



# HANDWRITING CHALLENGE WORKBOOK



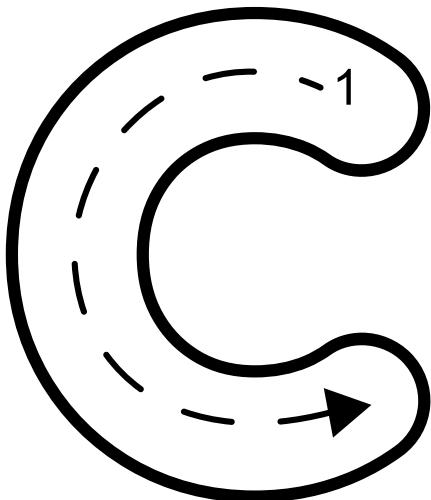
## Looped Letter Exercises

(Designed for children with Dysgraphia and writing difficulties)

### Benefits of Loop Tracing for Children With Dysgraphia

- Improves finger dexterity for better pencil control
- Builds smooth, rhythmic hand movements needed for fluent writing
- Strengthens pre-cursive handwriting skills
- Enhances visual tracking to follow letter shapes accurately
- Boosts hand-eye coordination
- Improves stroke consistency
- Reduces writing fatigue by training more efficient movements
- Increases writing confidence through simple, success-based practice

# TRACE THE LOOPS AND CURLS !



## Message For Parents

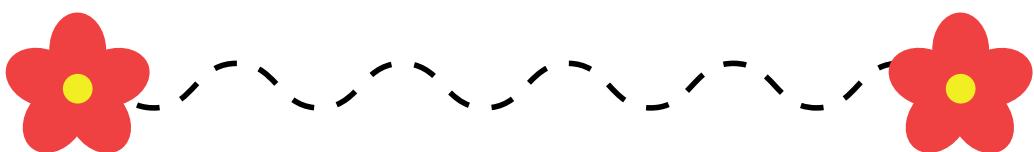
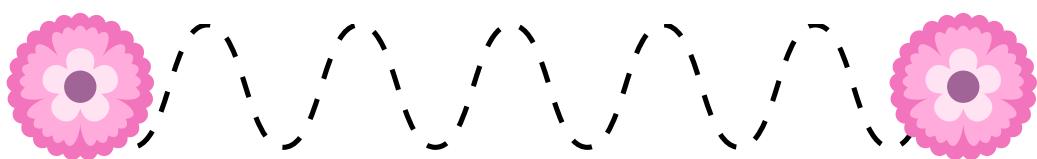
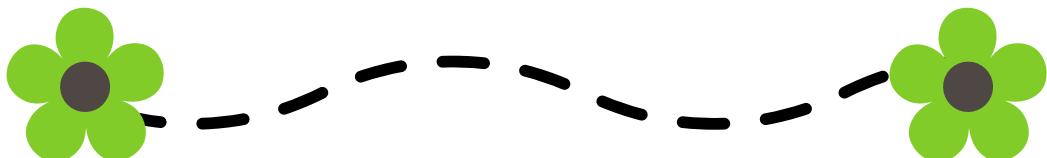
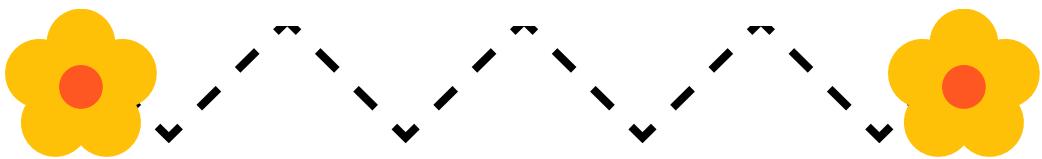
This activity strengthens finger agility for sharp turns.  
Improves eye-hand coordination during complex tracing patterns.  
Supports cognitive focus needed for structured handwriting tasks.

Date: \_\_\_\_\_



# Connect The Flowers

Trace the lines to connect the flowers.

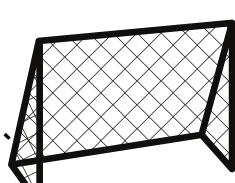
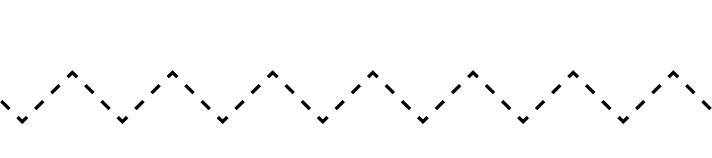
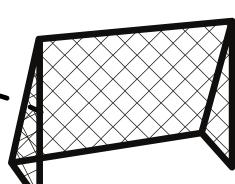
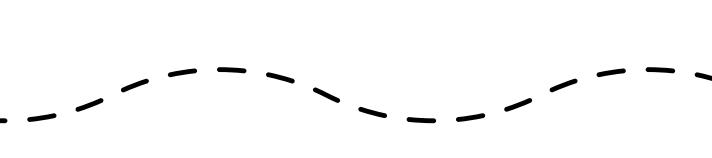
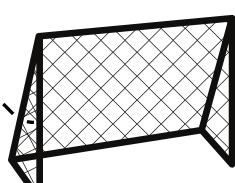
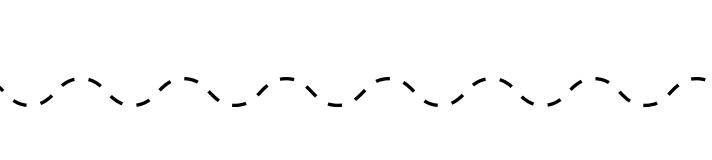
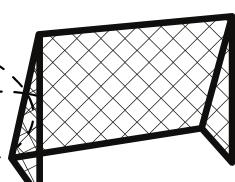
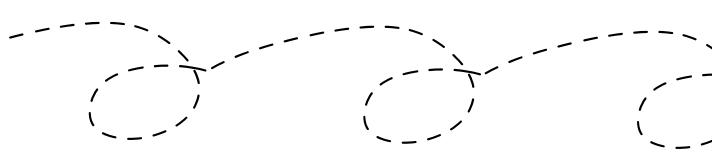
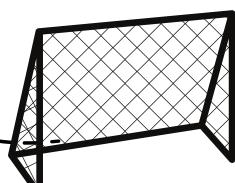
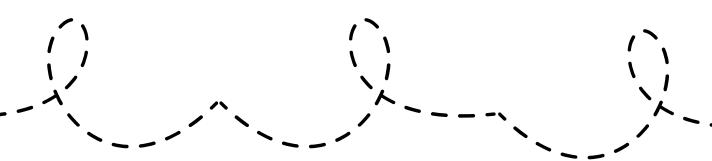
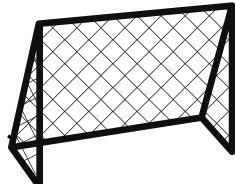


Date: \_\_\_\_\_



# Score!

Trace the lines to help the soccer ball make it into the net to score!

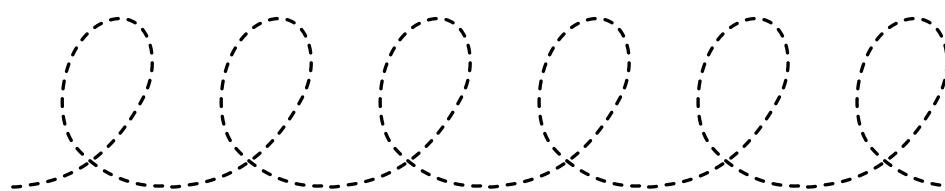
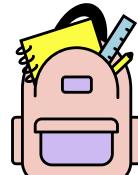
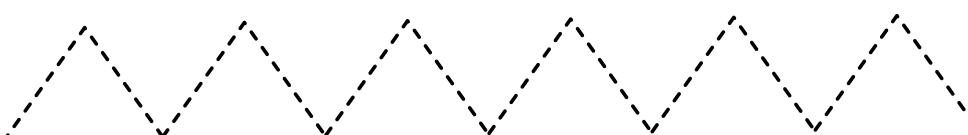


Date: \_\_\_\_\_



# Back to School Pencil Skills

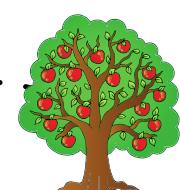
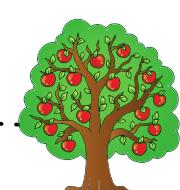
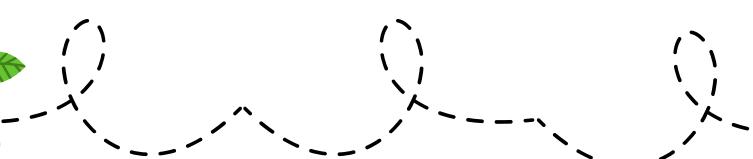
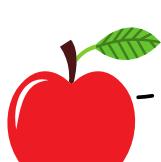
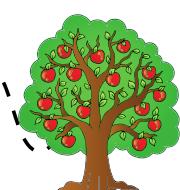
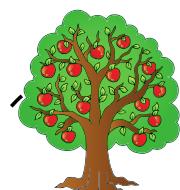
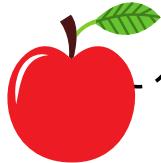
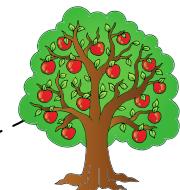
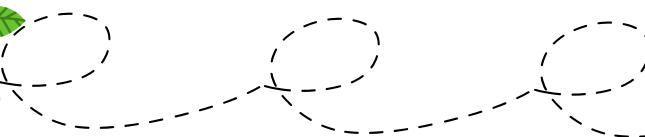
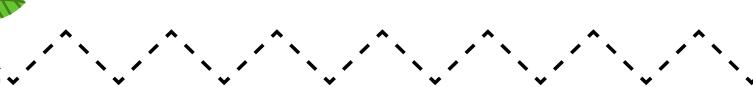
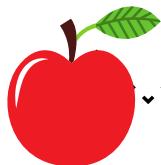
Help pack these school supplies in the backpacks!  
Carefully trace the lines without lifting your pencil  
from the page.



Date: \_\_\_\_\_

# Apple Trees

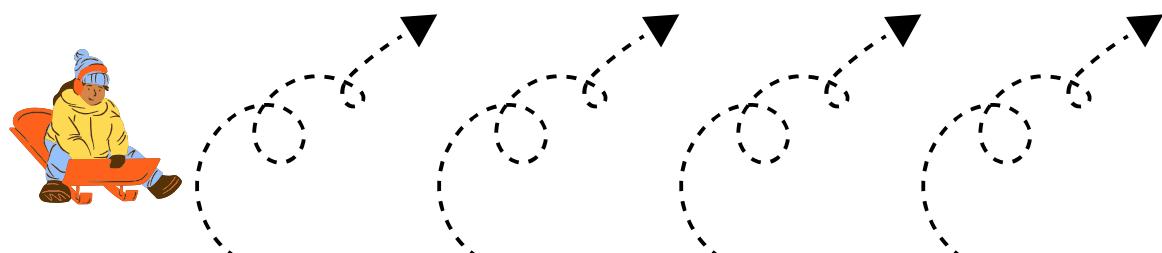
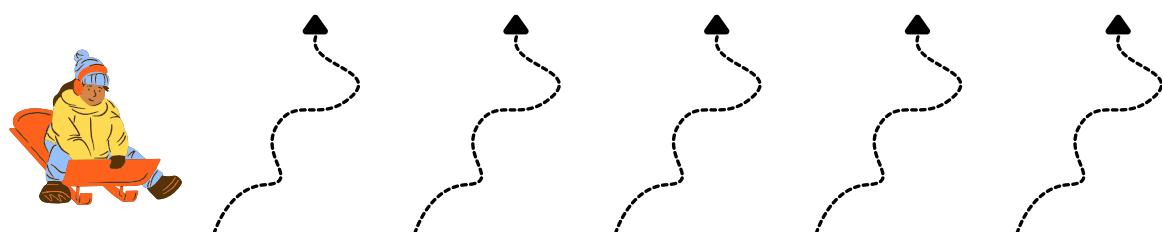
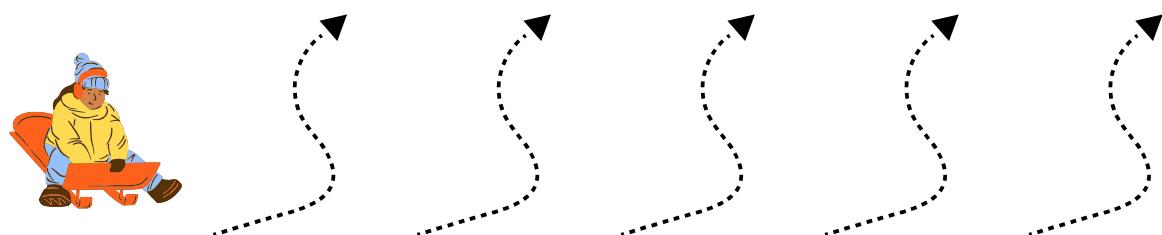
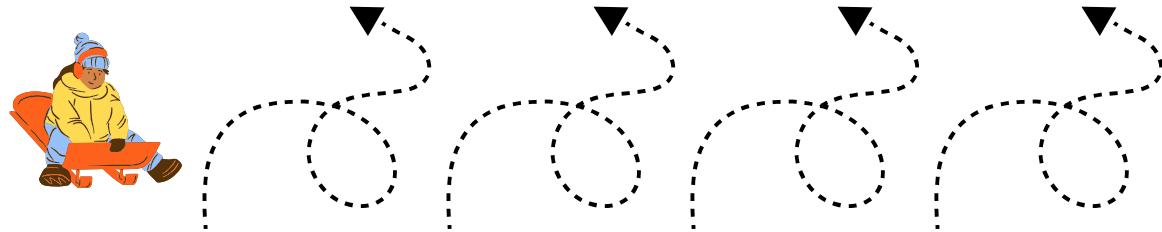
Trace the lines to connect the apples to the trees.



Date: \_\_\_\_\_



# Winter Tracing Activity



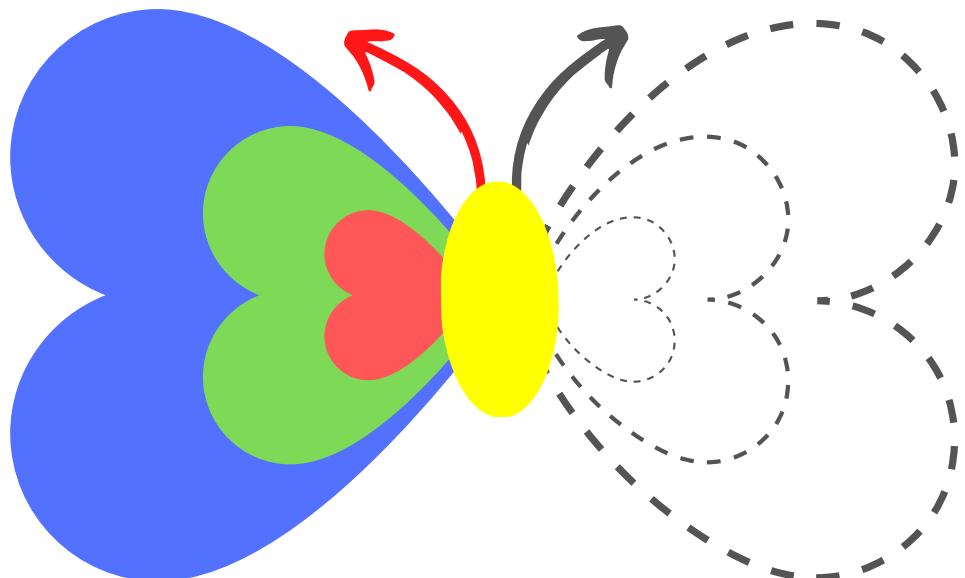
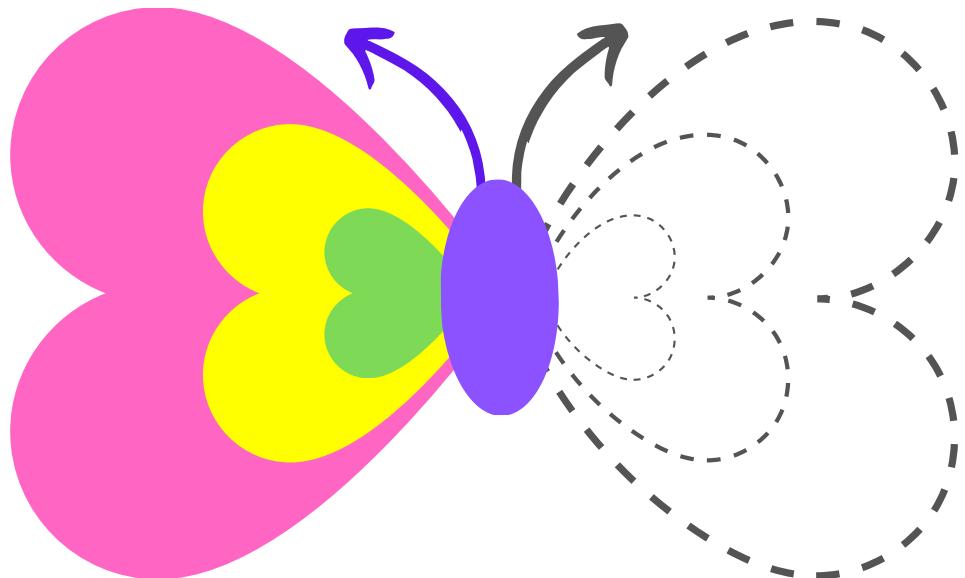


Date: \_\_\_\_\_



# Tracing and Coloring

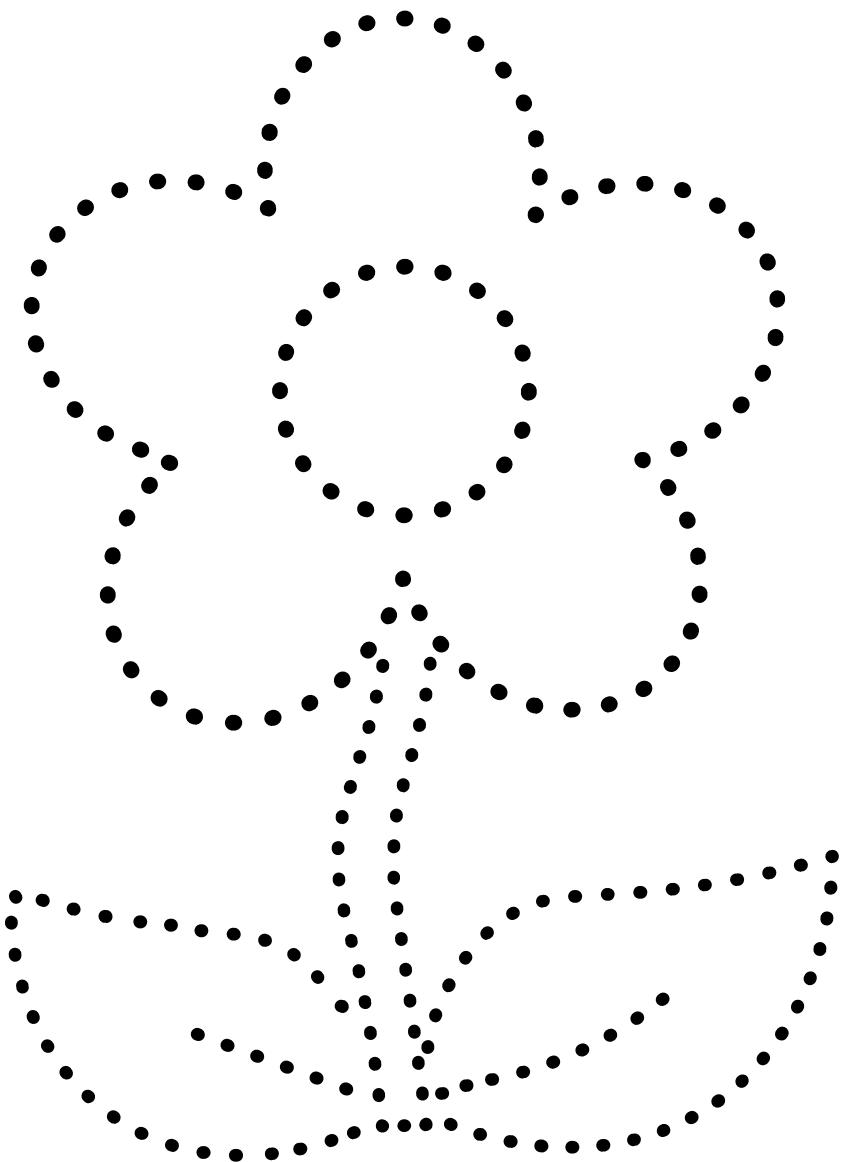
Trace and color zuzu's bestfriend the butterfly



Date: \_\_\_\_\_



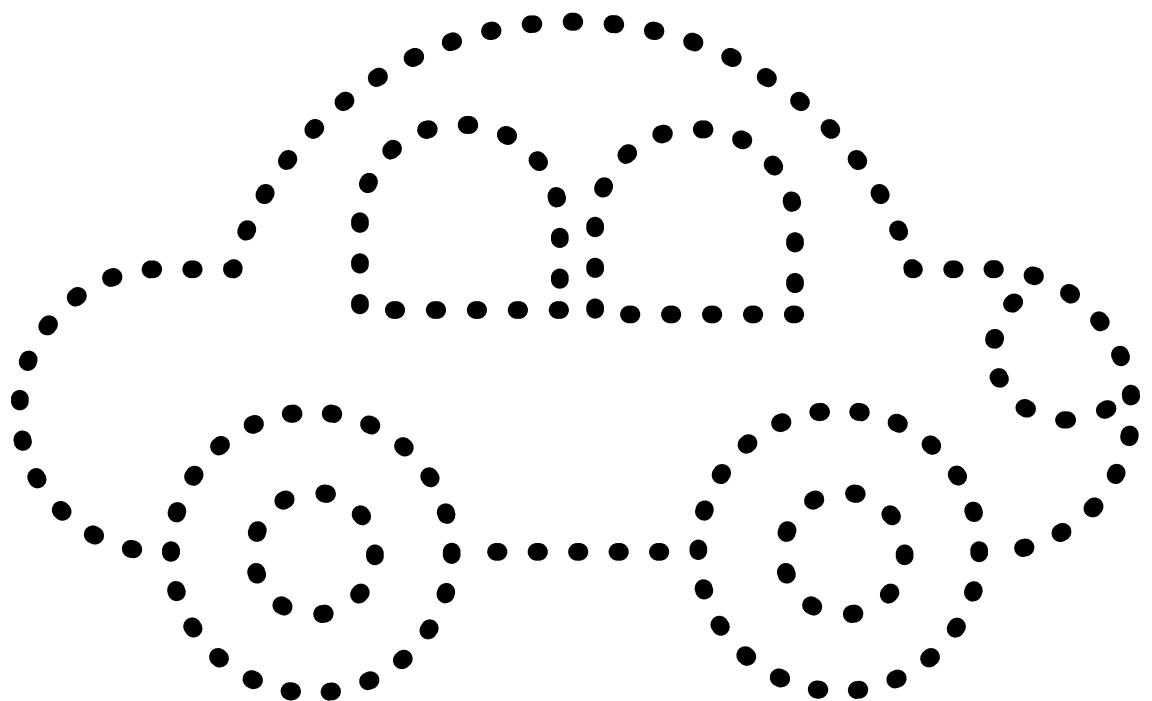
# Connect The Dots To Complete The Flower



Date: \_\_\_\_\_



# Connect The Dots To Complete The Car



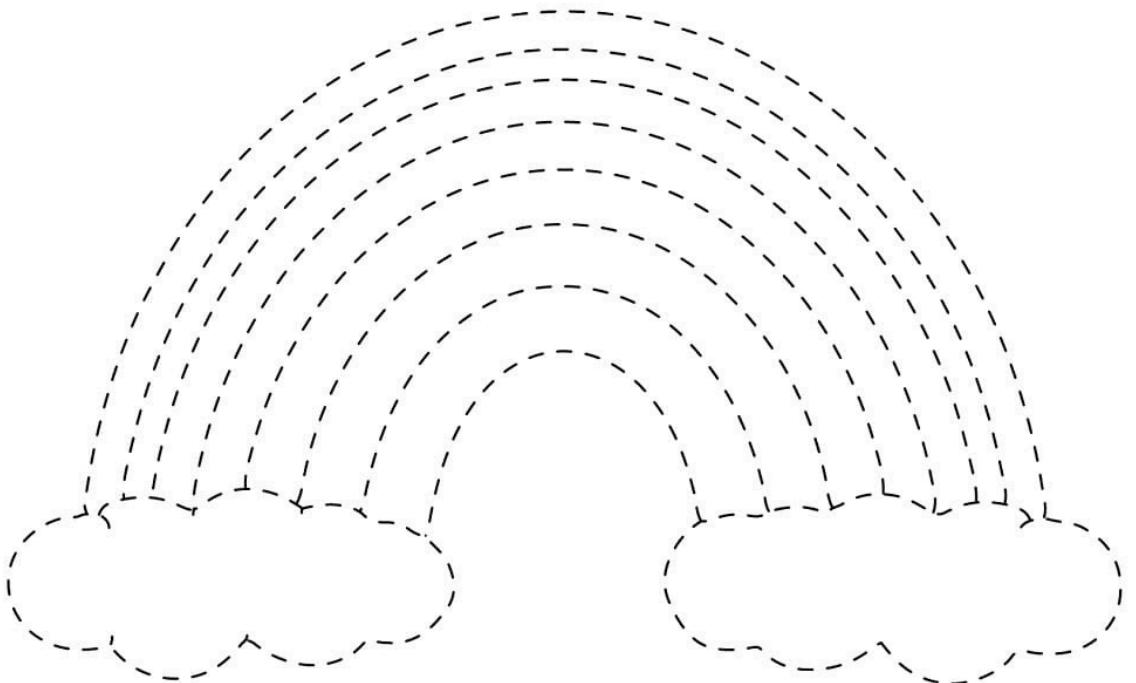
Date: \_\_\_\_\_



# Rainbow Tracing

Zuzu loves Rainbow

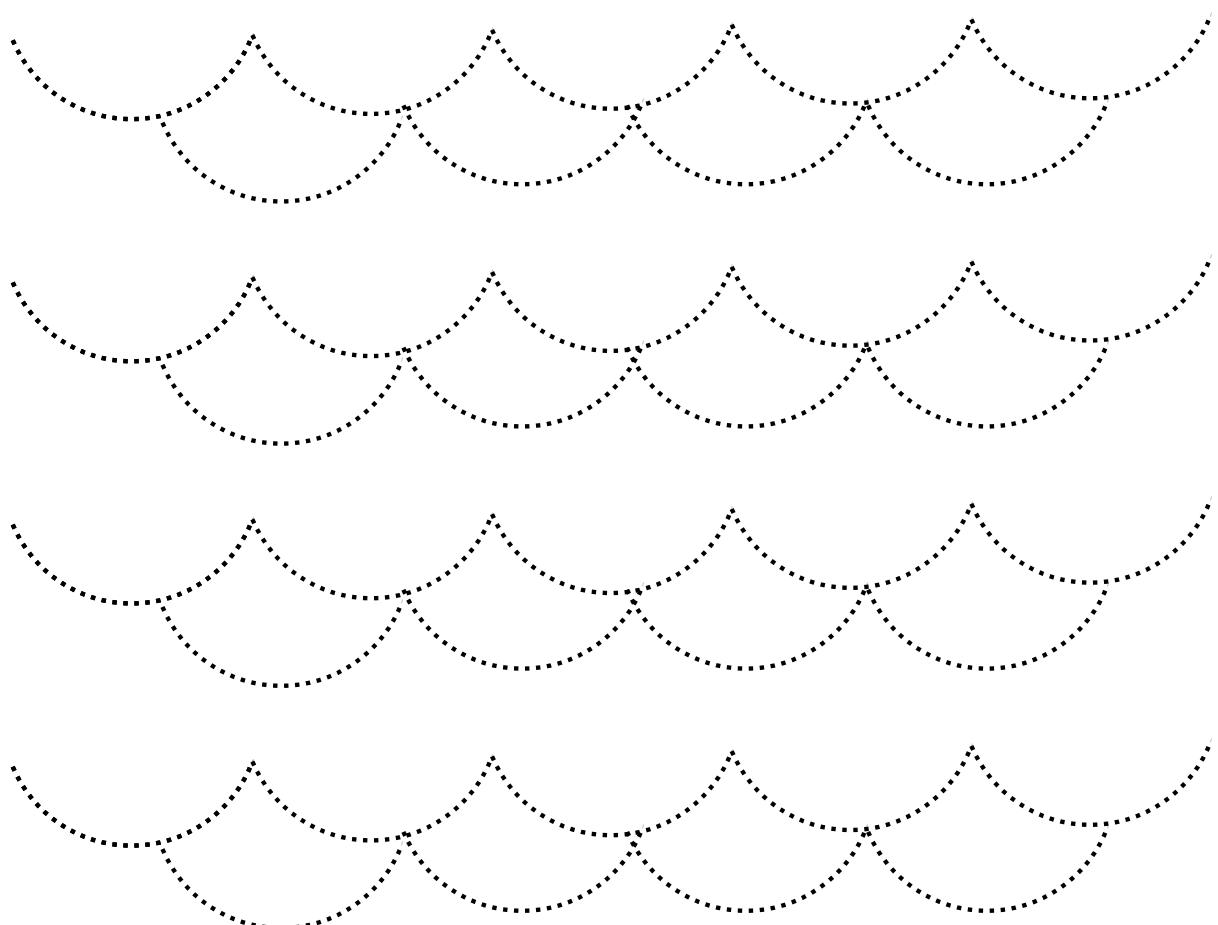
Trace the lines of the rainbow then color according to the  
below image.



Date: \_\_\_\_\_



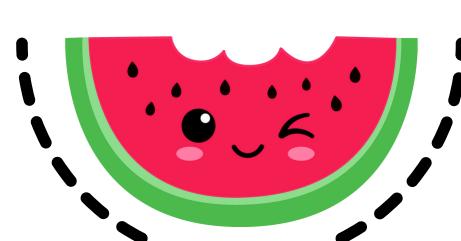
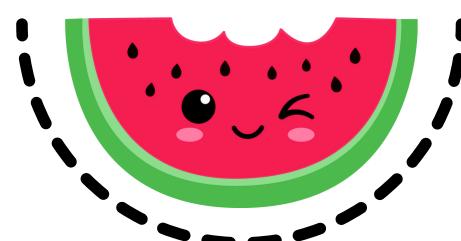
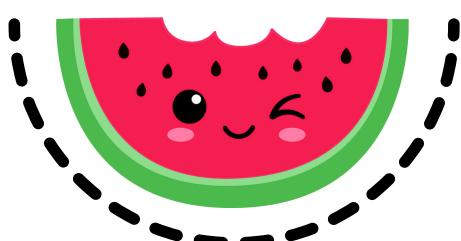
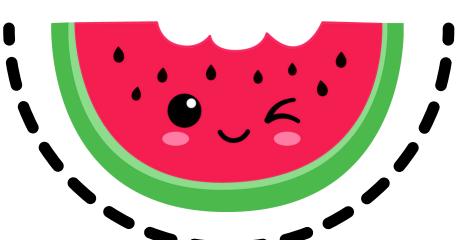
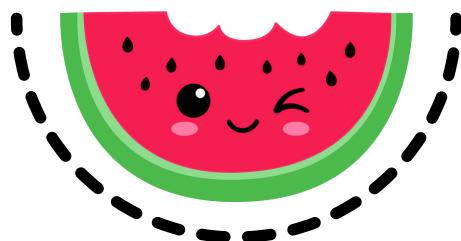
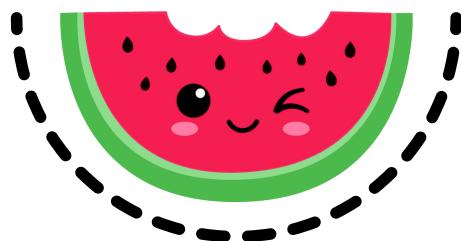
# Trace Curve Lines



Date: \_\_\_\_\_



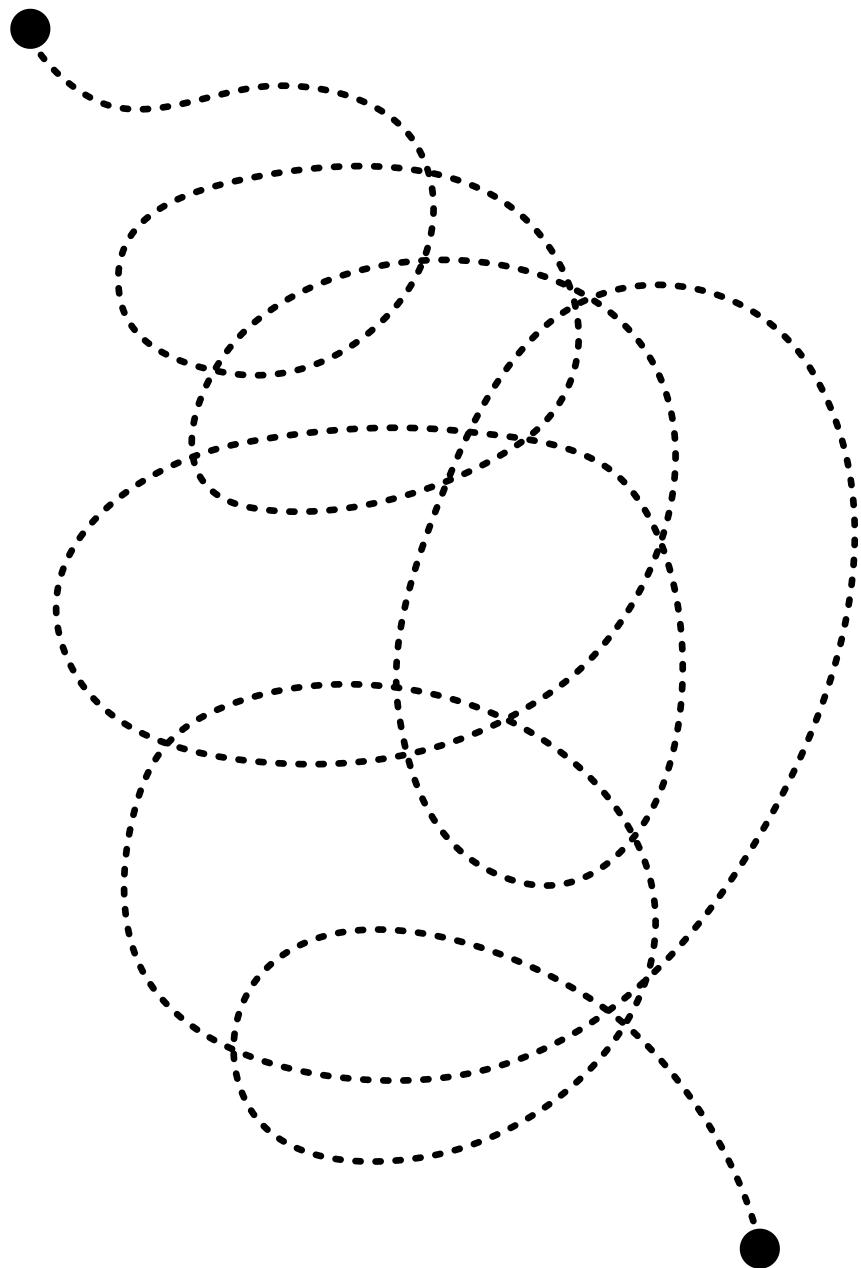
## Trace Curve Lines



Date: \_\_\_\_\_



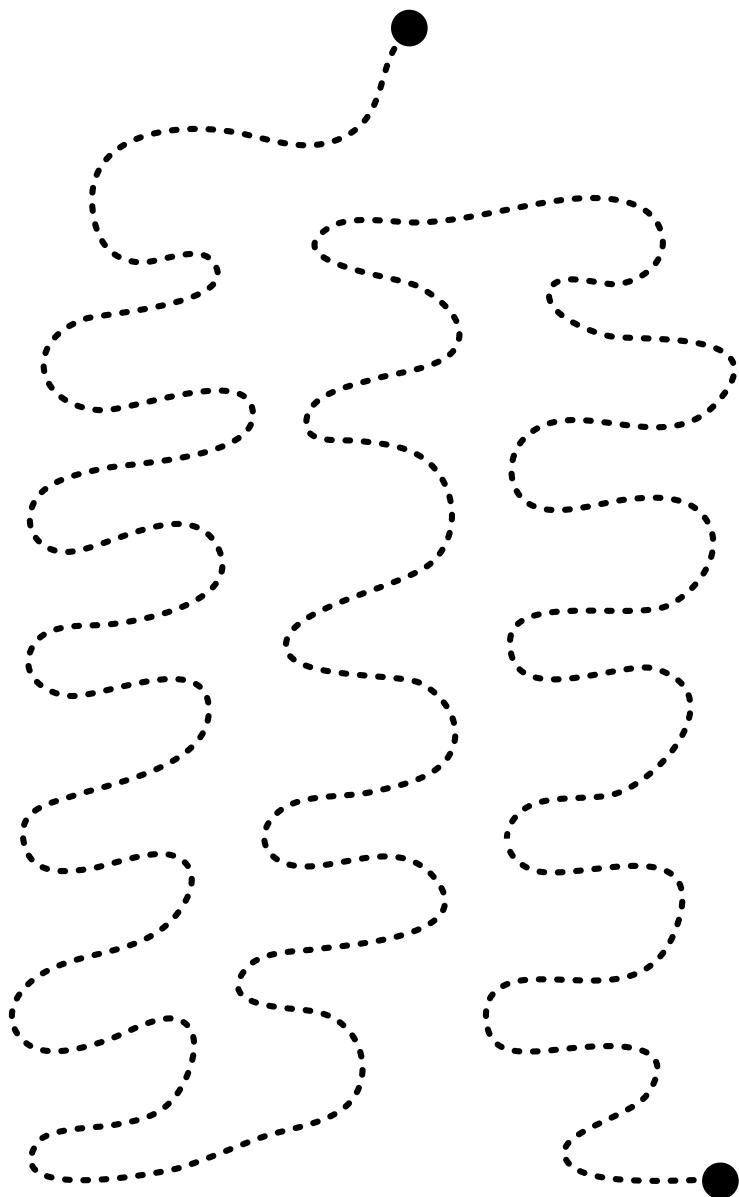
# Fine Motor Skills



Date: \_\_\_\_\_



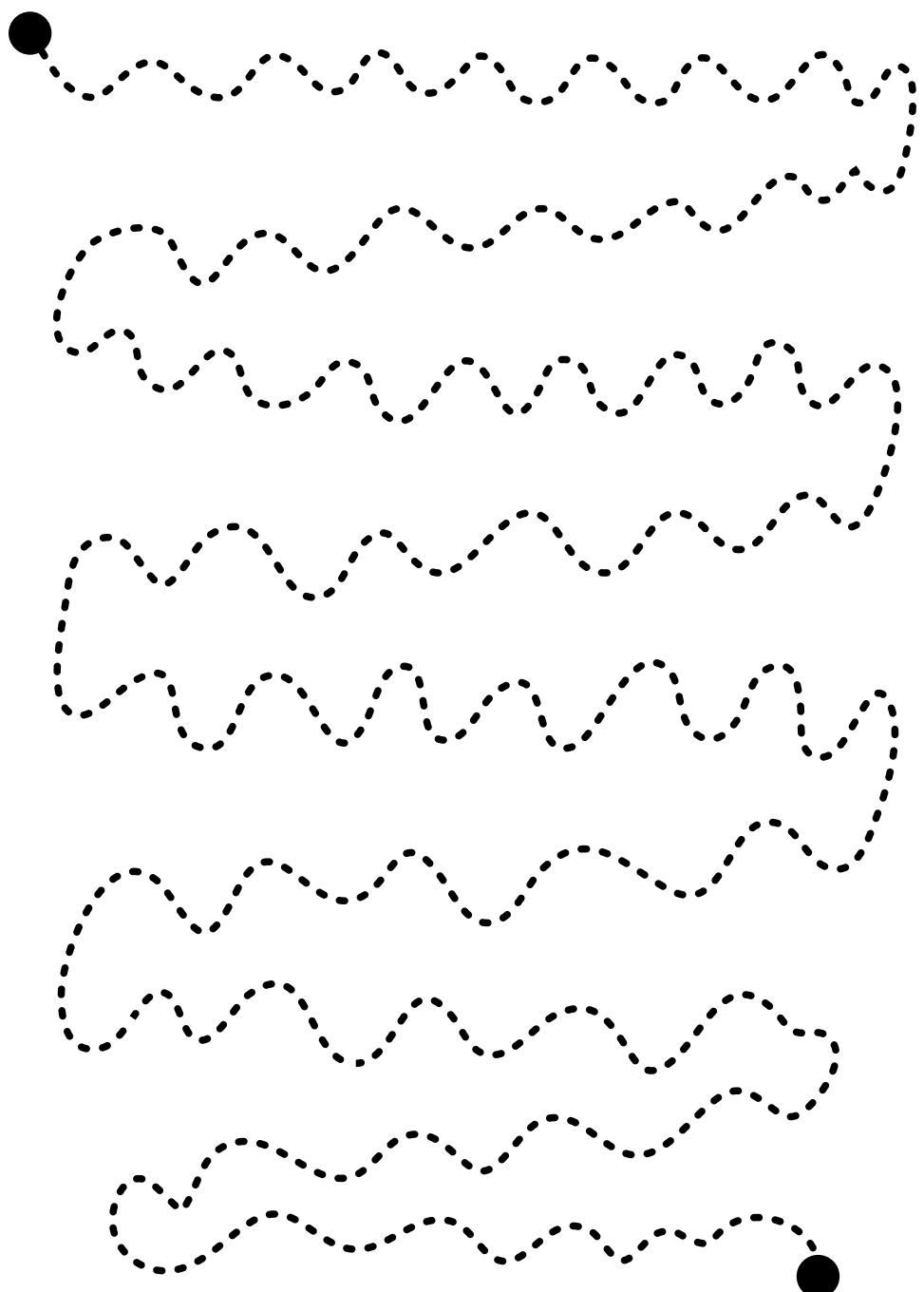
# Fine Motor Skills



Date: \_\_\_\_\_



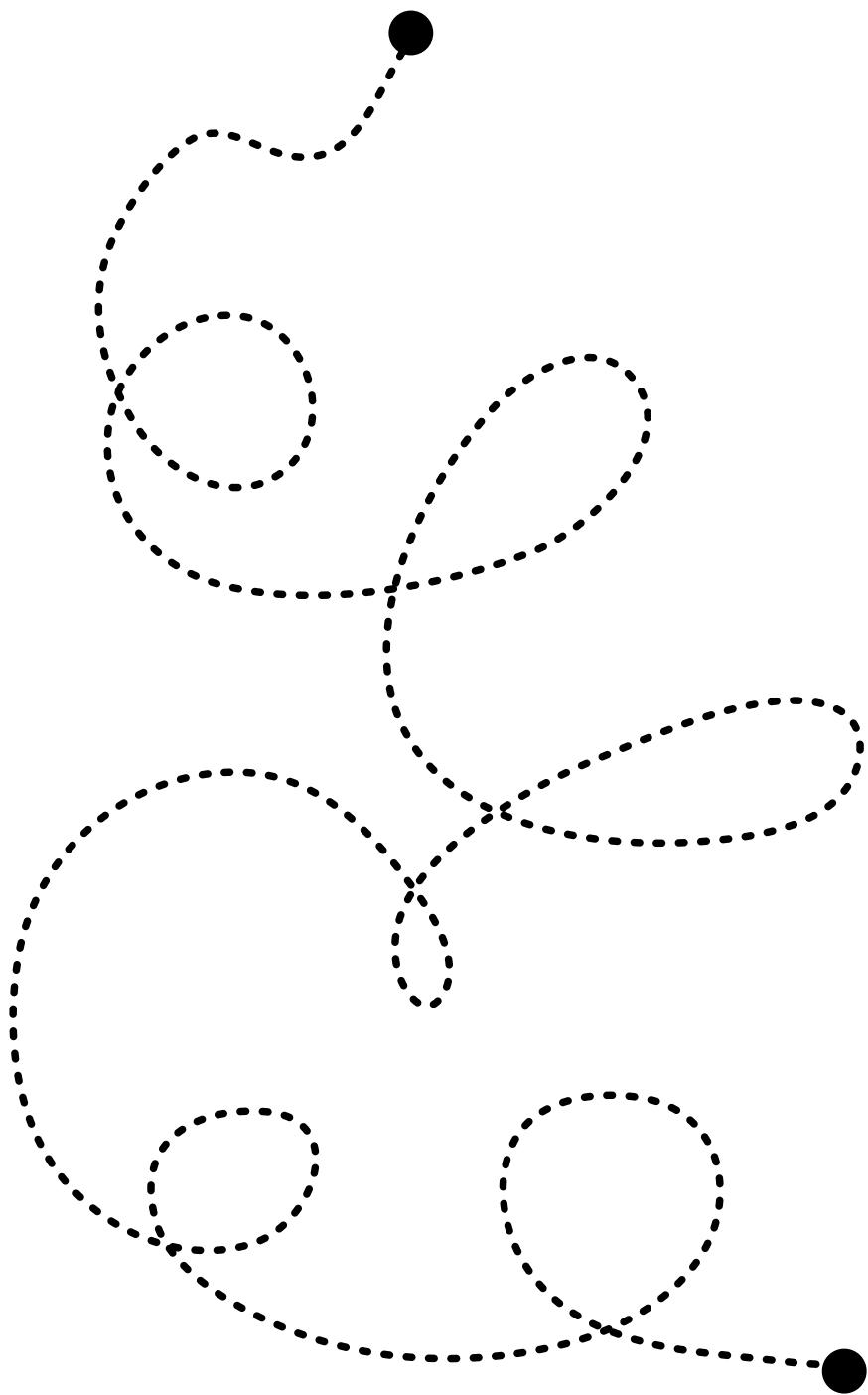
# Fine Motor Skills



Date: \_\_\_\_\_



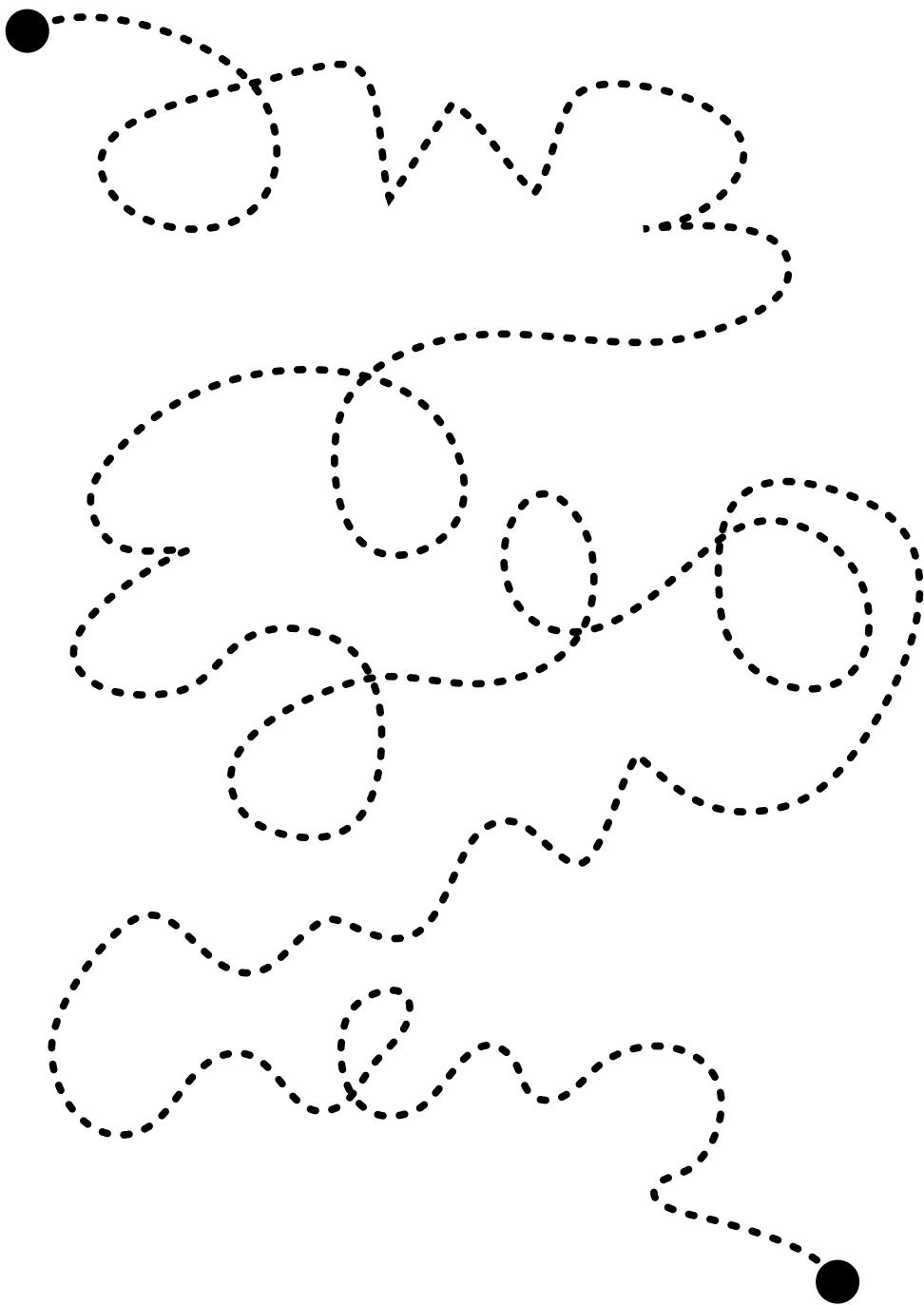
# Fine Motor Skills



Date: \_\_\_\_\_



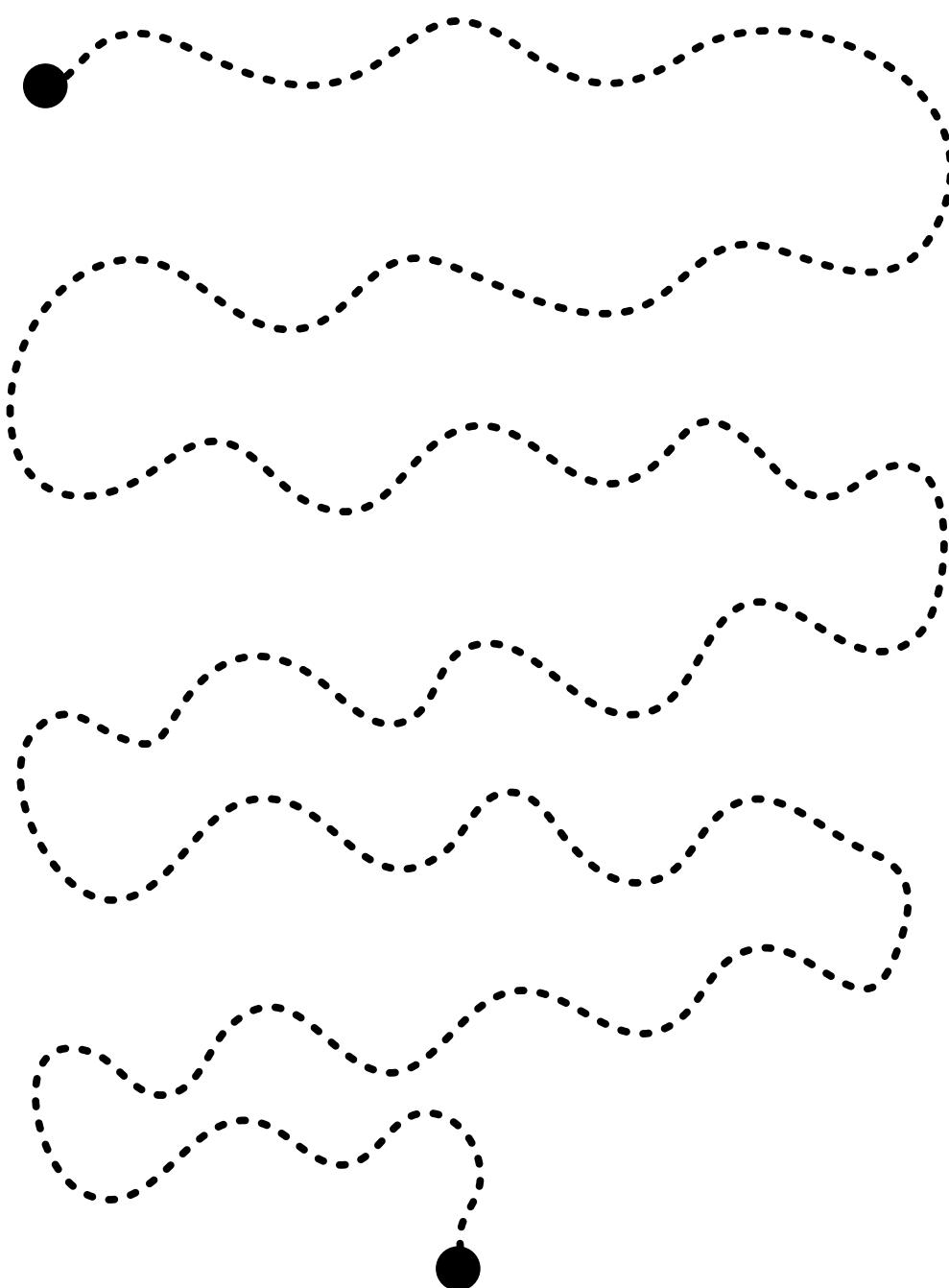
# Fine Motor Skills



Date: \_\_\_\_\_



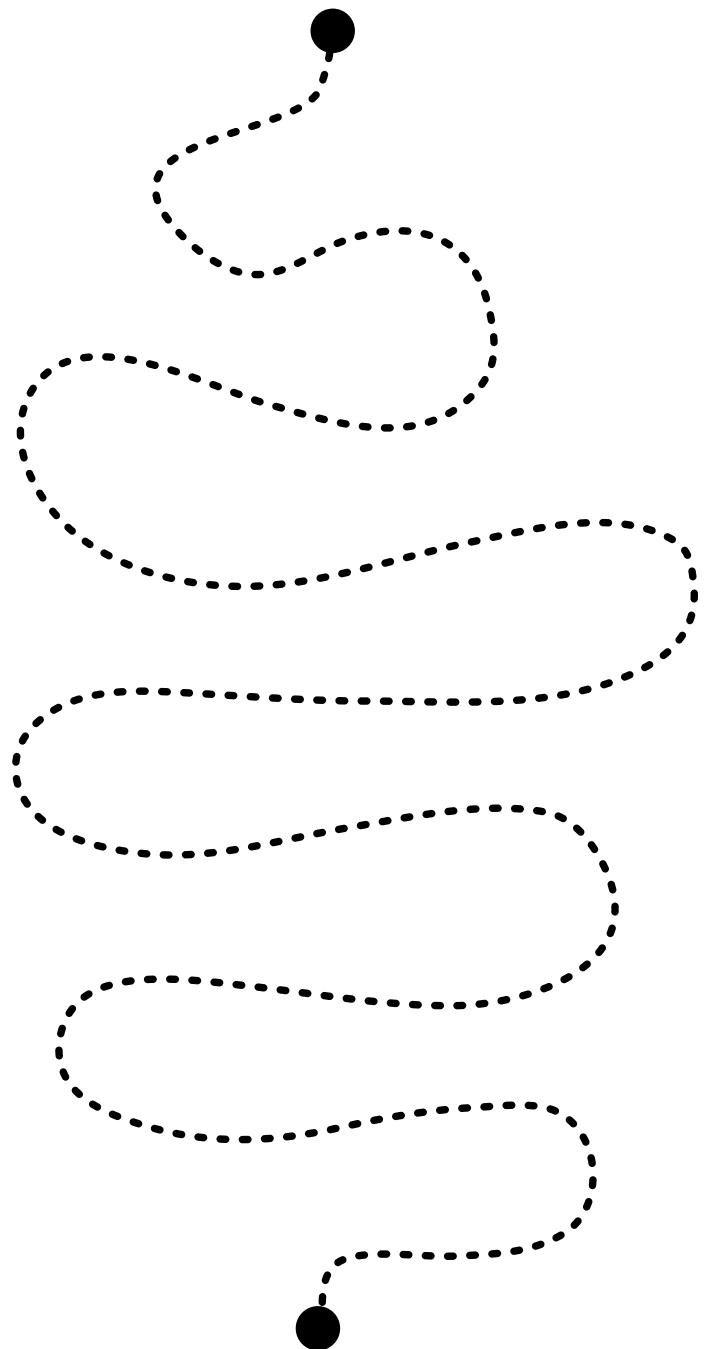
# Fine Motor Skills



Date: \_\_\_\_\_



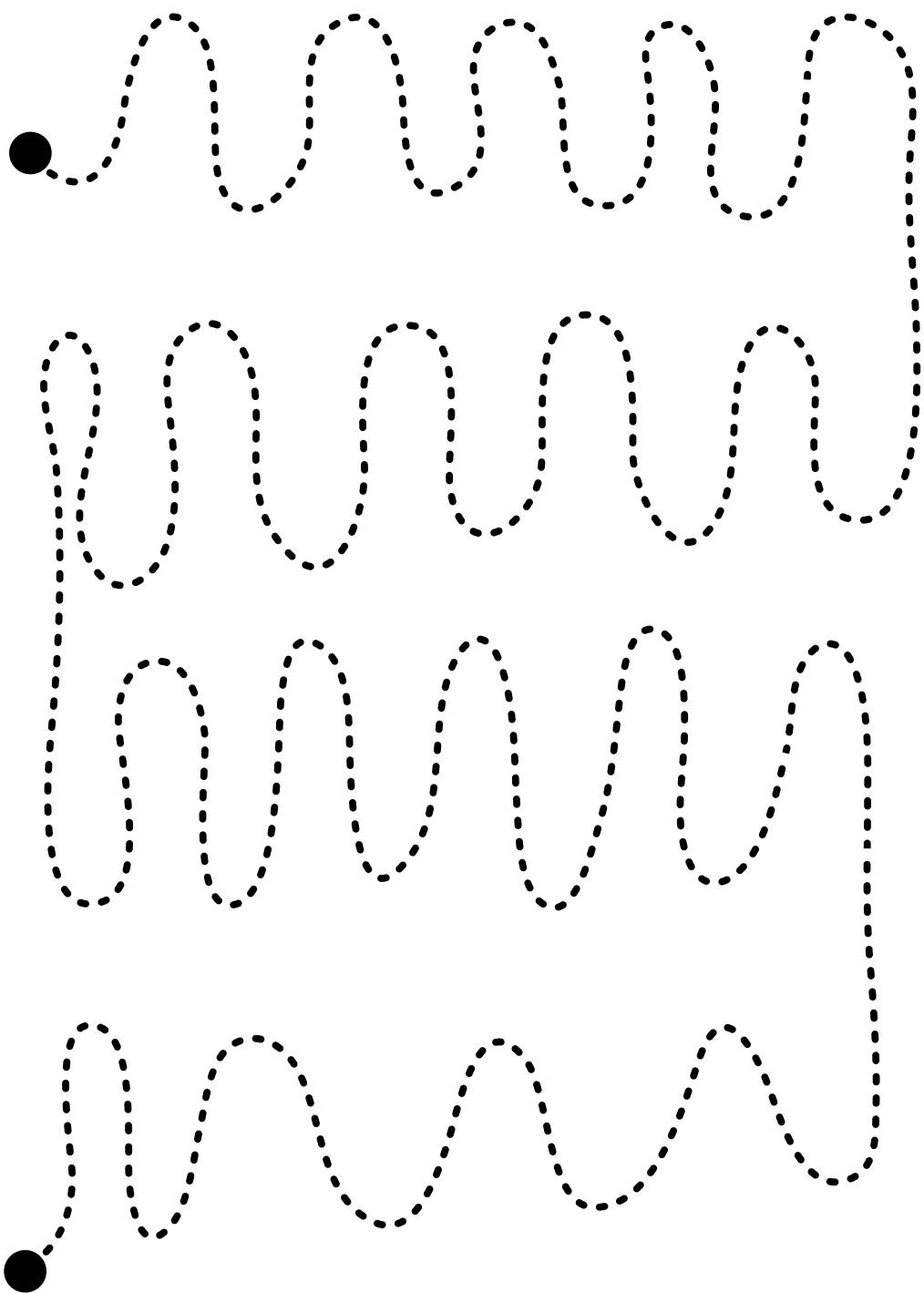
# Fine Motor Skills



Date: \_\_\_\_\_



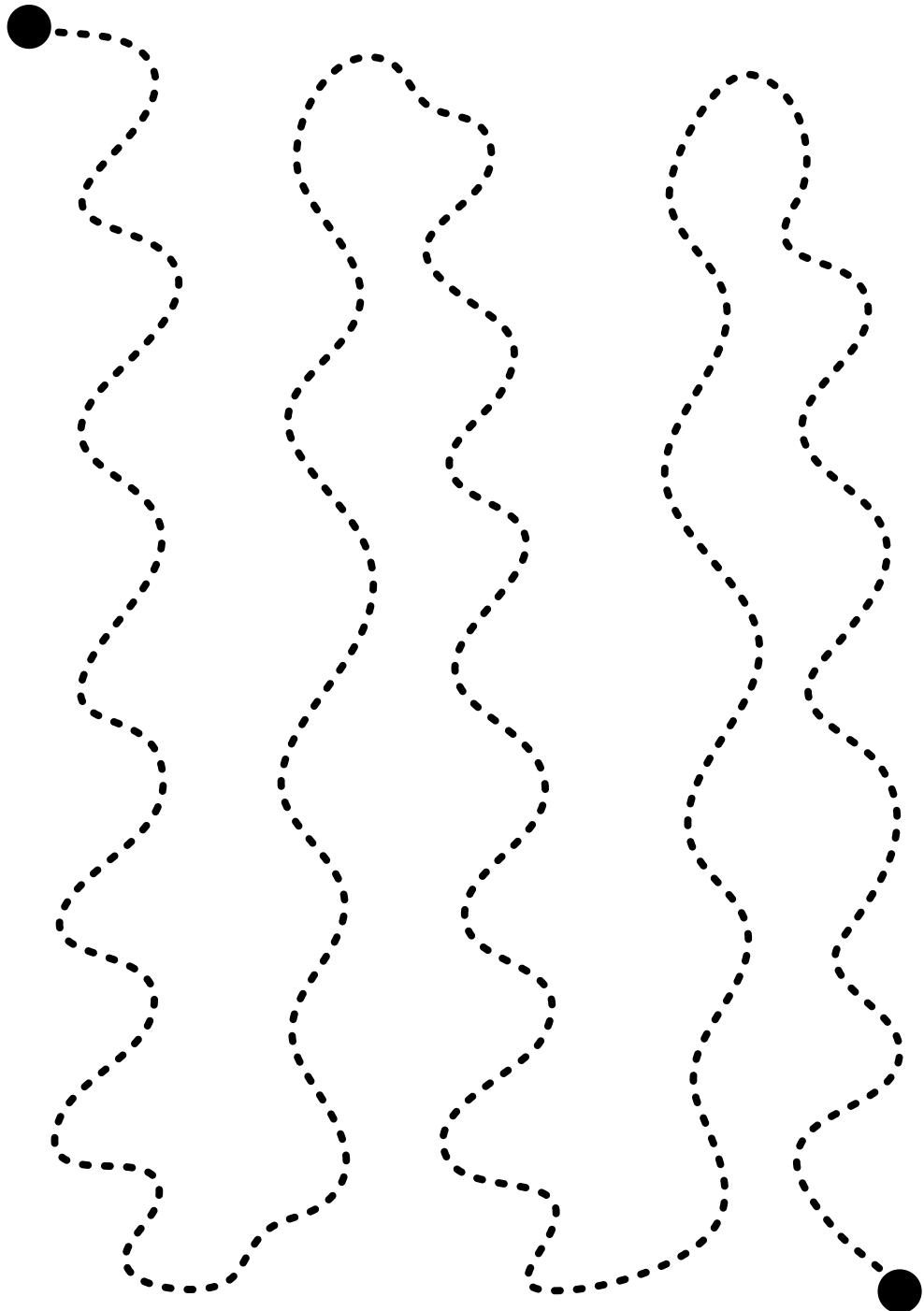
# Fine Motor Skills



Date: \_\_\_\_\_



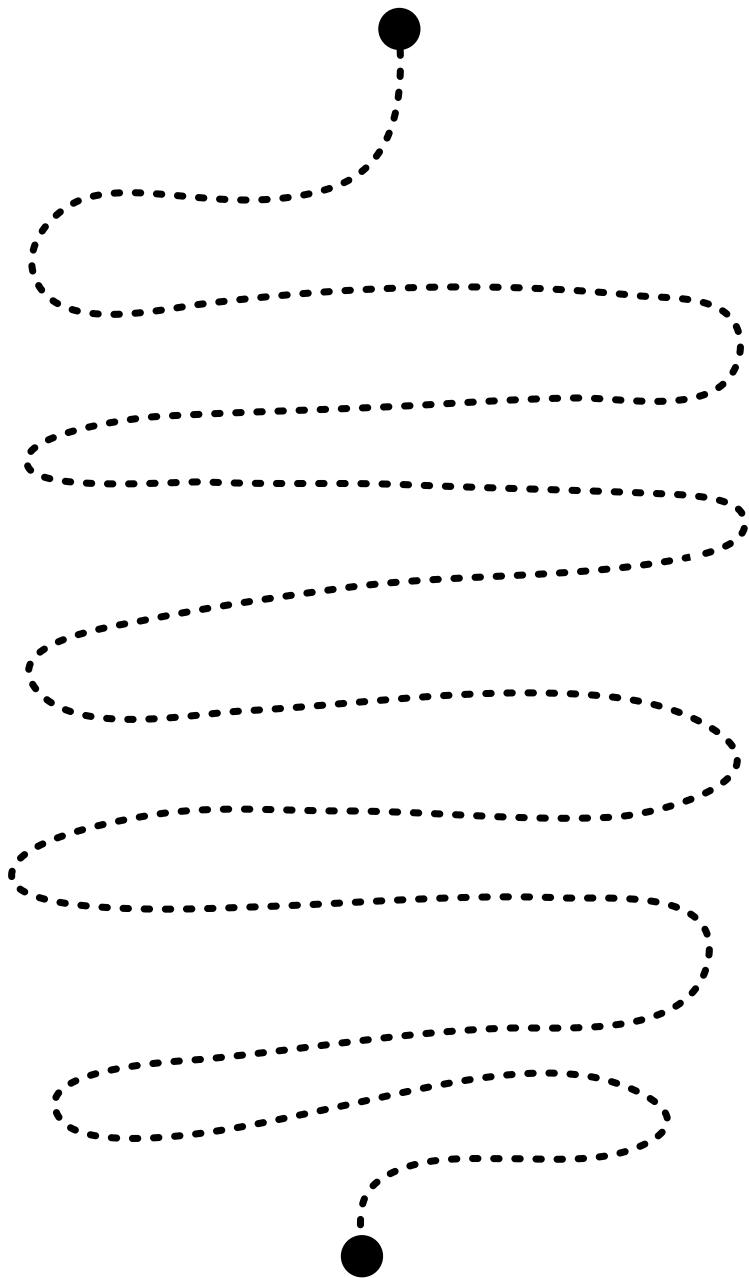
# Fine Motor Skills



Date: \_\_\_\_\_



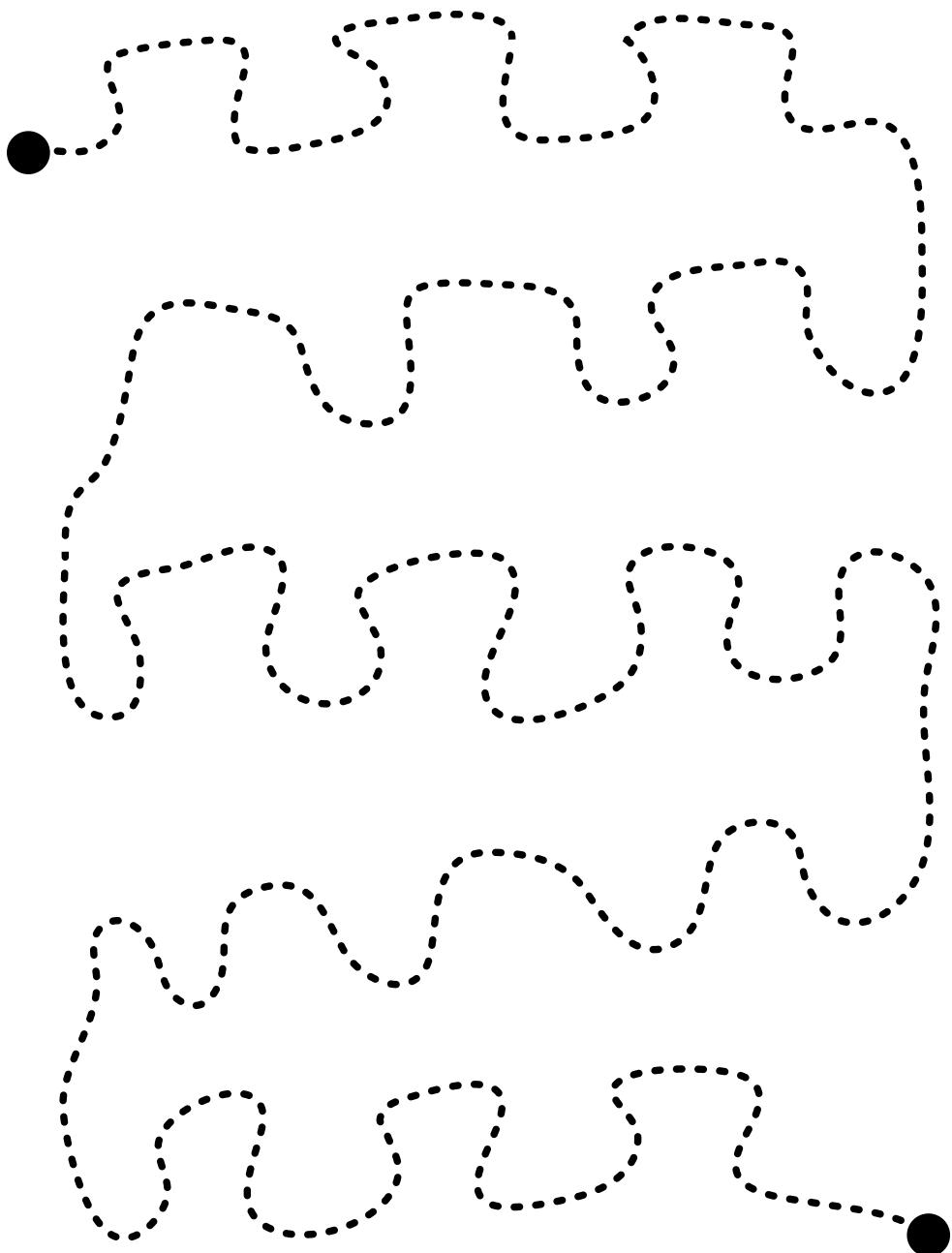
# Fine Motor Skills



Date: \_\_\_\_\_



# Fine Motor Skills



Date: \_\_\_\_\_



# Follow The Line

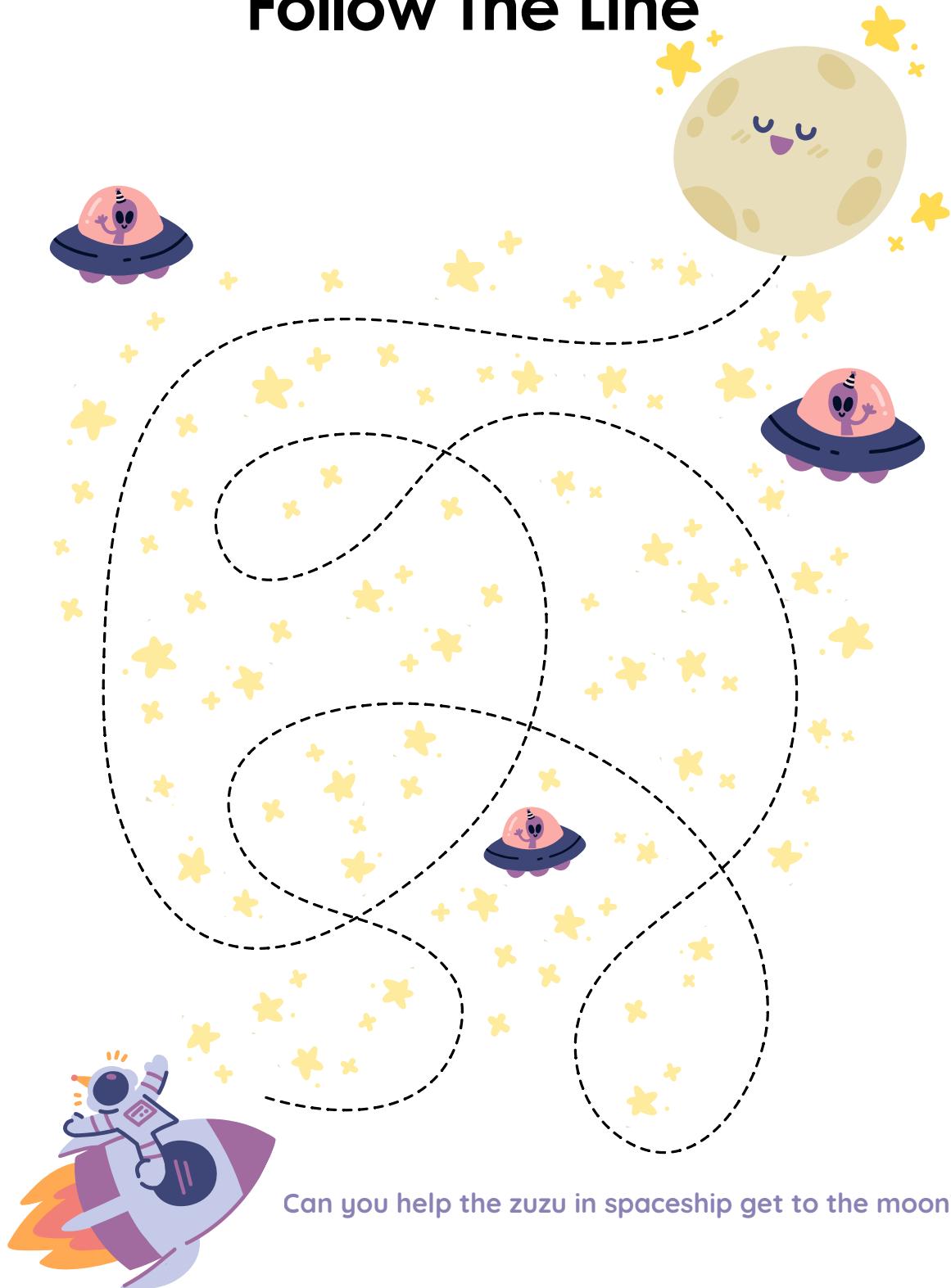


Can you help ZUZU get to the spaceship?

Date: \_\_\_\_\_



# Follow The Line



Can you help the zuzu in spaceship get to the moon?

# **Understanding Dysgraphia**

## **A note to Parents and educators**

Writing remains an important skill even in today's digital world. While technology has reduced the need for handwriting, it is still essential for everyday tasks such as note-taking, filling forms, and writing checks. Handwriting also supports overall writing development, making it an important focus in early education. However, some children struggle with writing due to a learning difficulty called dysgraphia, which affects their ability to express ideas on paper. Without early support, dysgraphia can cause long-term academic and emotional challenges, but with proper help, students can improve and succeed.

### **Definition and Overview**

Dysgraphia is a specific learning disability that affects handwriting, spelling, and written expression (National Center for Learning Disabilities, 2009). The term comes from Greek: dys (difficulty) and graphia (writing). Students with dysgraphia often struggle with legibility, automaticity, and speed, making writing tasks frustrating and time-consuming.

### **Characteristics of Dysgraphia.** Children with dysgraphia may display:

- Uneven or hard-to-read handwriting
- Mixing of capital and lowercase letters
- Poor word spacing and unfinished letters
- Hand pain from unusual pencil grips
- Slow copying speed and frequent erasing
- Illegible writing and inconsistent letter sizes
- Incomplete sentences and poor grammar/punctuation
- Avoidance of writing tasks due to frustration

These difficulties reflect problems with fine motor skills, spatial planning, and written language organization. Identifying these signs early and providing structured support can greatly improve a child's confidence and ability to write effectively.



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