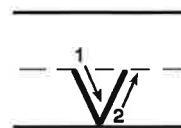
Uppercase U: pull down, curve forward, push up



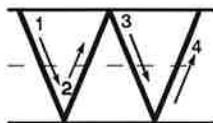
Lowercase u: pull down, curve forward, push up, pull down



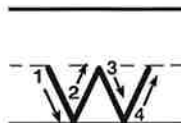
Uppercase V: slant right, slant up



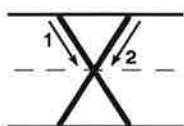
Lowercase v: slant right, slant up



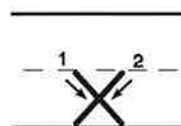
Uppercase W: slant right down, slant up, slant right down, slant up



Lowercase w: slant right down, slant up, slant right down, slant up

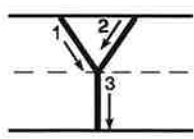


Uppercase X: slant right down, lift, slant left down

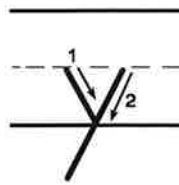


Lowercase x: slant right down, lift, slant left down

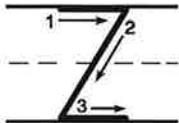
Forming Letters (continued)



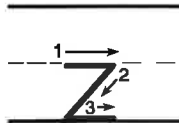
Uppercase Y: slant right down to the middle, lift, slide left down to the middle, pull down to the bottom



Lowercase y: slant right down, lift, slant left down



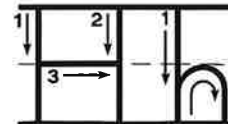
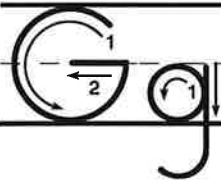
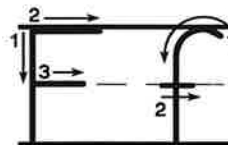
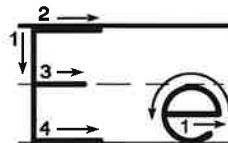
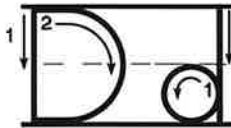
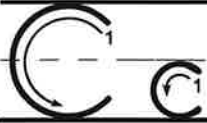
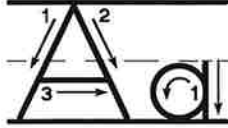
Uppercase Z: slide right, slant left down, slide right



Lowercase z: slide right, slant left down, slide right

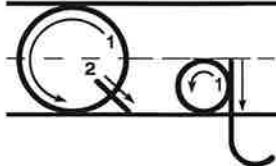
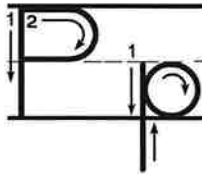
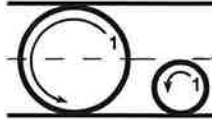
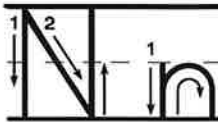
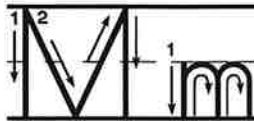
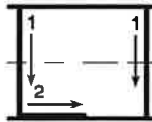
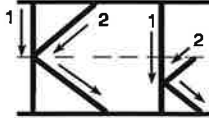
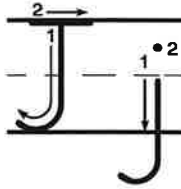
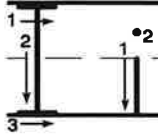
Name: _____ Date: _____

Handwriting Practice: Alphabet



Name: _____ Date: _____

Handwriting Practice: Alphabet (continued)



Name: _____ Date: _____

Handwriting Practice: Alphabet (continued)

R r

S s

T t

U u

V v

W w

X x

Y y

Z z

Name: _____ Date: _____

Handwriting Practice: Numerals

0

1

2

3

4

5

6

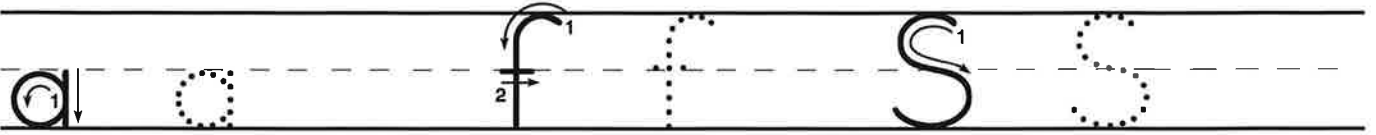
7

8

9

Name: _____ Date: _____

Trace the letters.



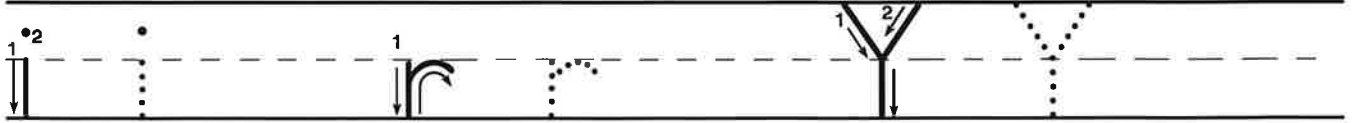
Copy the sentence on the lines.

Sarah and her
friend like the park.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



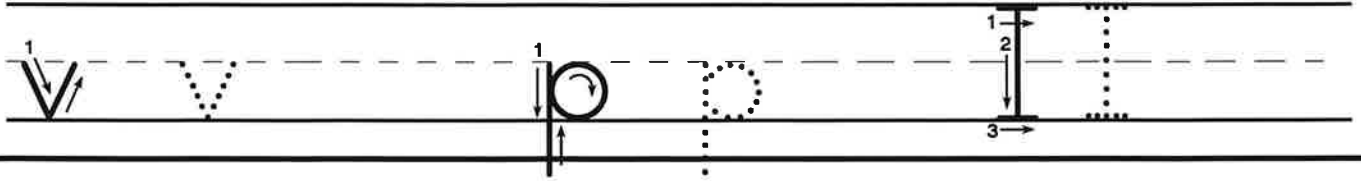
Copy the sentence on the lines.

Yuri wears a seat
belt in the car.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



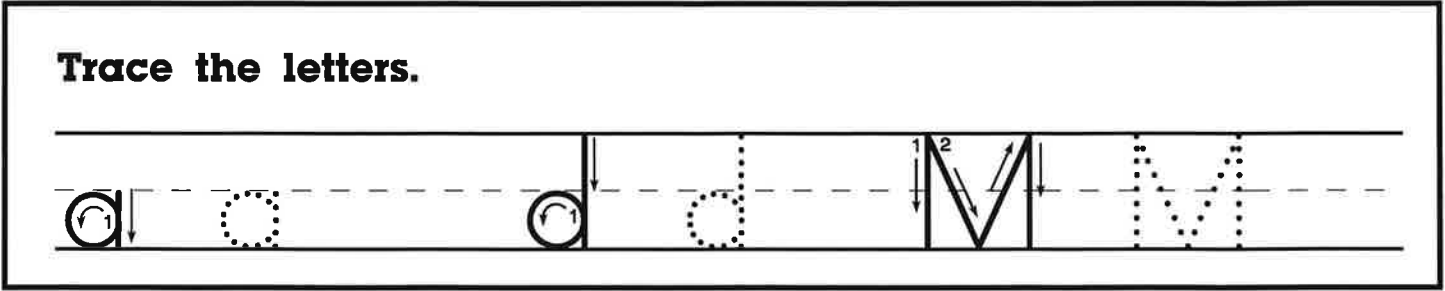
Copy the sentence on the lines.

I voted for the
class president.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



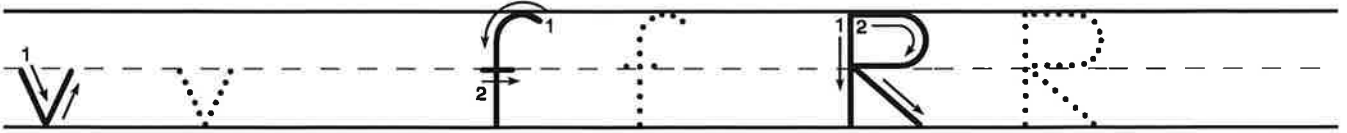
Copy the sentence on the lines.

My dad reads me
fairy tales.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



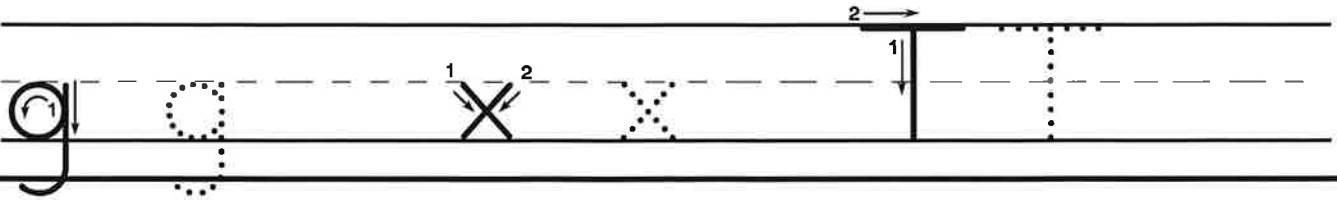
Copy the sentence on the lines.

“Rough-Face Girl” is
my favorite story.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



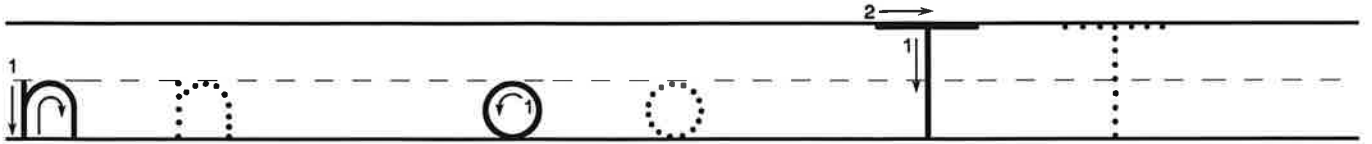
Copy the sentence on the lines.

Troll is nice to the
goats and the ox.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



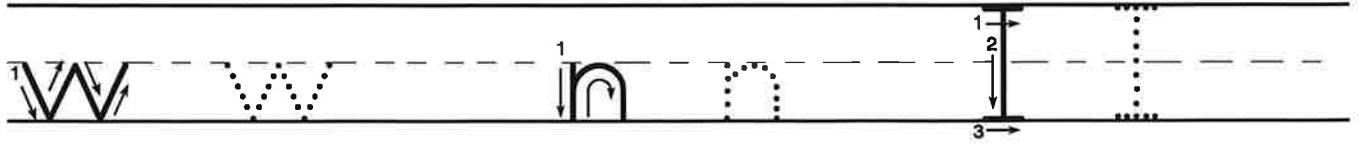
Copy the sentence on the lines.

The penguins jump
into the ocean.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



Copy the sentence on the lines.

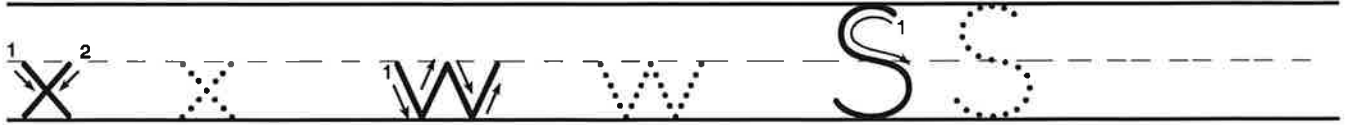
It is warm in

Africa.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



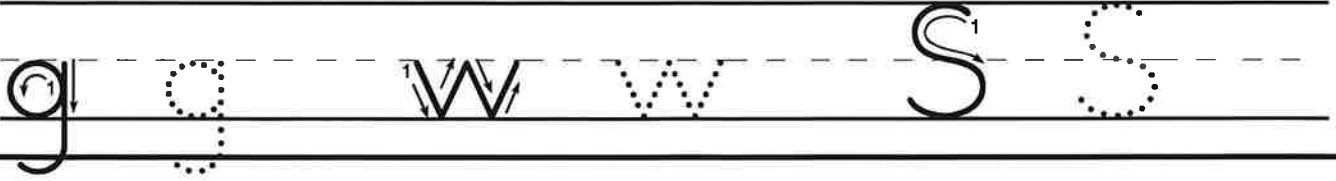
Copy the sentence on the lines.

Six snakes wind
through the desert.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



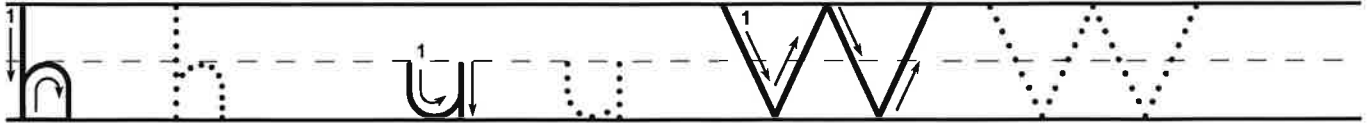
Copy the sentence on the lines.

Swim with Frog
in the pond.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



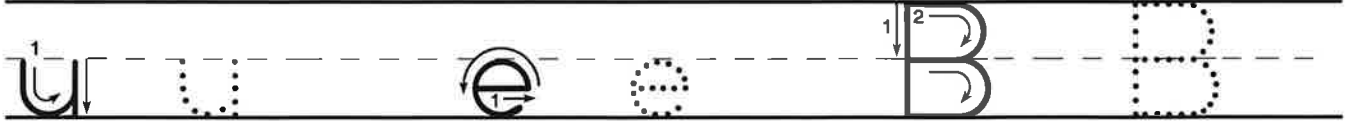
Copy the sentence on the lines.

We all shared the
stone soup.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



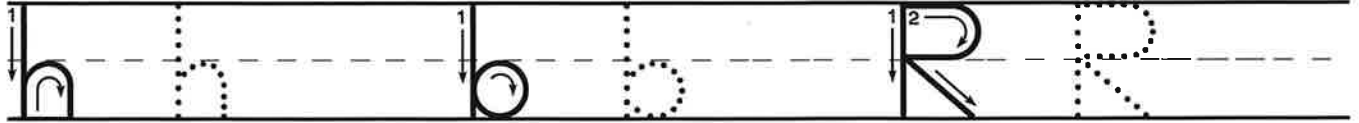
Copy the sentence on the lines.

Owl helped Bear
before the sun set.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



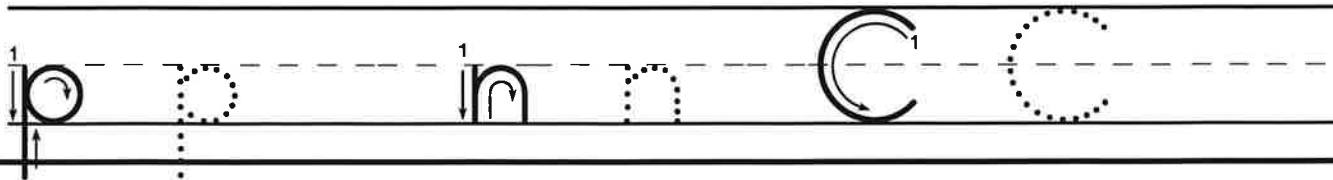
Copy the sentence on the lines.

Rob flew with the
Wright brothers.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



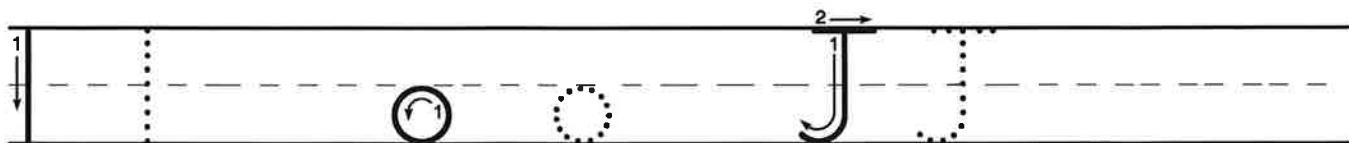
Copy the sentence on the lines.

Carver invented
farming products.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



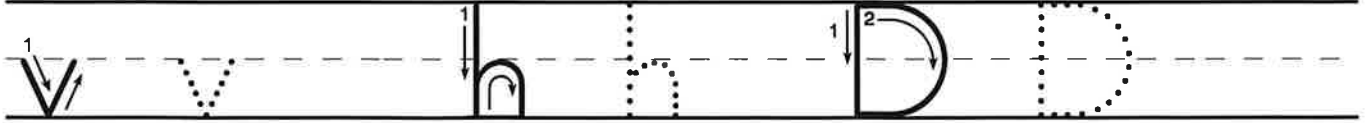
Copy the sentence on the lines.

Jake uses a robot
to attend school.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



Copy the sentence on the lines.

David heard about
greedy King Midas.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.

A handwriting practice box containing a set of three horizontal lines (top, middle dashed, bottom). On the left, a lowercase letter 'g' is shown with a solid outline and a dotted outline for tracing. A circular arrow indicates the counter-clockwise direction for the bowl, and a downward arrow indicates the stem. To the right of the 'g' is a vertical dashed line. Further right, an uppercase letter 'A' is shown with a solid outline and a dotted outline for tracing. Three numbered arrows indicate the stroke order: 1 (downward-left), 2 (downward-right), and 3 (horizontal crossbar).

Copy the sentence on the lines.

After he gardened,

Bear liked to share.

Blank handwriting lines for copying the sentence. Each line set consists of a solid top line, a dashed middle line, and a solid bottom line.

Write your own sentence.

Blank handwriting lines for writing a sentence. Each line set consists of a solid top line, a dashed middle line, and a solid bottom line.

Name: _____ Date: _____

Trace the letters.



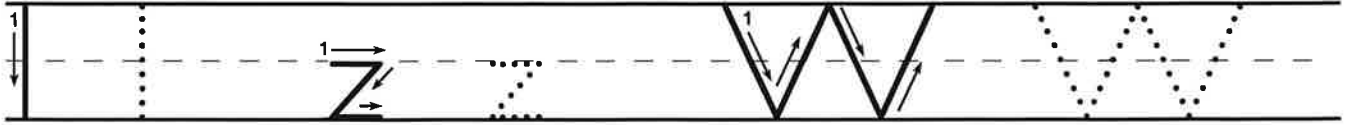
Copy the sentence on the lines.

Casey made friends
in Unicycle Club.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



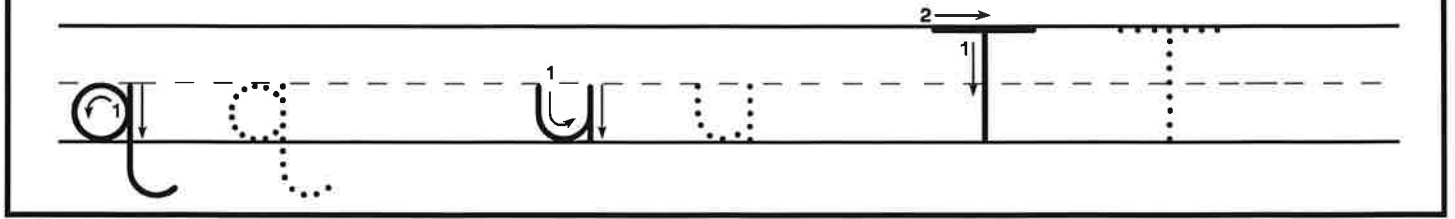
Copy the sentence on the lines.

We saw the
buffalo graze.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



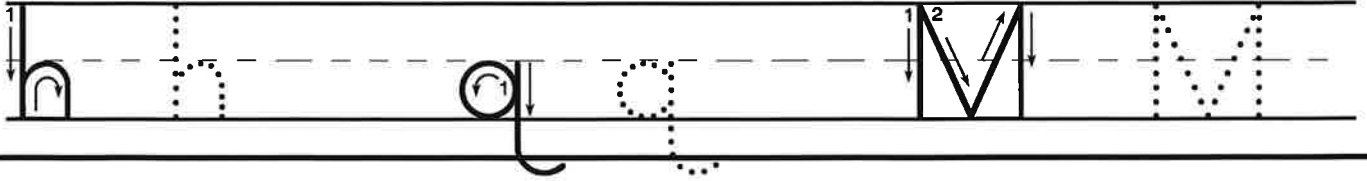
Copy the sentence on the lines.

Tim quoted primary
sources in his essay.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



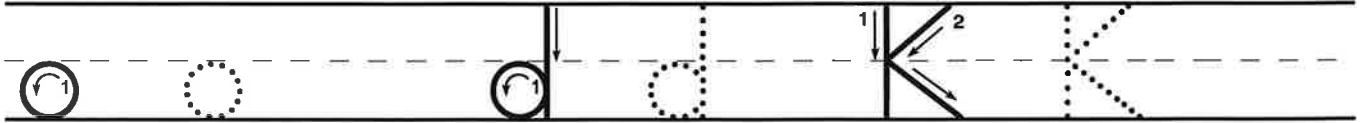
Copy the sentence on the lines.

My squad found
fossils on the dig.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



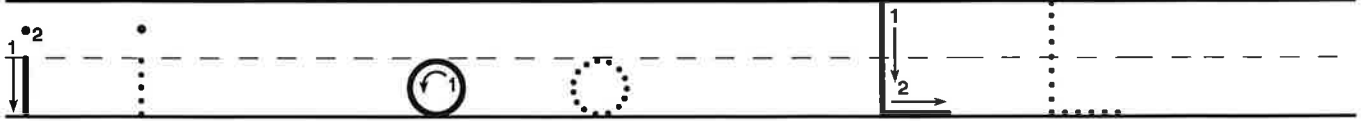
Copy the sentence on the lines.

Kevin heard the
tornado warning.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



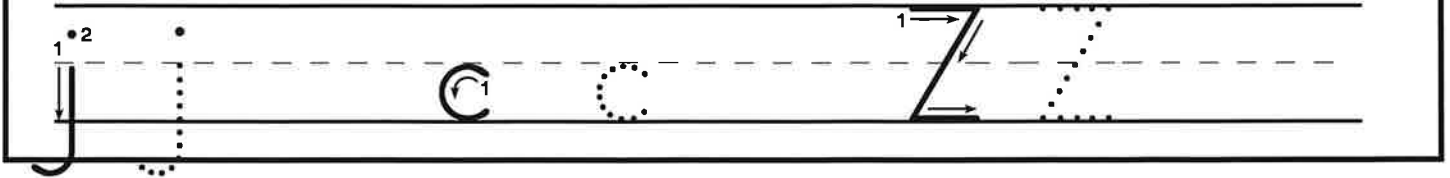
Copy the sentence on the lines.

Look at the erosion
on the rock.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



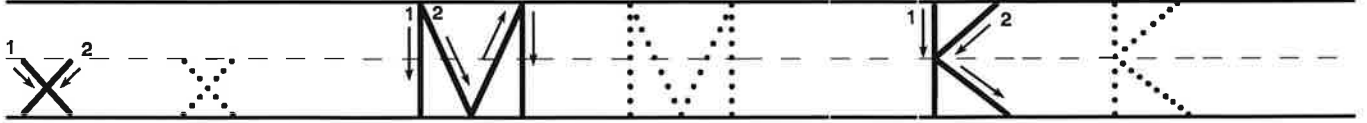
Copy the sentence on the lines.

Zack jogs through
the canyon.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



Copy the sentence on the lines.

Katy and Max visit
the farmers' market.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.

A handwriting practice box containing three pairs of letters on a set of three horizontal lines (top, middle dashed, bottom). The first pair is the letter 'c': a solid 'c' with a curved arrow and the number '1' showing the counter-clockwise stroke, followed by a dotted 'c'. The second pair is the letter 'i': a solid 'i' with a vertical arrow and the number '1' showing the downward stroke, followed by a dotted 'i'. The third pair is the letter 'P': a solid 'P' with a vertical arrow and the number '1' for the downward stroke, and a curved arrow with the number '2' for the top loop, followed by a dotted 'P'.

Copy the sentence on the lines.

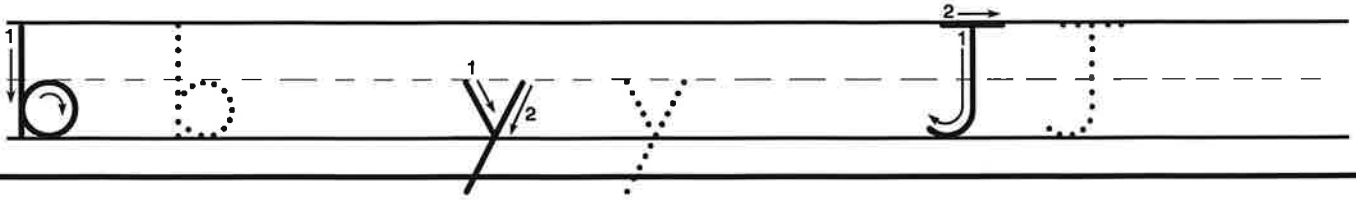
Paper and cardboard
should be recycled.

Write your own sentence.

Blank handwriting lines for independent practice, consisting of four sets of three horizontal lines (top, middle dashed, bottom).

Name: _____ Date: _____

Trace the letters.



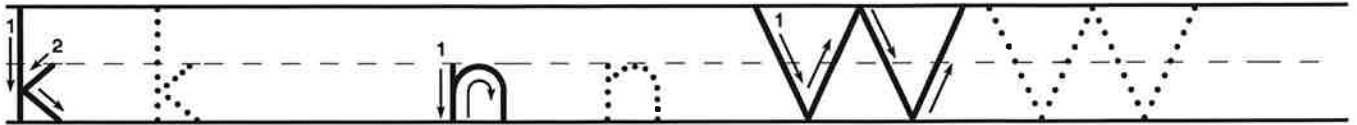
Copy the sentence on the lines.

Jacob's parents
study dinosaurs.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



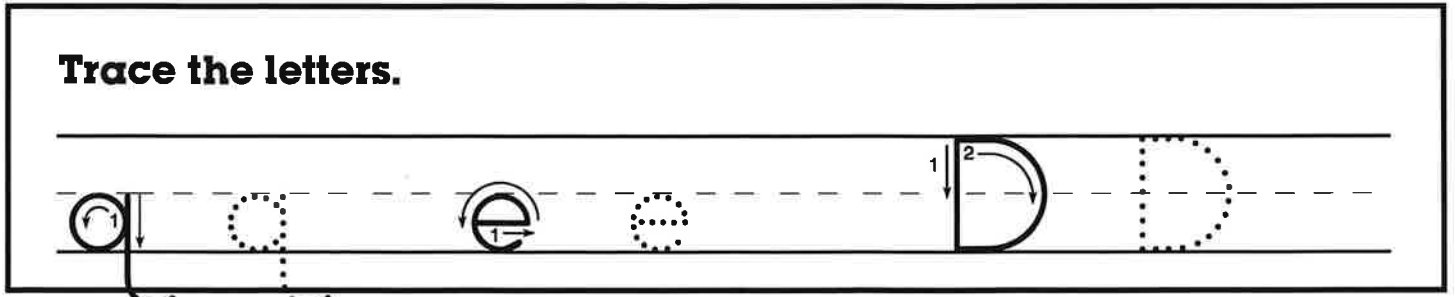
Copy the sentence on the lines.

We know how to
make origami.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.



Copy the sentence on the lines.

Dale's drink is a
liquid.

Write your own sentence.

Name: _____ Date: _____

Trace the letters.

A handwriting practice box containing three letters on a set of three horizontal lines (top, middle-dashed, bottom). The first letter is a lowercase 'e', shown as a solid line with a dashed outline and a number '1' with an arrow indicating a counter-clockwise stroke. The second letter is a lowercase 'y', shown as a solid line with a dashed outline and numbers '1' and '2' with arrows indicating a downward stroke followed by a diagonal stroke to the right. The third letter is a lowercase 't', shown as a solid line with a dashed outline and numbers '1' and '2' with arrows indicating a downward stroke followed by a horizontal stroke across the top.

Copy the sentence on the lines.

The Old Faithful
geyser is famous.

Write your own sentence.
