

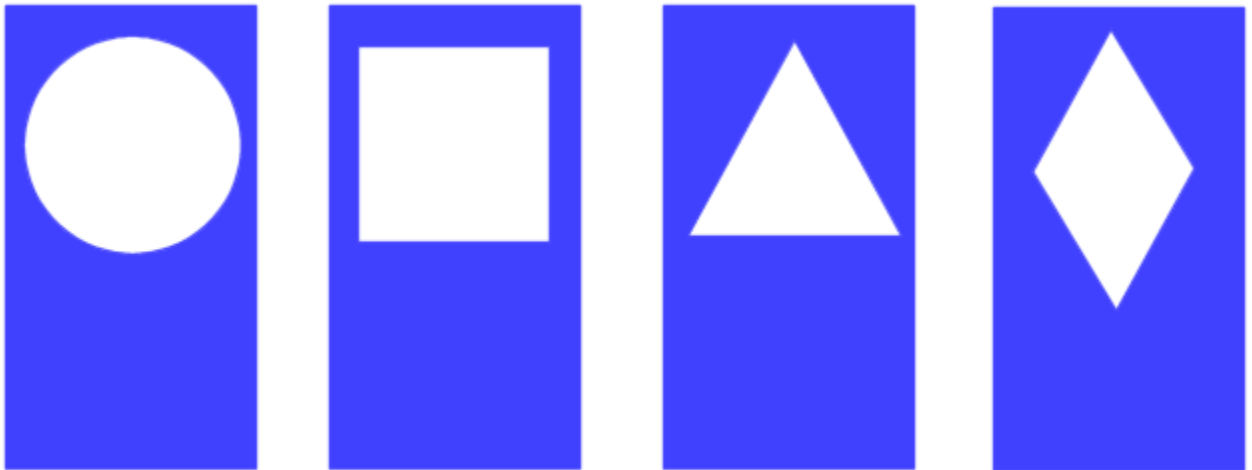
Templates

Template tracing helps you develop eye hand co-ordination, especially the change of direction needed to form letters and numbers, e.g., A, V, N, 5. Holding the template in one hand, while pushing the chalk in the other, helps develop control of a page while using a pencil.

You will need chunky chalk if you are using a chalkboard or a whiteboard marker if you are using a whiteboard.

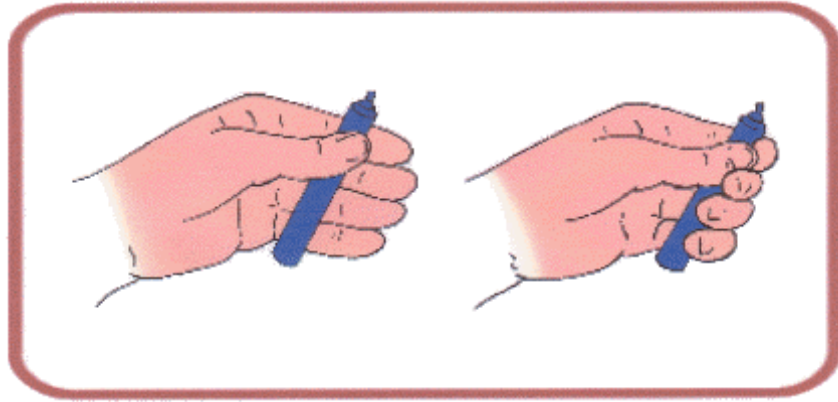
Templates are made from thick cardboard (use supermarket boxes). Cut five rectangles about 250 mm X 400 mm and cut out the shapes as shown below:

- **Circle** (diameter 200 mm)
- **Square** (200 mm to a side)
- **Triangle** (200 mm to a side)
- **Diamond** (150 mm to a side)



Step 1. Tracing with a template

Stand with equal weight on each foot holding the template against the chalkboard with the non dominant hand pressing on the bottom of the template. (Palm down and fingers pointing up) The centre of the cut-out should be at nose level. Hold the chalk in the dominant hand like you would hold a sword, with fingers under the marker (or chalk) and thumb on top as shown below.



Use each template making sure the template stays centred and your arm crosses your body midline. With the square, triangle and diamond make sure the corners are not rounded. Trace each shape about 20 times reversing direction after 5 times.

Step 2. Tracing without a template

Trace each shape without the template again making sure you cross your body midline and corners are not rounded. Each shape should be traced as a continuous sequence of lines so the chalk never loses contact with the chalkboard. Trace each shape 20 times, reversing direction after 5 times.

Step 3. Draw each shape

Draw each shape trying to make it the same size and shape as the tracing. Draw each shape as a continuous sequence of lines so they begin and end at the same place. Then take the template and put it over the drawing to compare. Talk to your helper about the differences and then try again to make the drawing more like the shape of the template.

Whether you are using the template, tracing or drawing the shape, try to build up **speed** while still being **accurate** and freely **crossing the midline**.