

Teacher Instructions: 5-Day Weekly Cycle

Usage:

- Print and hand out one sheet per day to match the 5-day school week.
- This program is designed to be repeated until students demonstrate fluid, confident, and correct stroke formation.

Instructional Steps:

1. **Finger Warm-up:** Before picking up a pencil, have the student trace the character with their finger.
2. **Starting Point:** Every character features a Red Starting Dot. Teach the students to place their pencil on the red dot before beginning their stroke.
3. **Directional Flow:** Encourage students to follow the path of the gray characters slowly.
4. **Consistency:** Ensure students complete the entire row.

Weekly Schedule:

- **Day 1:** A, B, C, D, E, 0
- **Day 2:** F, G, H, I, J, 1, 2
- **Day 3:** K, L, M, N, O, 3, 4
- **Day 4:** P, Q, R, S, T, 5, 6
- **Day 5:** U, V, W, X, Y, Z, 7, 8, 9

Letter Practice

Day 1

A A A A A A A

B B B B B B B

C C C C C C C

D D D D D D D

E E E E E E E

F F F F F F F

Letter Practice

Day 2

G G G G G G G

H H H H H H H

I I I I I I I

J J J J J J J

K K K K K K K

Letter Practice

Day 3

L L L L L L L

M M M M M M M

N N N N N N N

O O O O O O O

P P P P P P P

Letter Practice

Day 4

Q Q Q Q Q Q Q

R R R R R R R

S S S S S S S

T T T T T T T

U U U U U U U

Letter Practice

Day 5

V V V V V V V

W W W W W W W

X X X X X X X

Y Y Y Y Y Y Y

Z Z Z Z Z Z Z

Number Practice

Day 1

0 • 0 • 0 • 0 • 0 • 0 • 0

1 • 1 • 1 • 1 • 1 • 1 • 1

2 • 2 • 2 • 2 • 2 • 2 • 2

3 • 3 • 3 • 3 • 3 • 3 • 3

4 • 4 • 4 • 4 • 4 • 4 • 4

5 • 5 • 5 • 5 • 5 • 5 • 5

Number Practice

Day 2

6 • 6 • 6 • 6 • 6 • 6 • 6

7 • 7 • 7 • 7 • 7 • 7 • 7

8 • 8 • 8 • 8 • 8 • 8 • 8

9 • 9 • 9 • 9 • 9 • 9 • 9

0 • 0 • 0 • 0 • 0 • 0 • 0
