

Building solid foundations for scholastic success

MY
1st

Letters Practice

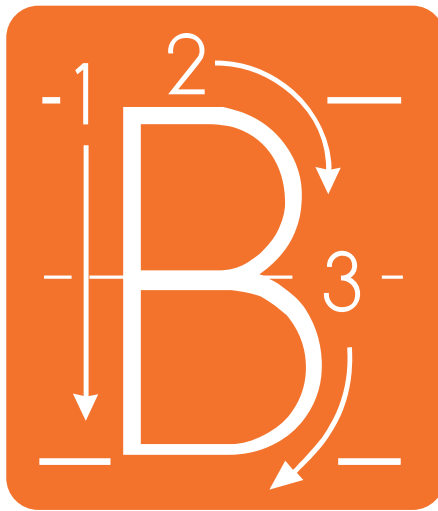


My First Workbook

READY TO LEARN™

The
Canadian
Curriculum
Series

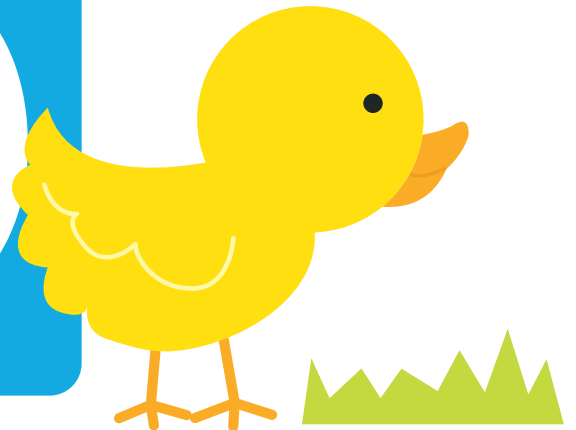
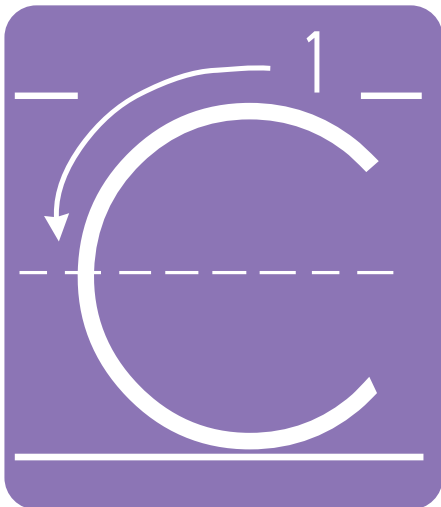
Letters



- Introduces letter writing

- Develops fine motor skills

- Builds muscle memory for writing



Tammy K. Hayes, EdD

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My First Workbook

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Letters

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My First Letters

At this stage, fine motor activities and line and letter writing help get tiny hand muscles ready to write. Listening skills and following directions also play a big role in preparing for prekindergarten. Reading to your child and helping them learn to follow directions will give them an opportunity to develop some of the skills they will need to be ready for prekindergarten.

Preparing Finger Muscles to Write

Modeling clay is a great way to give tiny hand muscles a workout.

Help your child learn to squeeze, roll, and poke the modeling clay with their fingers. Push in buttons, beads, or googly eyes for fun!



Fine Motor Activity

Whisking with Bubbles

Fill a large tub with water and bubbles.

Grab a whisk and show your child how to use their wrist to whisk up the bubbles. Add food colouring for some colourful fun.



Fine Motor Activity

Strainer Fun

Using a strainer and coloured pipe cleaners, practise fine motor skills by helping your child to push the pipe cleaners through the holes in the strainer.

Push both ends of the pipe cleaners through the holes to make fun loops.



Fine Motor Activity

Let's Make Lemonade

Have your child help to squeeze the lemons, scoop the sugar, and stir the lemonade when you're done.

These activities will work out wrist, hand, and finger muscles.

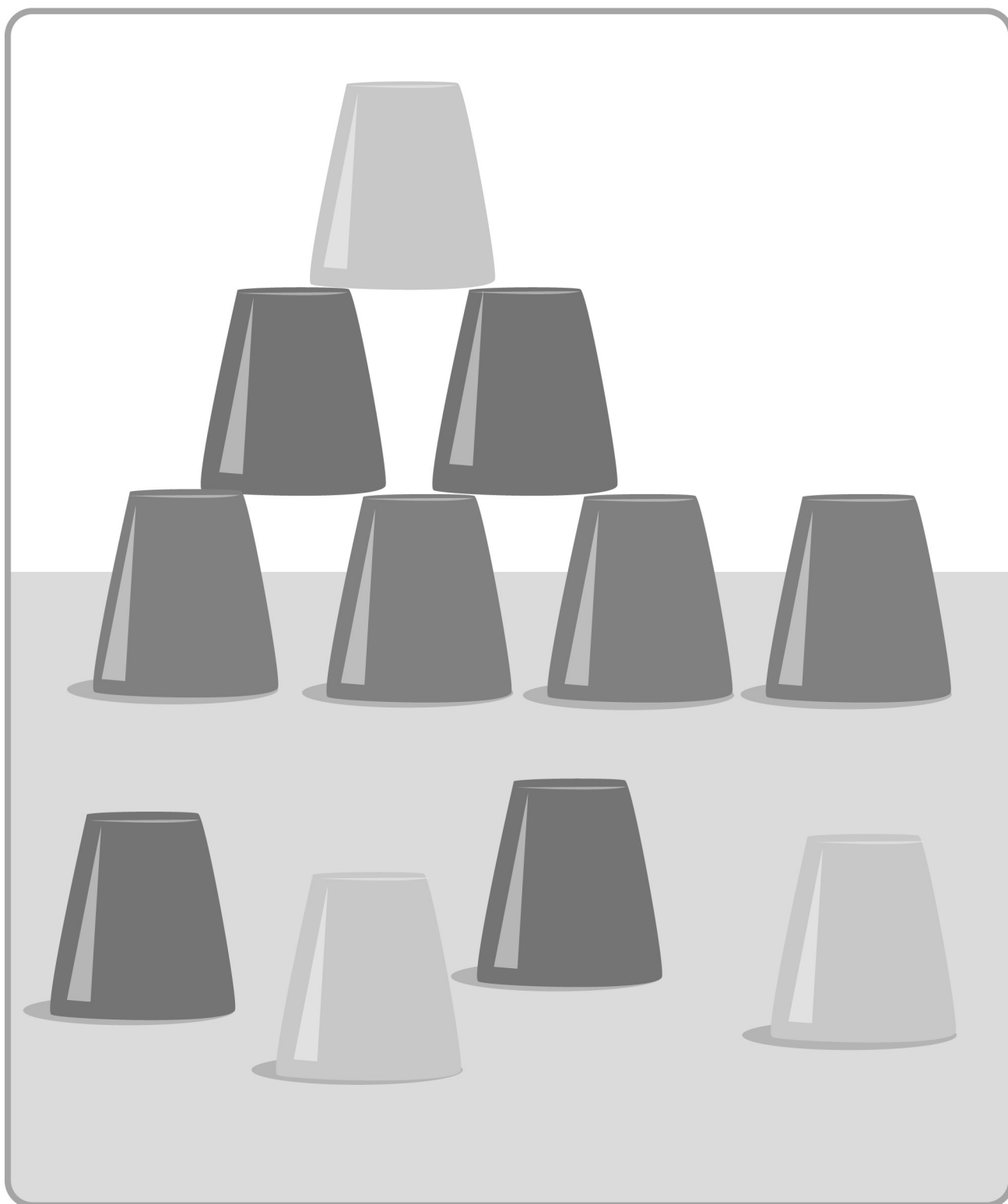


Fine Motor Activity

Stacking Cups

Help your child stack cups on top of each other to make a tower.

Don't forget the best part—knocking them down!



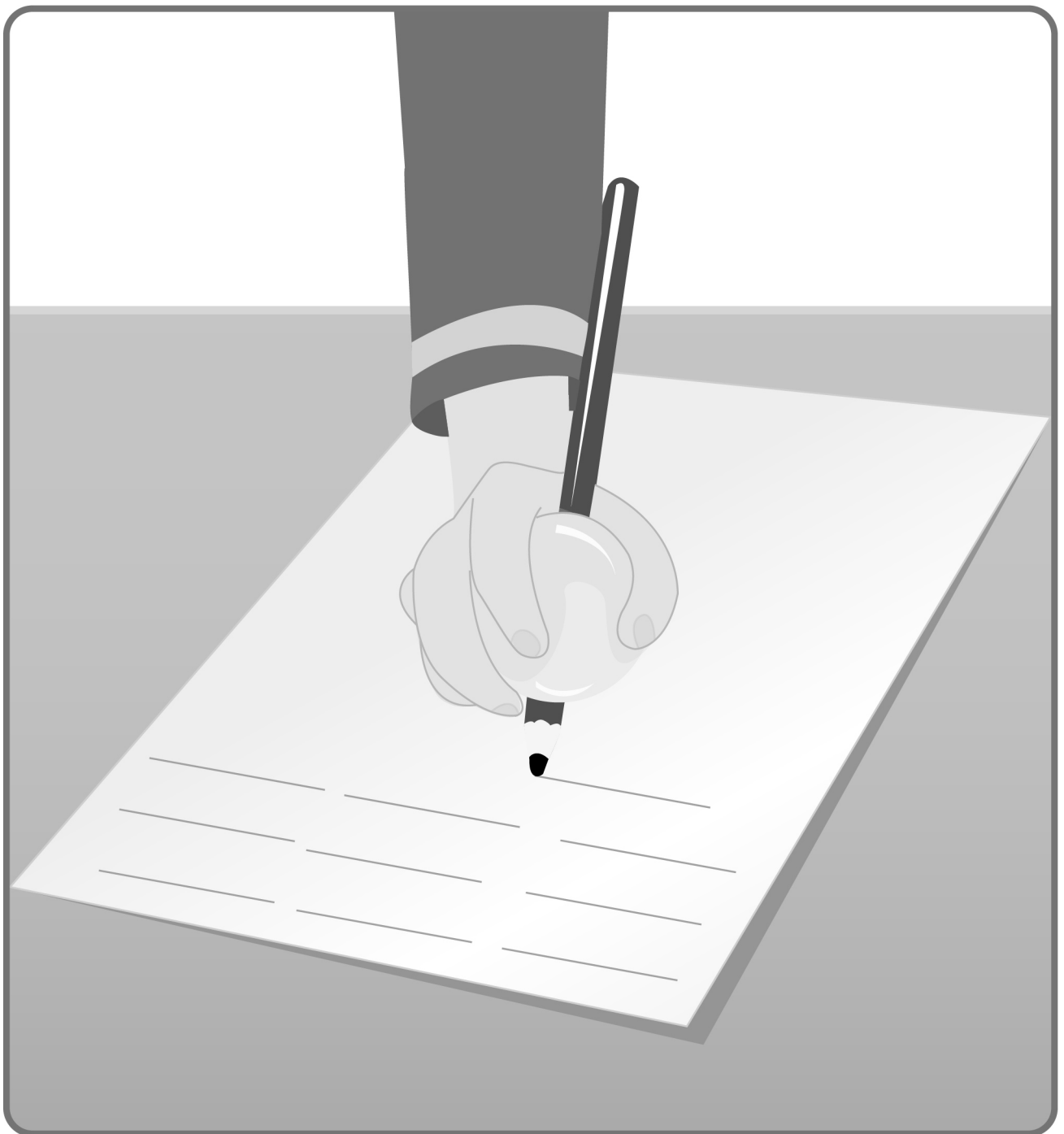
Fine Motor Activity

Holding a Pencil

Holding a pencil can be difficult for a preschooler. They need a bigger object to grasp and often end up just grabbing the pencil with a fist instead of the proper grip. To help them with this, use a ball pencil grip on the pencil.

You can purchase ball pencil grips or make one yourself.

Find a ball that your child can grasp comfortably and punch a hole into the ball and push the pencil through.



Fine Motor Practice

Vertical Lines

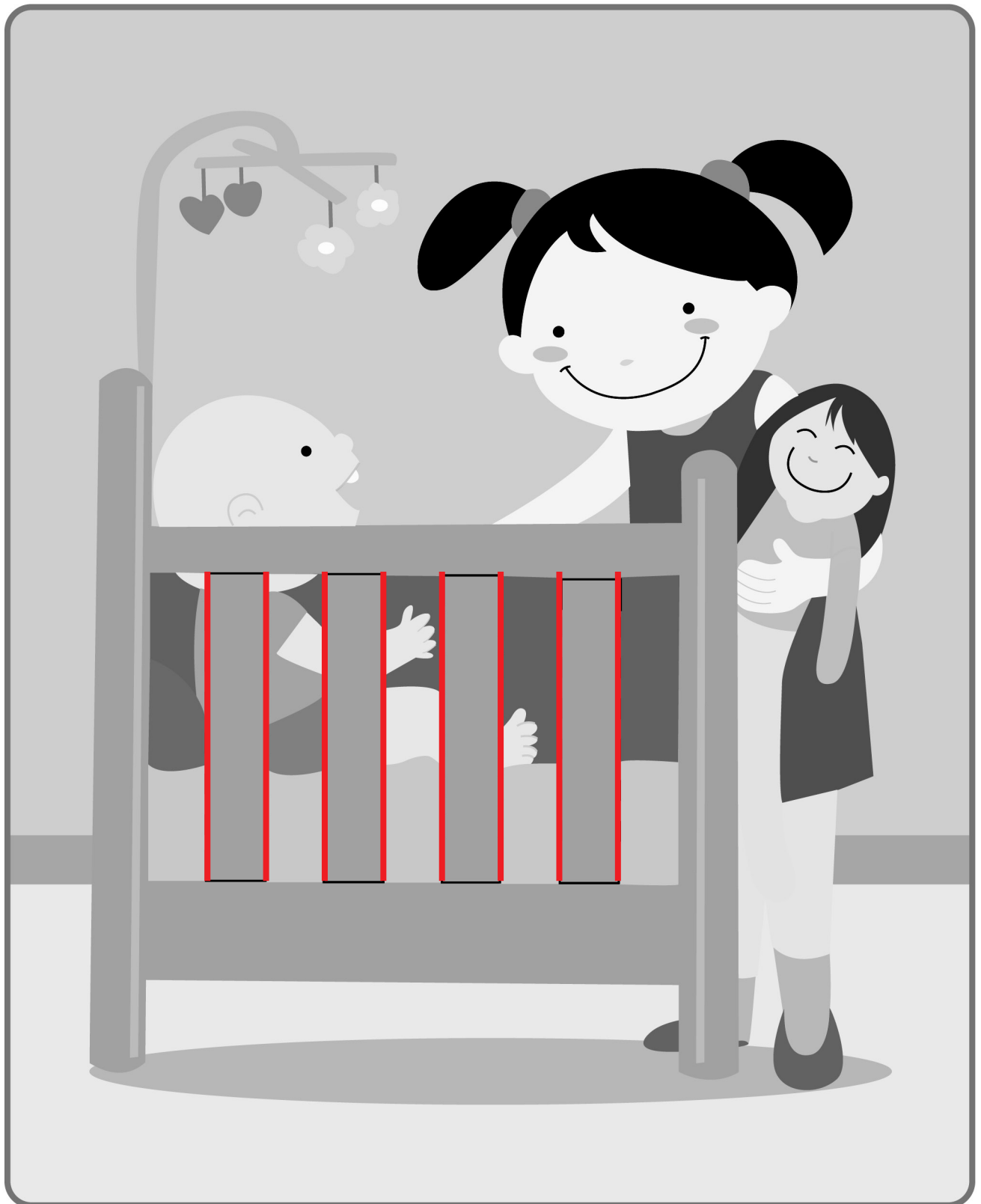
Help your child place their pencil on the dot at the top and follow the dashes to draw vertical lines.



Fine Motor Practice

Vertical Lines

Help your child trace the vertical lines to complete the picture.



Fine Motor Activity

Golf Tees and Foam

Start with a foam ring. Help your child to push golf tees into the foam. Try making patterns and pictures with the golf tees.

You can also use pipe cleaners to make colourful designs.



Fine Motor Activity

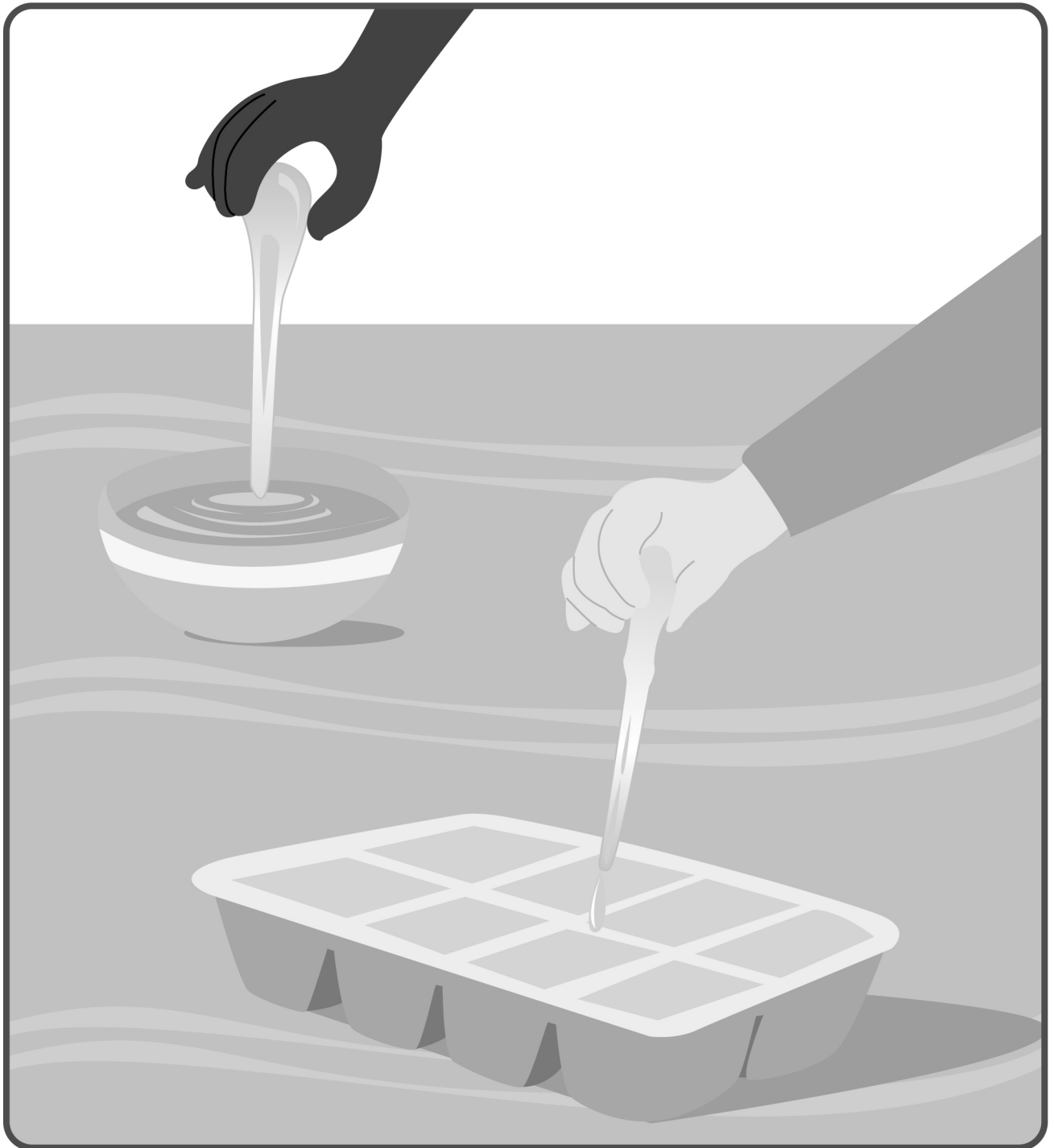
Water Droplets

Put water in a small bowl and take out an ice tray.

Use a small medicine dropper to suck up water from the bowl. Then, help your child squeeze the dropper to put the water into the ice cube tray.

Put the tray in the freezer to make ice cubes.

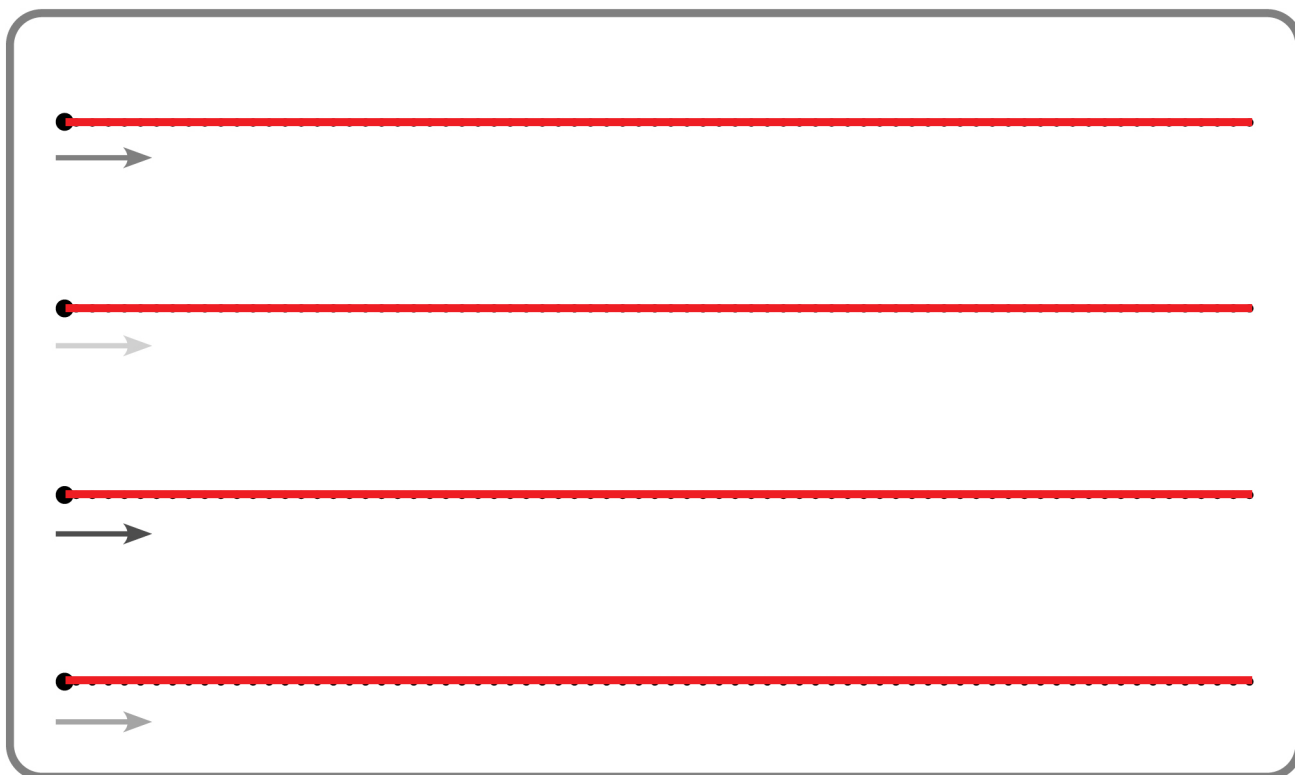
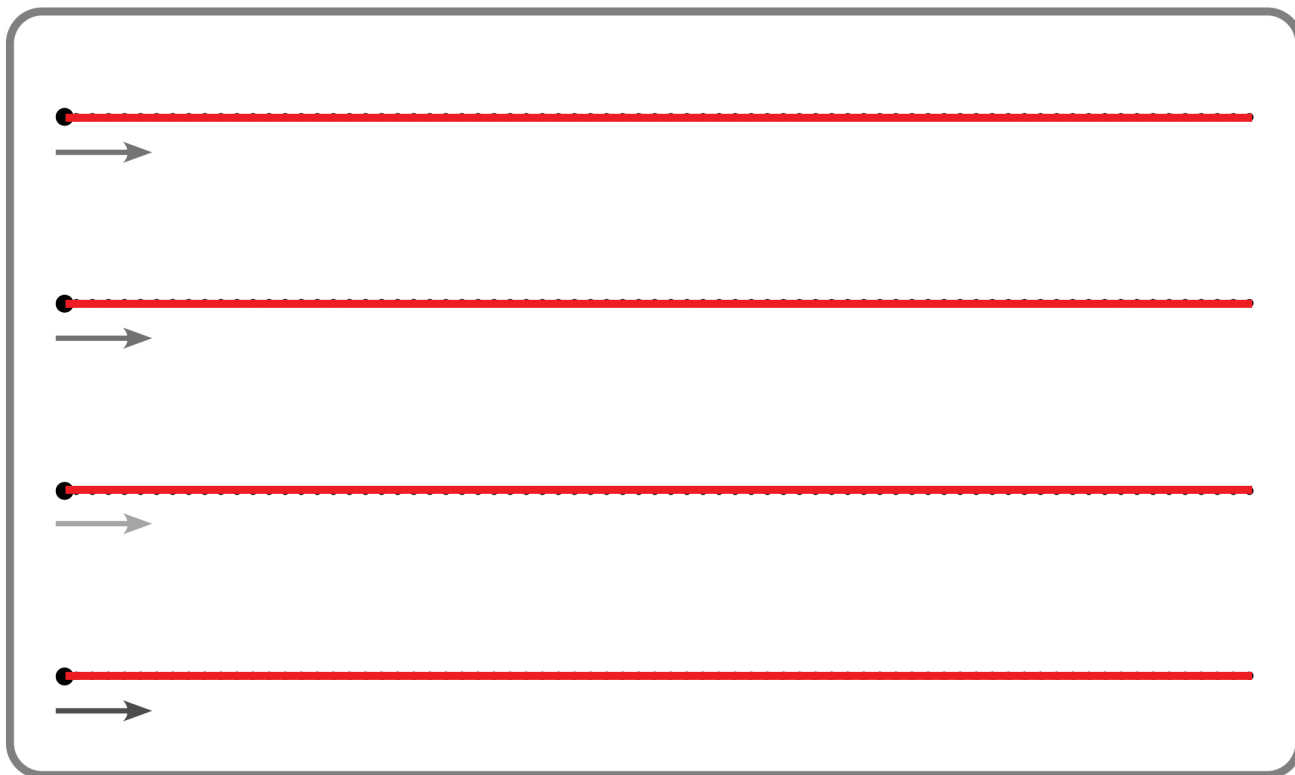
Use juice or lemonade for a sweet frozen treat!



Fine Motor Practice

Horizontal Lines

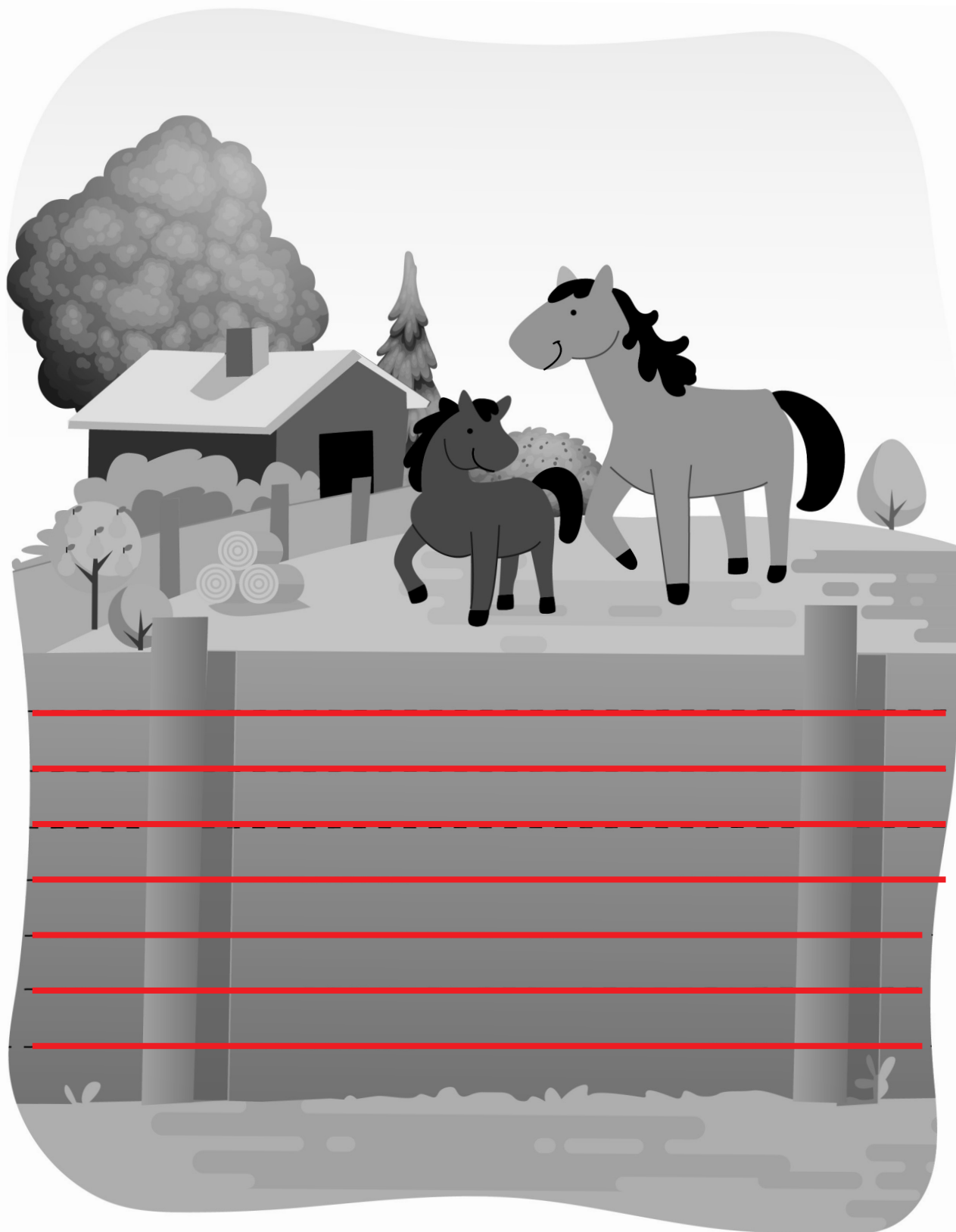
Help your child place their pencil on the dots and follow the dashes to draw horizontal lines.



Fine Motor Practice

Horizontal Lines

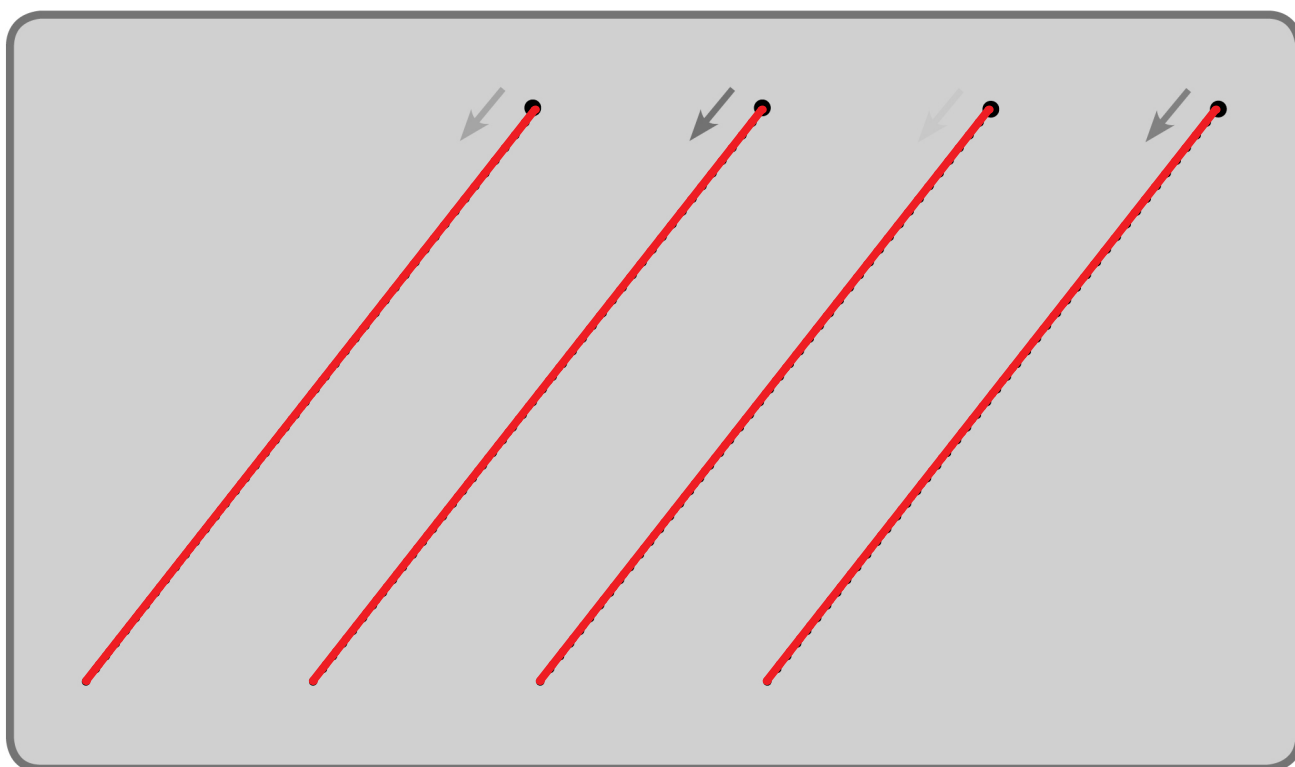
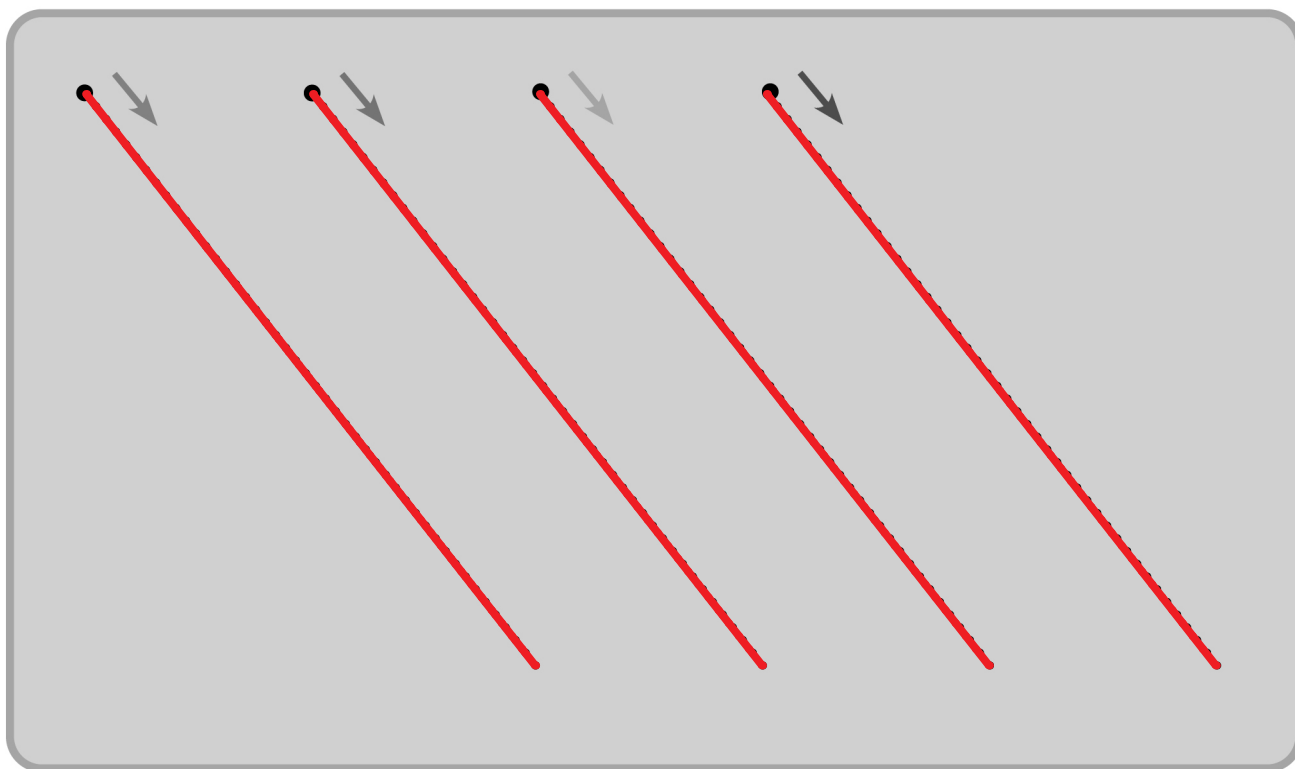
Help your child trace the horizontal lines to complete the picture.



Fine Motor Practice

Diagonal Lines

Help your child place their pencil on the dots and follow the dashes to draw diagonal lines.

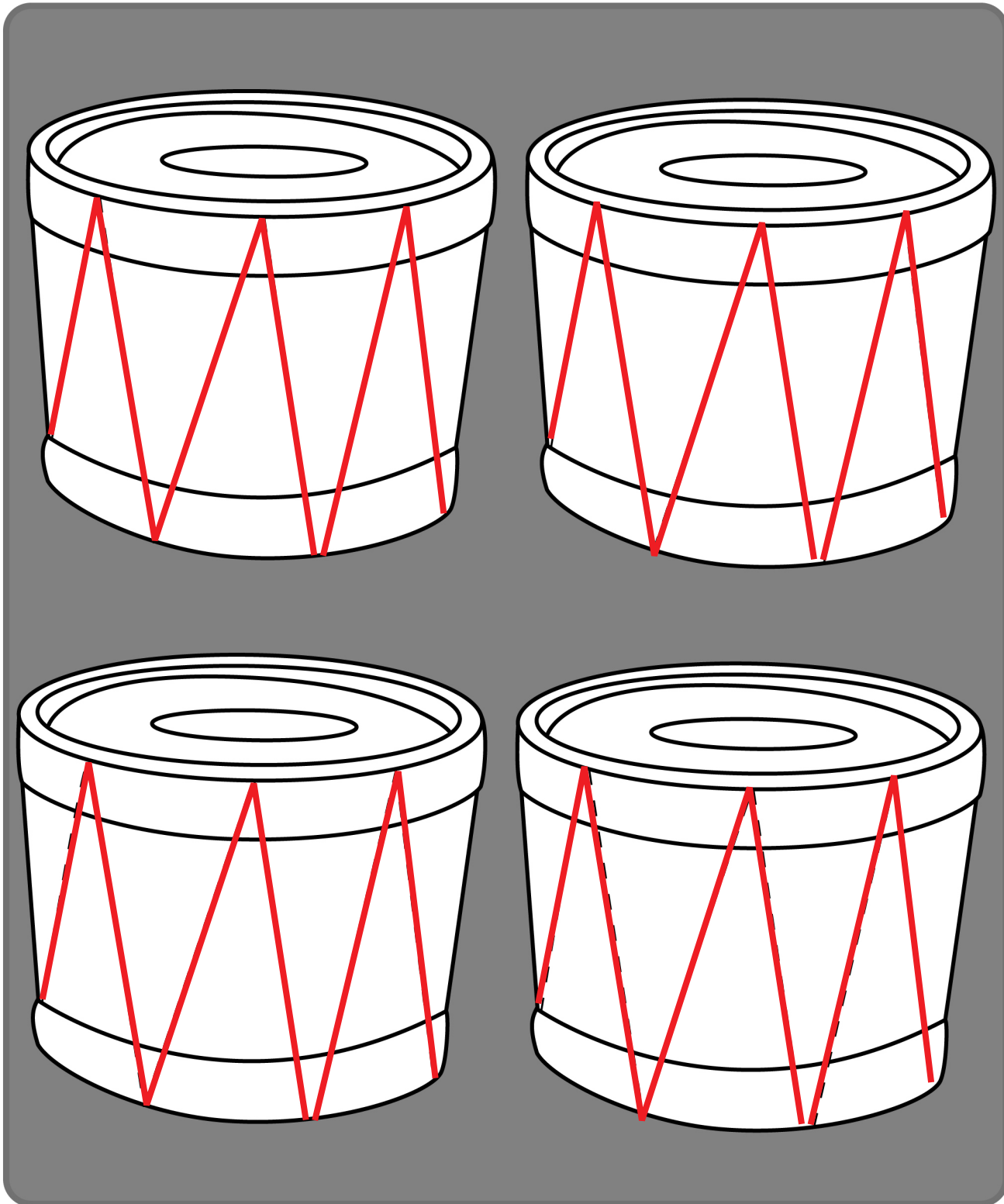


Fine Motor Practice

Diagonal Lines

Help your child trace the diagonal lines to complete the pictures.

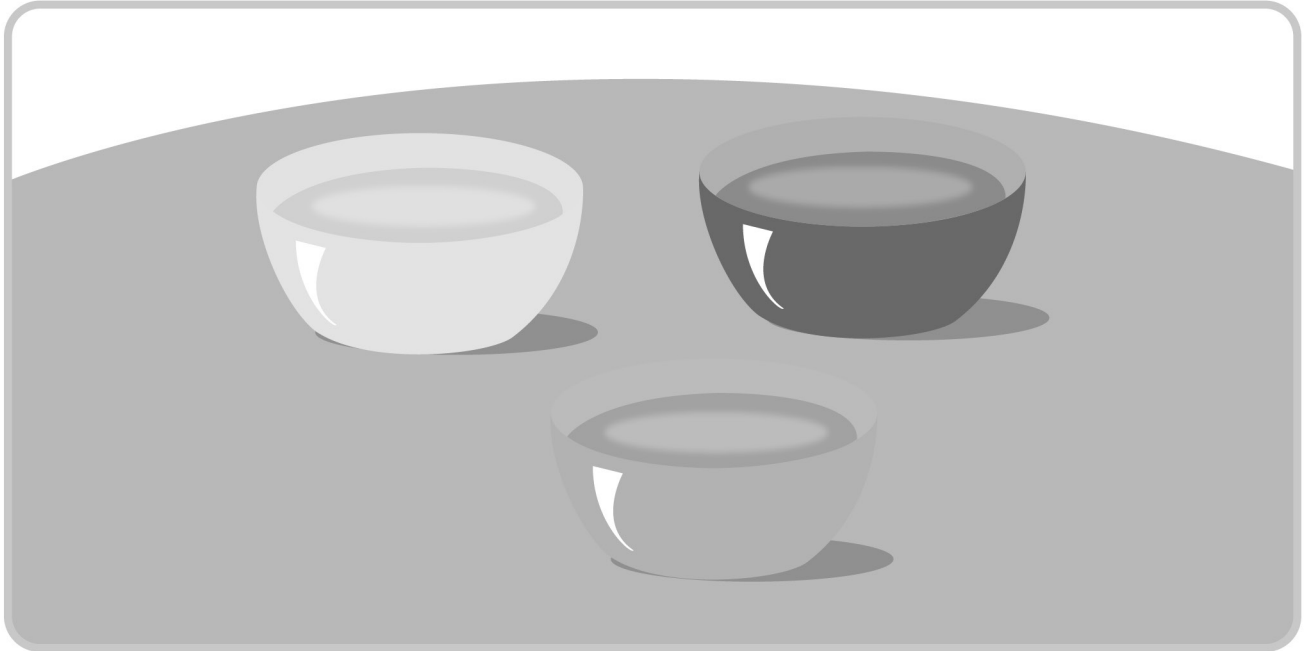
Then have them colour the pictures.



Fine Motor Activity

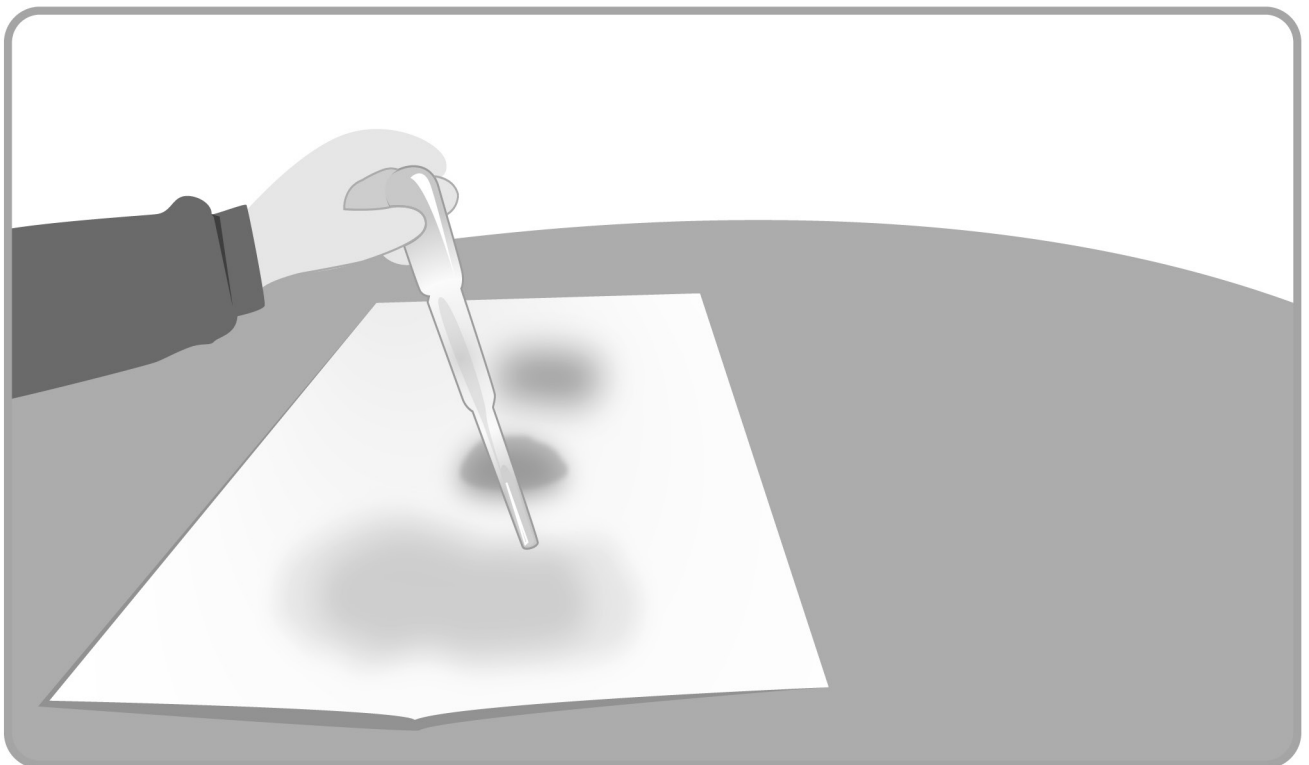
Droppers

Prepare a few bowls of food colouring and water.



Place a paper towel down and have your child use a small medicine dropper to suck up and drop the water onto the paper towel.

Help them make faces and patterns with the colourful drops.

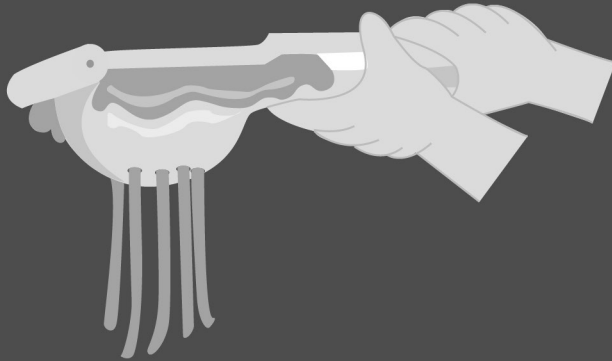


Fine Motor Activity

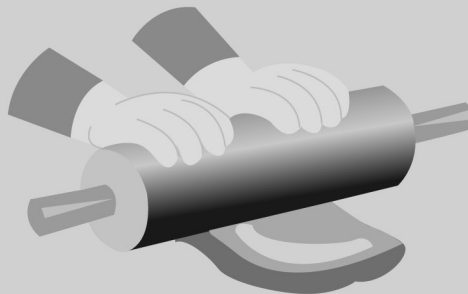
Modeling Clay Baking Fun

Help your child roll modeling clay into a ball.

Place the modeling clay into a lemon squeezer and press down to squeeze out the clay.



Roll the ball flat with a rolling pin.



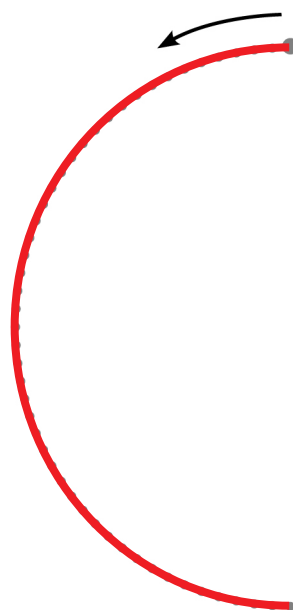
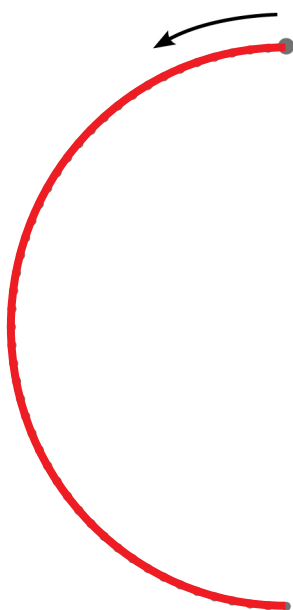
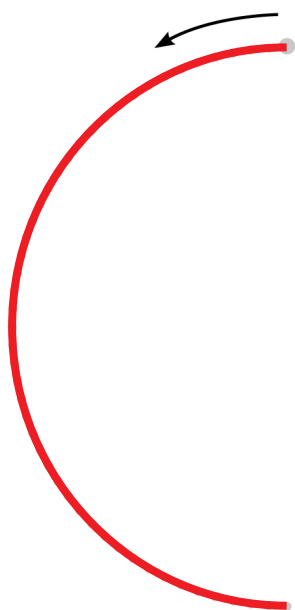
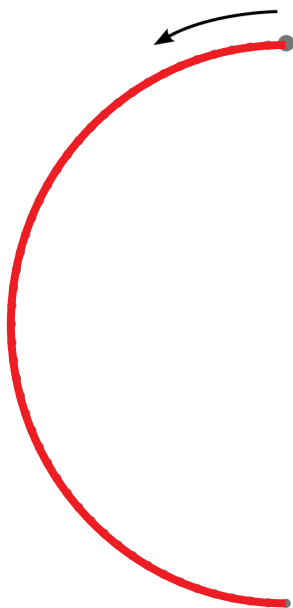
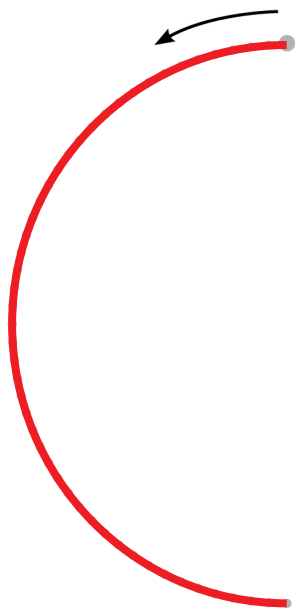
Put modeling clay into an icing tip and squeeze out different patterns.



Fine Motor Practice

Curved Lines

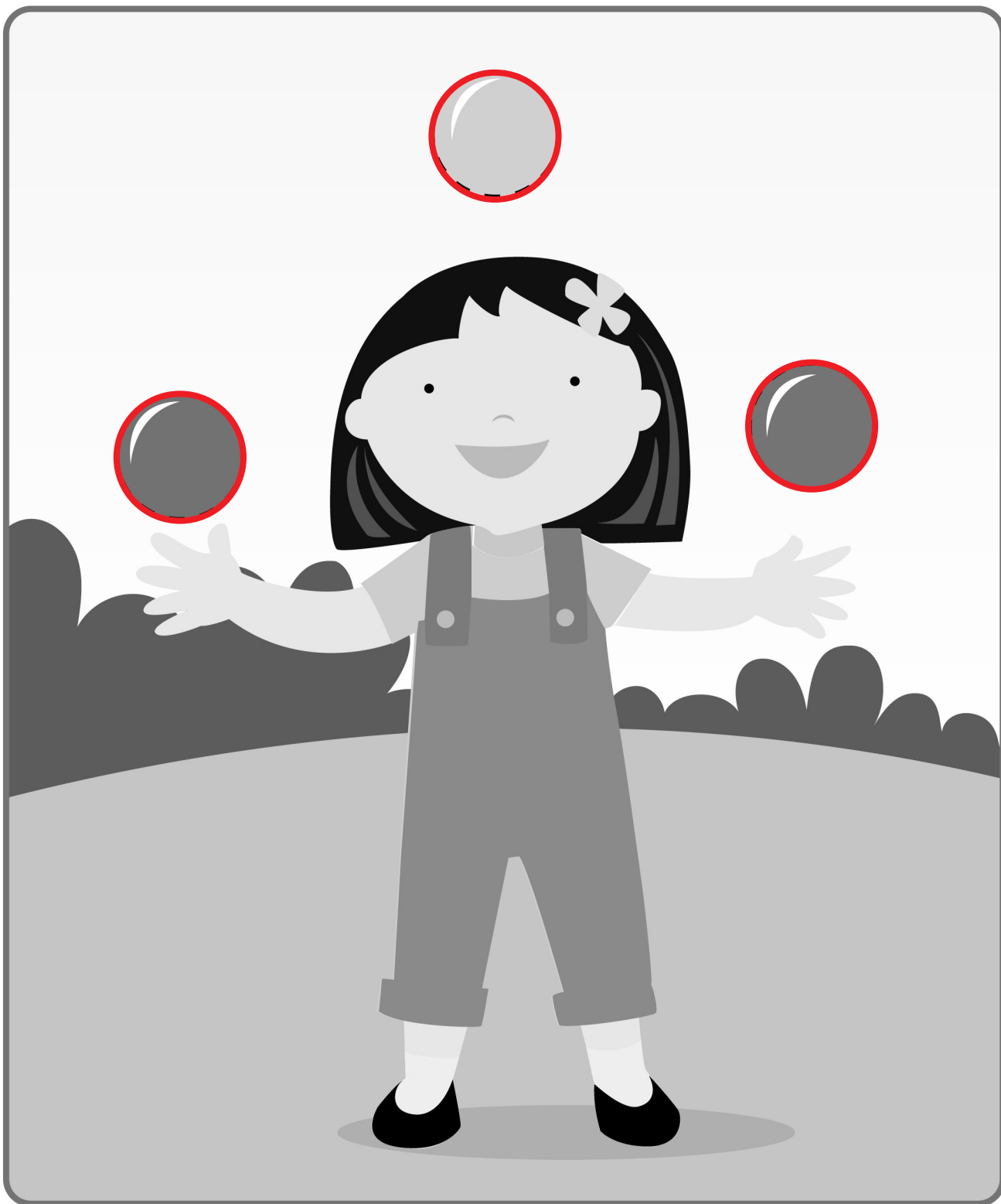
Help your child place their pencil on the dots at the top and follow the dashes to make curved lines.



Fine Motor Practice

Curved Lines

Help your child trace the curved lines to complete the picture.



Fine Motor Practice

Curved Lines

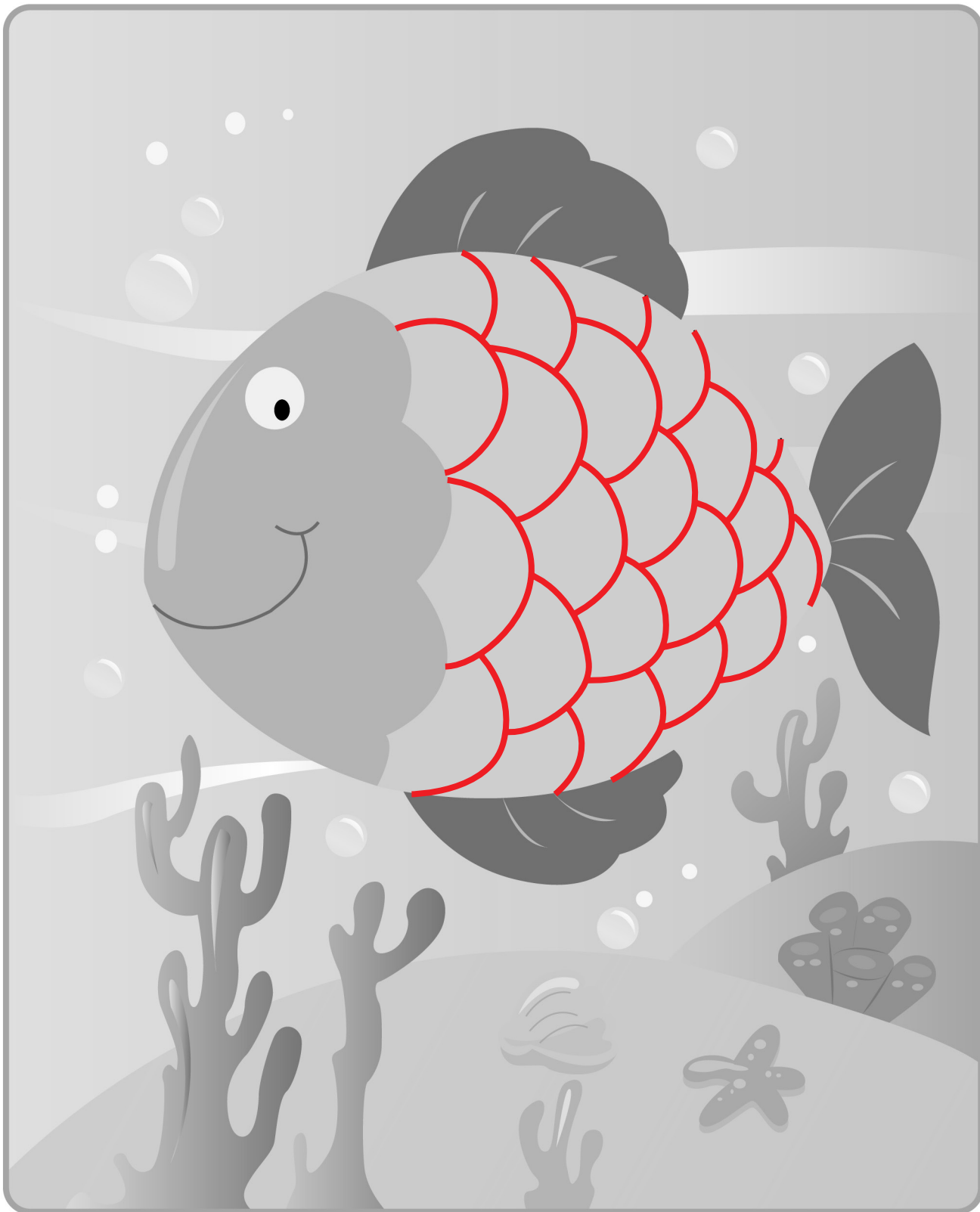
Help your child place their pencil on the dots at the top and follow the dashes to make curved lines.



Fine Motor Practice

Curved Lines

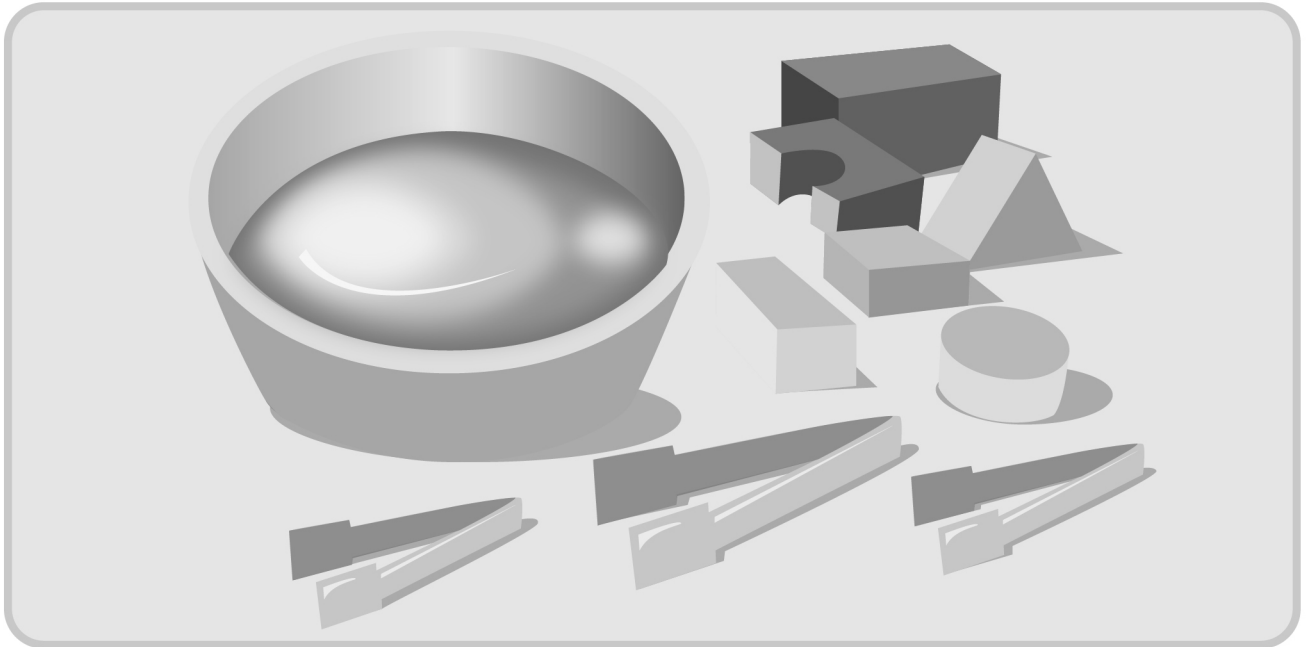
Help your child trace the curved lines to complete the picture.



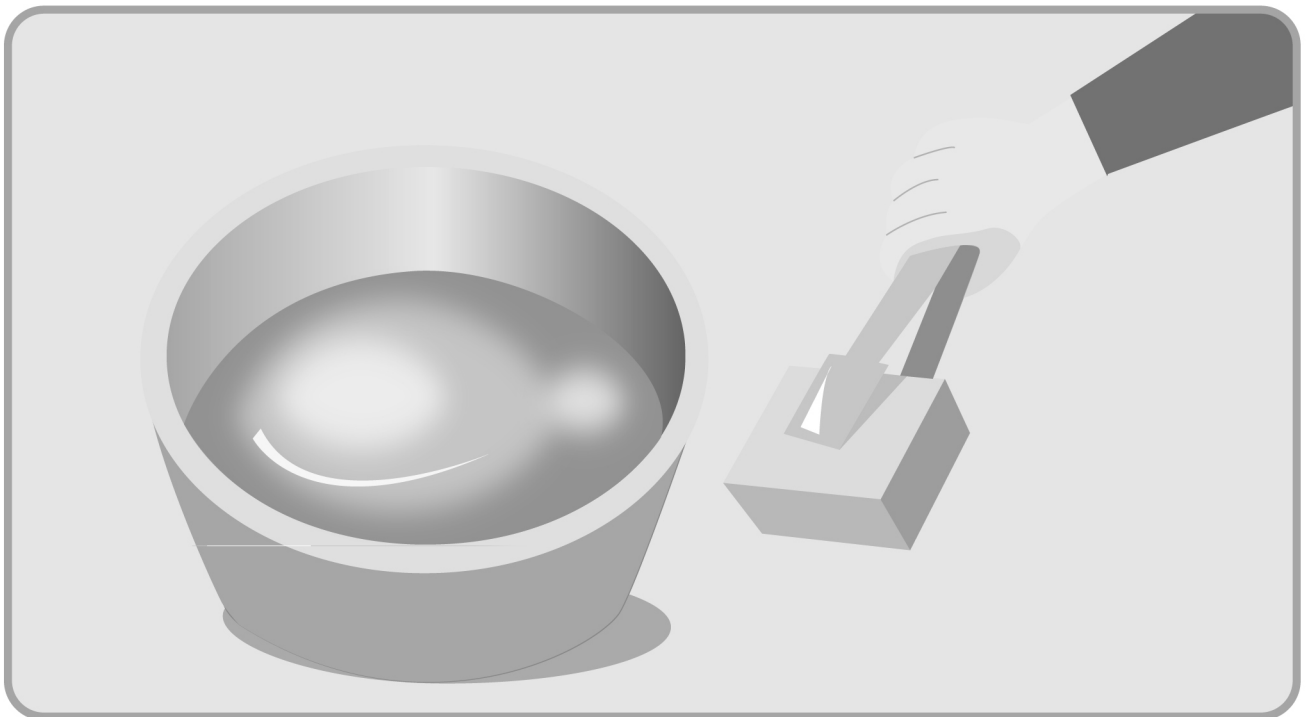
Fine Motor Activity

Foam Block Grab

Fill a tub with water and drip some food colouring in for fun.



Put foam blocks into the tub.



Help your child use tongs to pick up the foam blocks and remove them from the tub. Then have them put them all back using the tongs.

Fine Motor Activity

Pom-Pom Sorting

Have a bowl full of small pom-poms and an empty water bottle ready.

Help your child place the pom-poms into the water bottle.

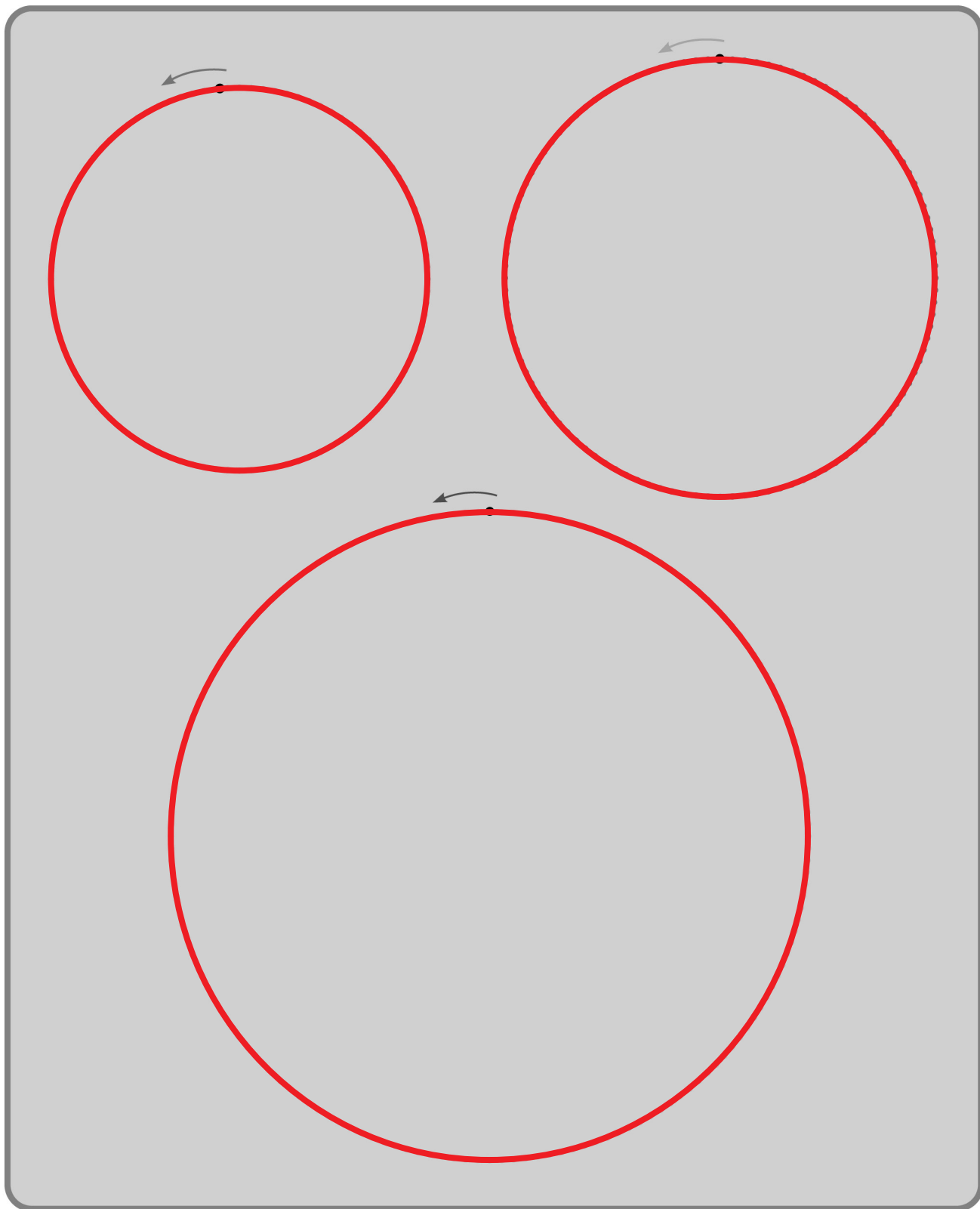
You can make this a sorting game by putting different coloured tape on water bottles and helping your child sort the pom-poms into the water bottles by colour.



Fine Motor Practice

Lines Making Shapes

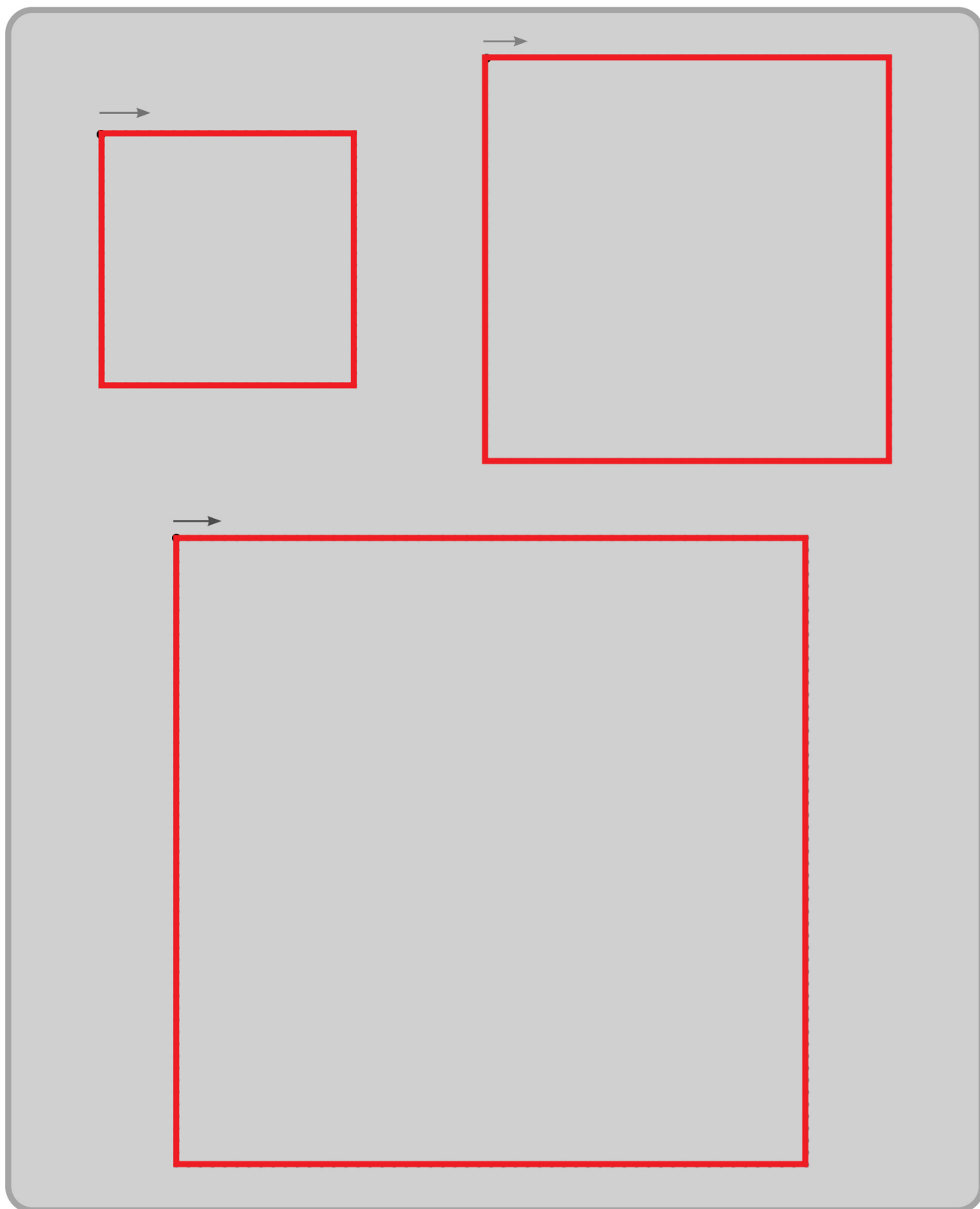
Help your child place their pencil on the dots and follow the dashes to create circles.



Fine Motor Practice

Lines Making Shapes

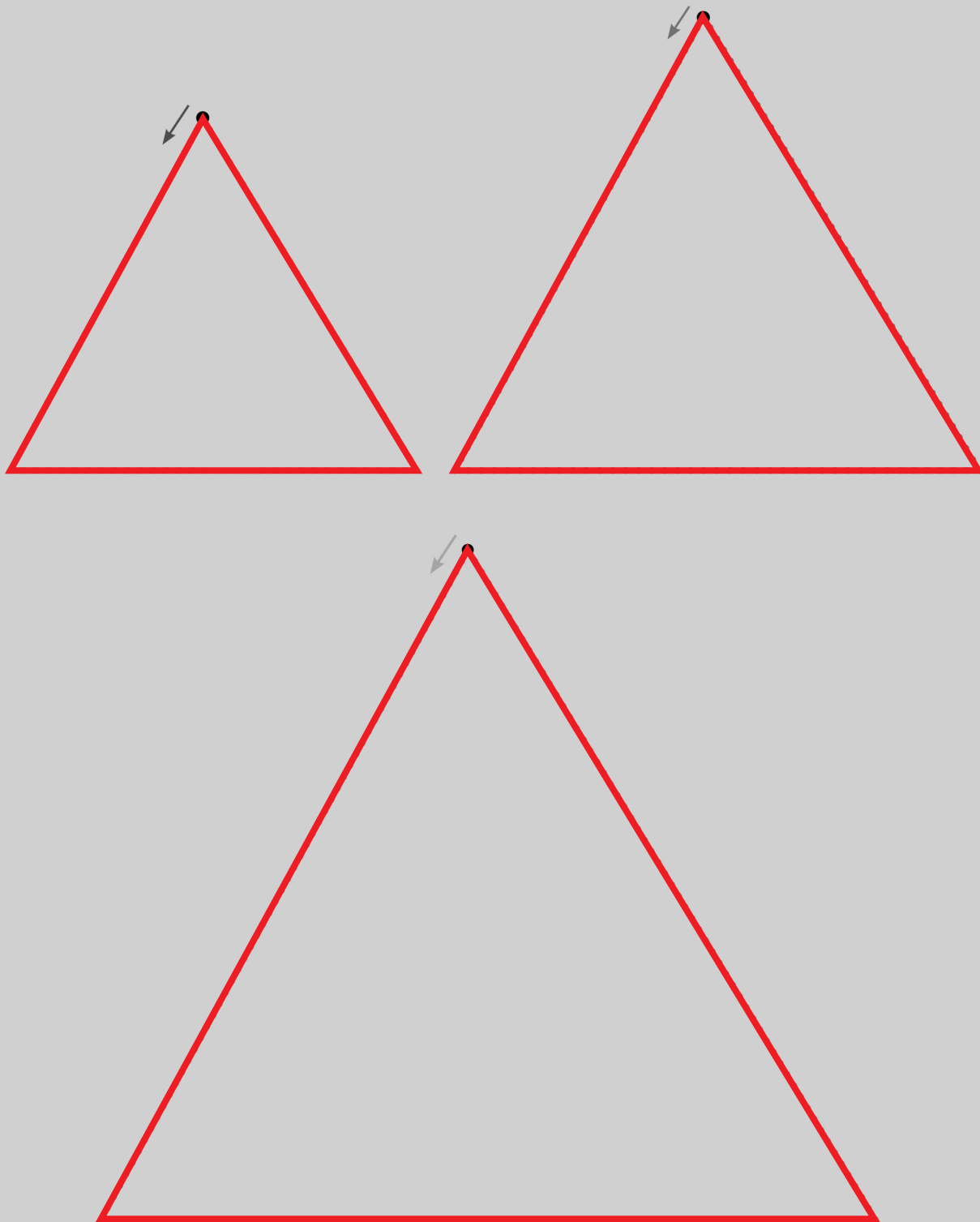
Help your child place their pencil on the dots and follow the dashes to create squares.



Fine Motor Practice

Lines Making Shapes

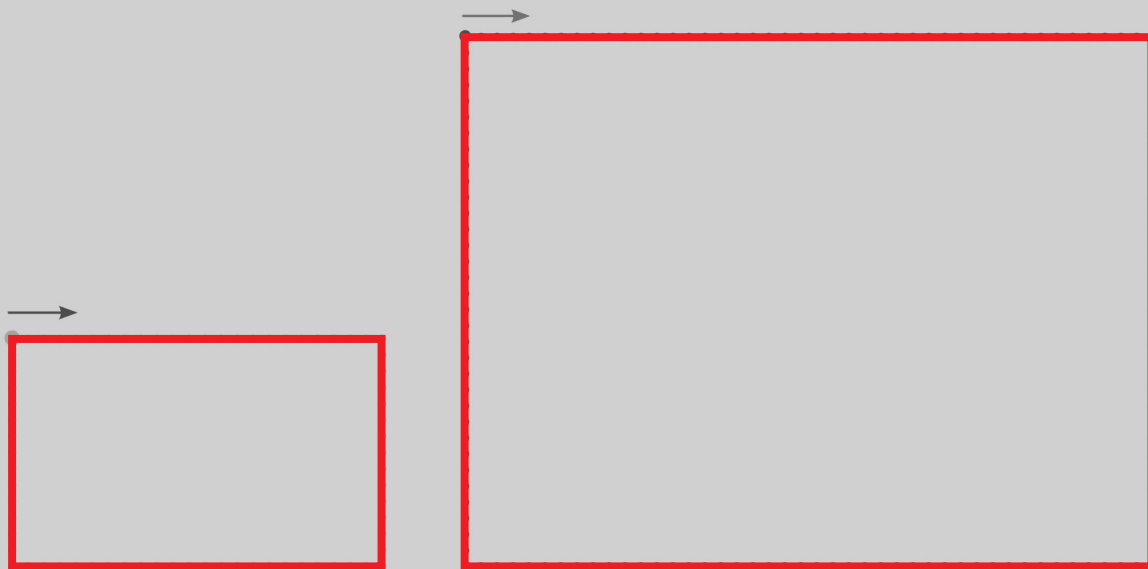
Help your child place their pencil on the dots and follow the dashes to create triangles.



Fine Motor Practice

Lines Making Shapes

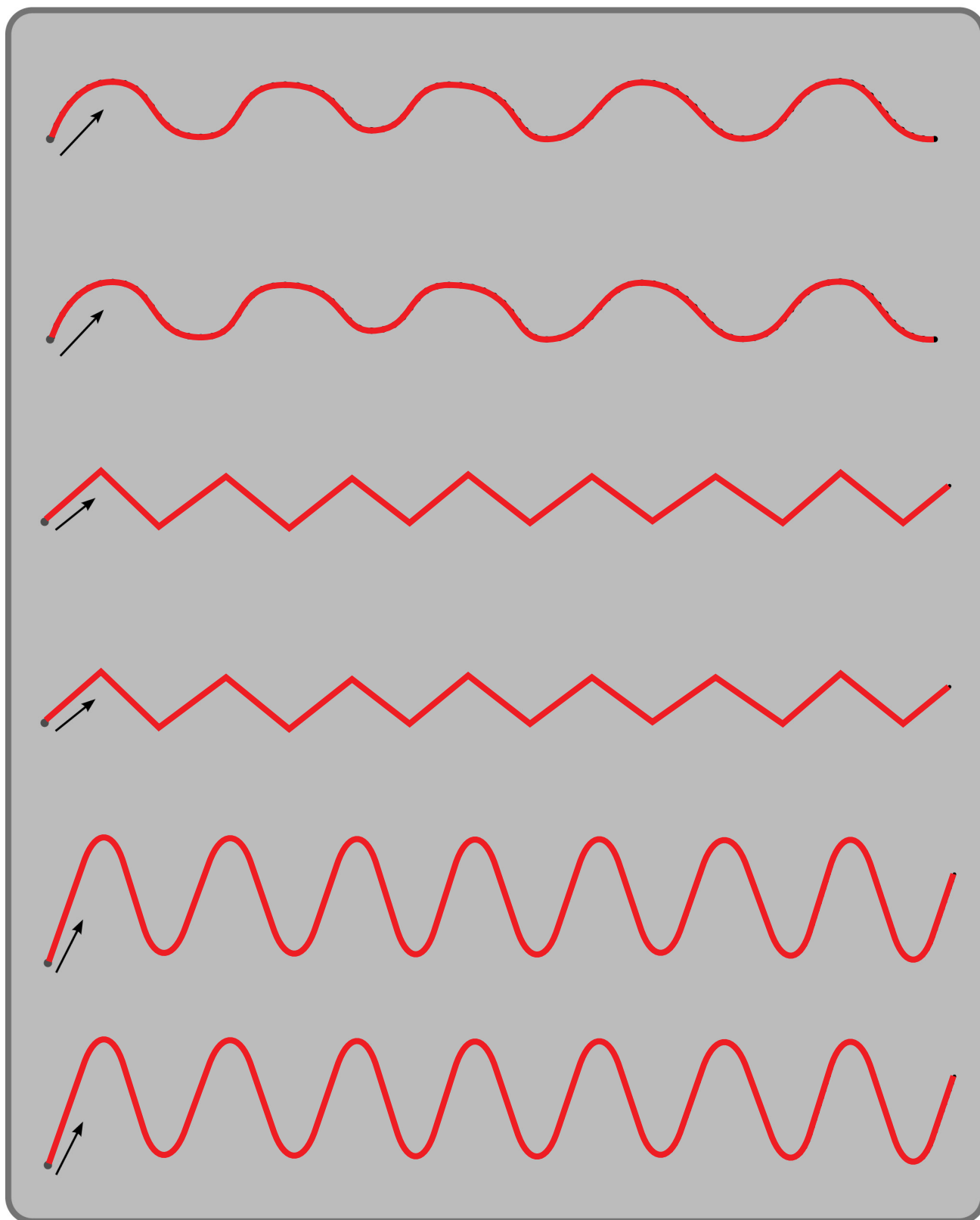
Help your child place their pencil on the dots and follow the dashes to create rectangles.



Fine Motor Practice

More Lines

Help your child place their pencil on the dots and follow the dashes to make lines.



Fine Motor Practice

More Lines

It's beach time. Help your child trace the lines to complete the picture.

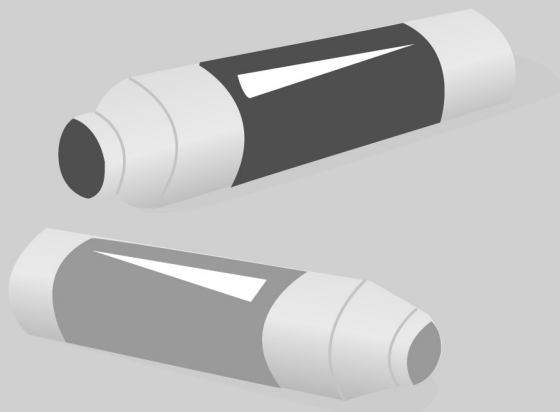
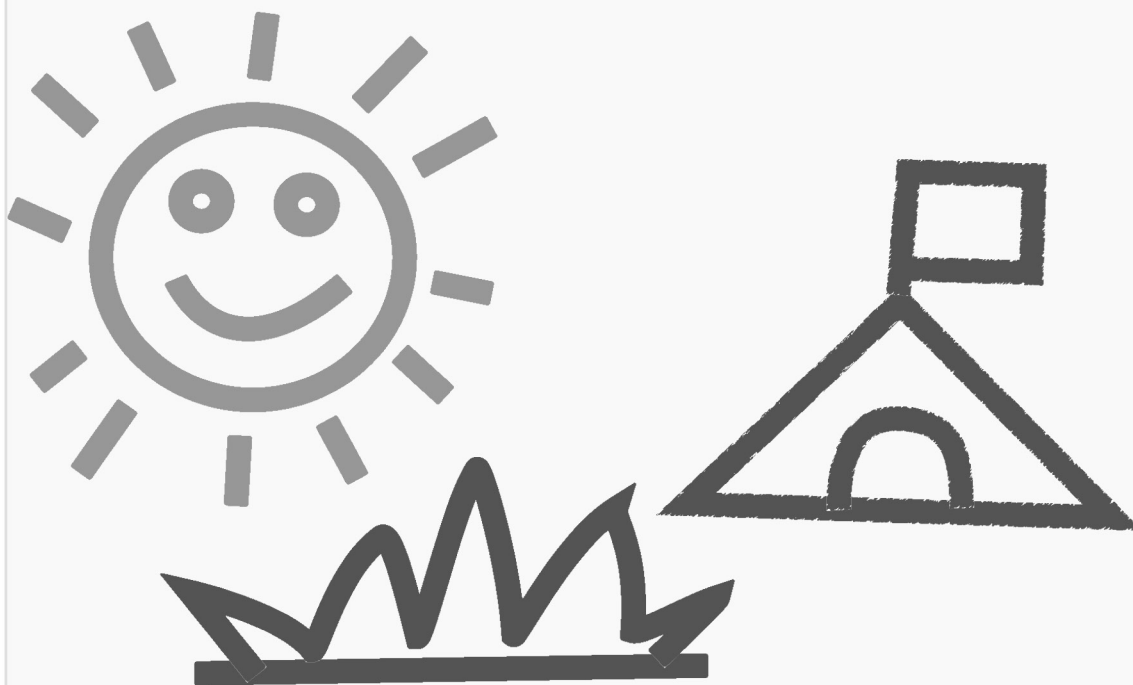


Fine Motor Activity

White Board Painting

Use a white board and paint dotters to help your child create!

Show them they can draw lines and make dots with their dotters.



Fine Motor Activity

Sponge Painting

Have a muffin tin ready with different watercolour paint in each section. Then cut up sponges to use to paint.



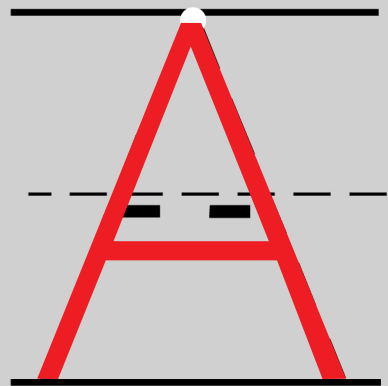
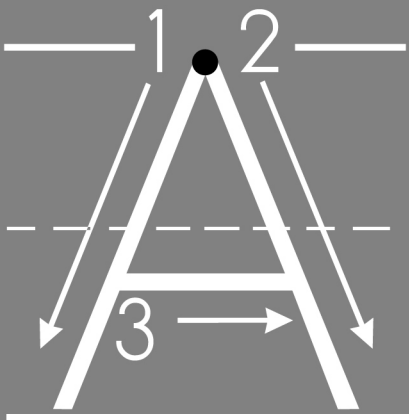
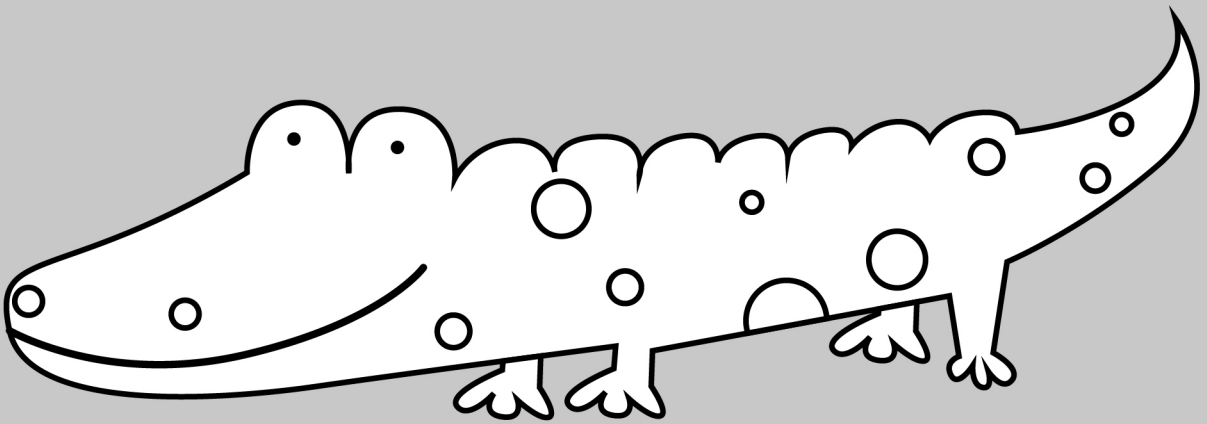
Help your child dip, squeeze, and brush paint onto their paper using the sponges.



Letter Practice

A

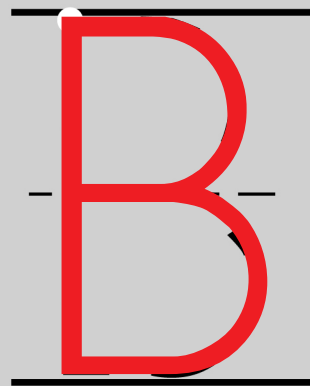
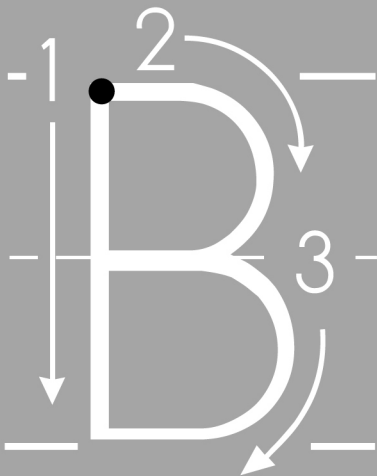
Help your child trace the letter A with their finger and then trace the letter A with their pencil. Have your child start on the dot at the top and follow the lines to make an A and then colour the alligator.



Letter Practice

B

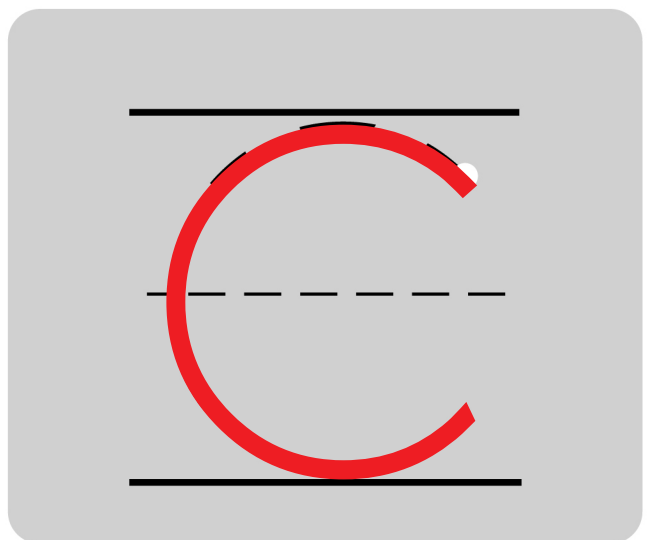
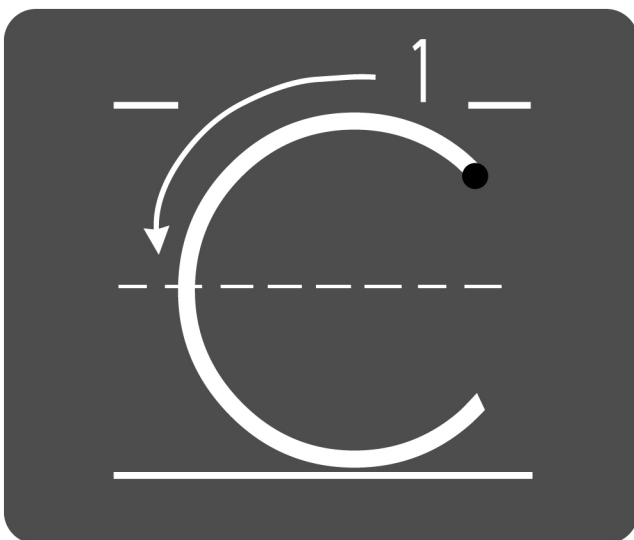
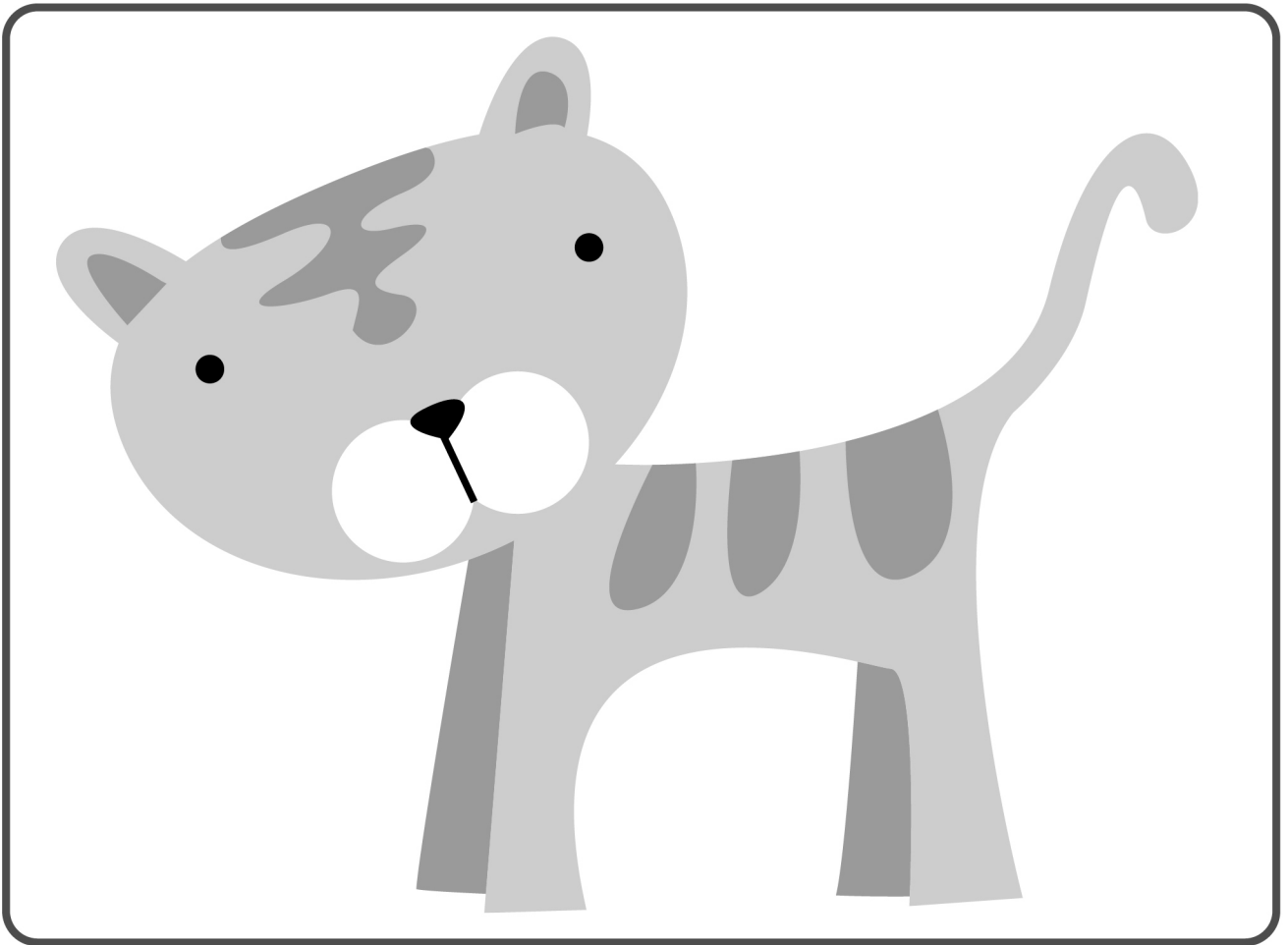
Help your child trace the letter B with their finger and then trace the letter B with their pencil. Have your child start on the dot at the top and follow the lines to make a B.



Letter Practice

C

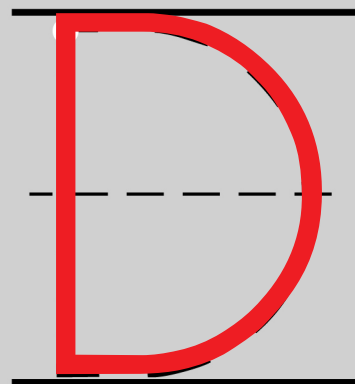
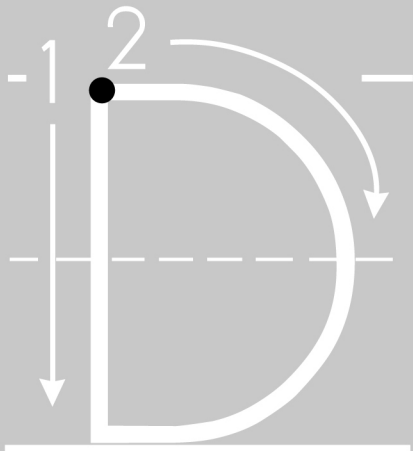
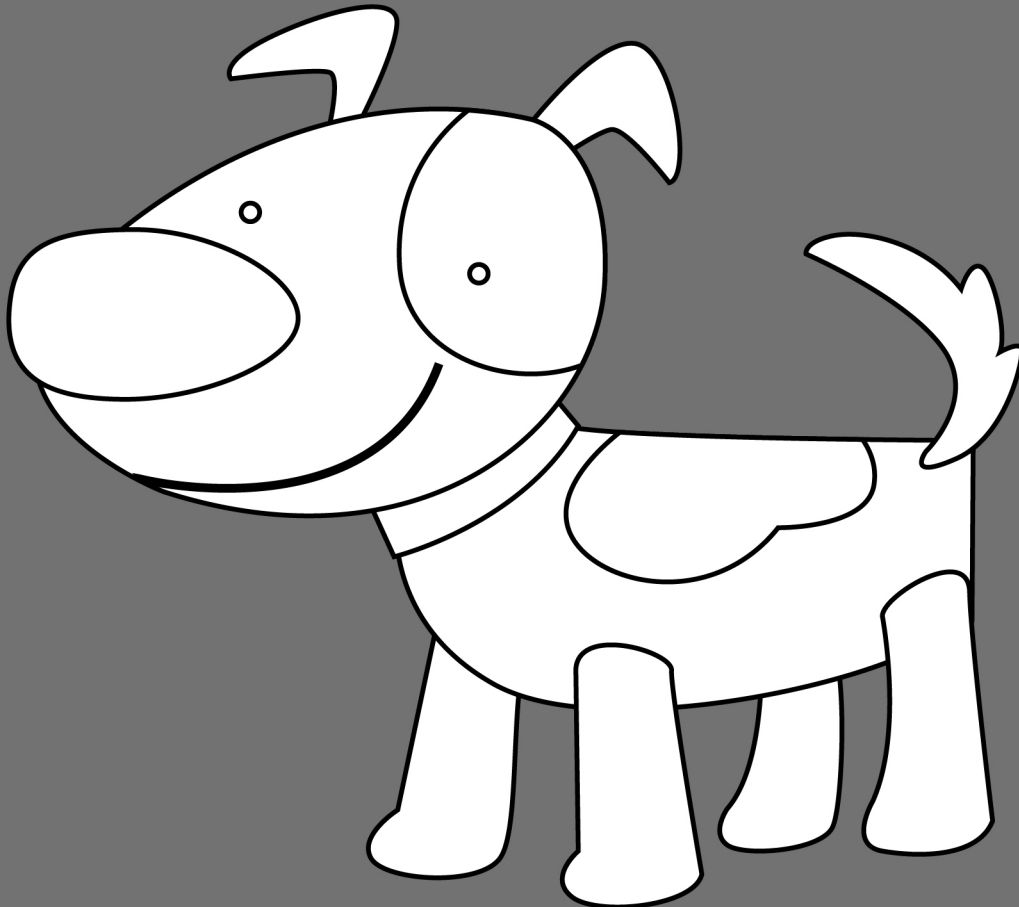
Help your child trace the letter C with their finger and then trace the letter C with their pencil. Have your child start on the dot at the top and follow the lines to make a C.



Letter Practice

D

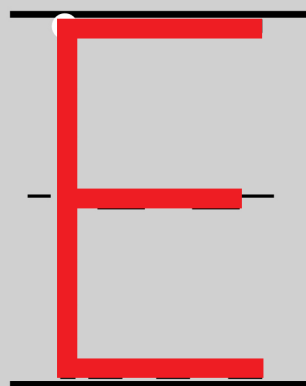
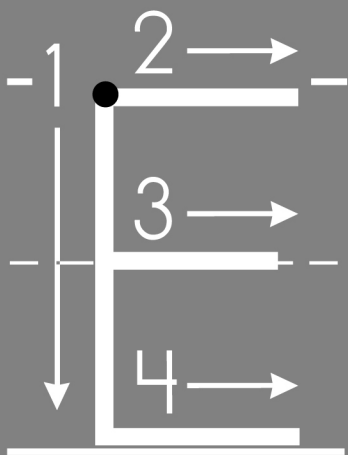
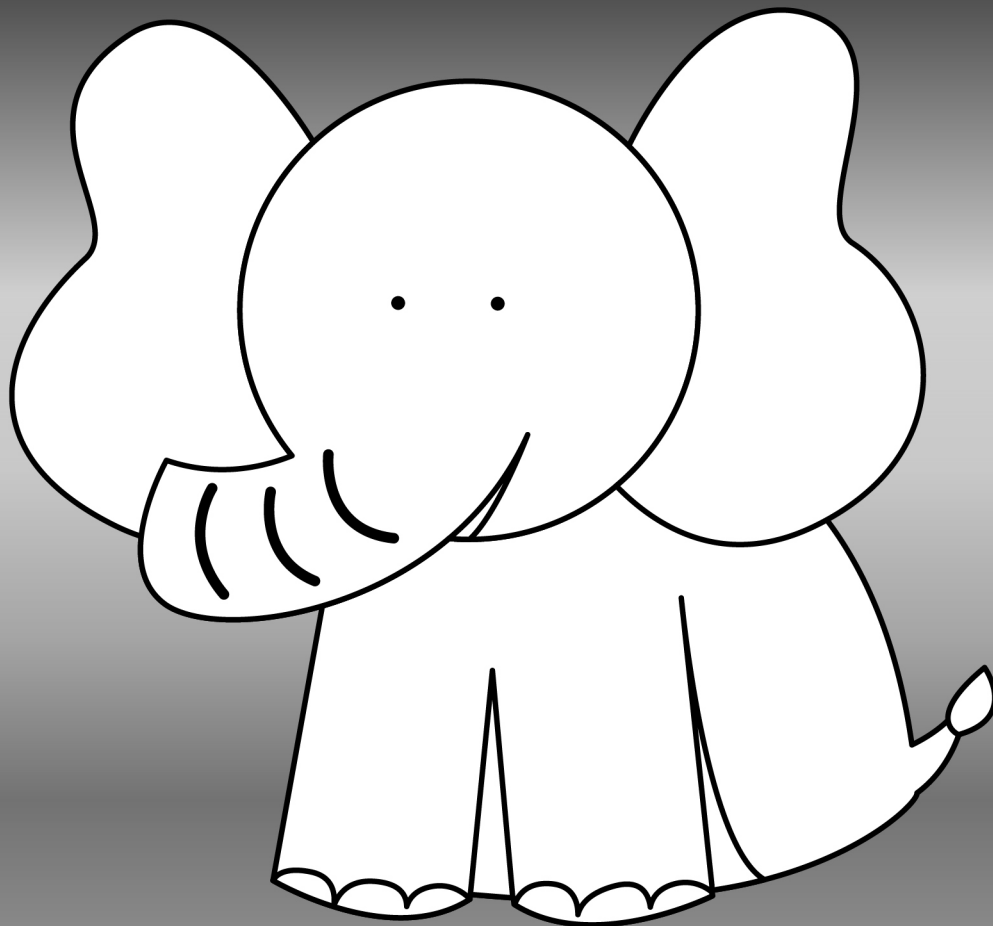
Help your child trace the letter D with their finger and then trace the letter D with their pencil. Have your child start on the dot at the top and follow the lines to make a D and then colour the dog.



Letter Practice

E

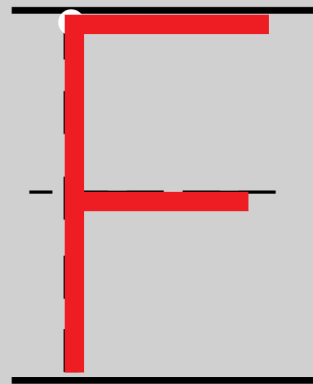
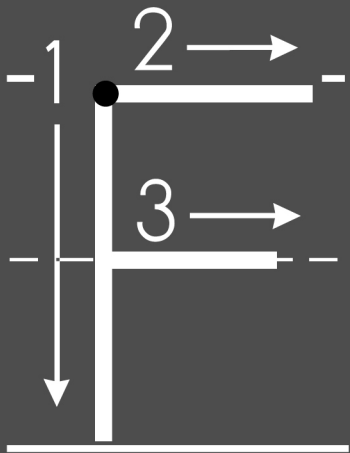
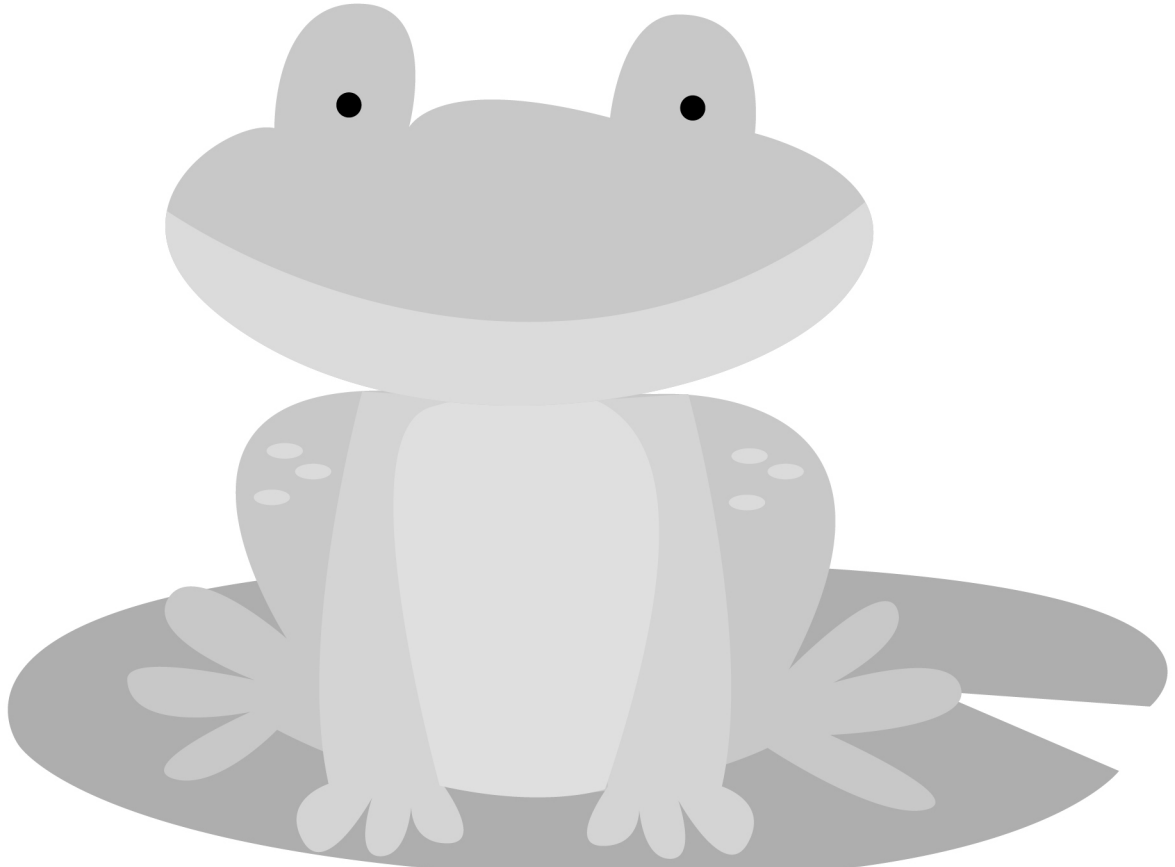
Help your child trace the letter E with their finger and then trace the letter E with their pencil. Have your child start on the dot at the top and follow the lines to make an E and then colour the elephant.



Letter Practice

F

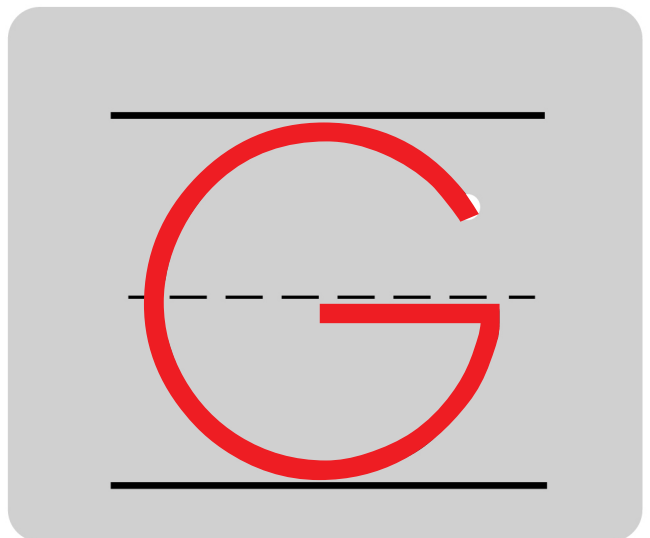
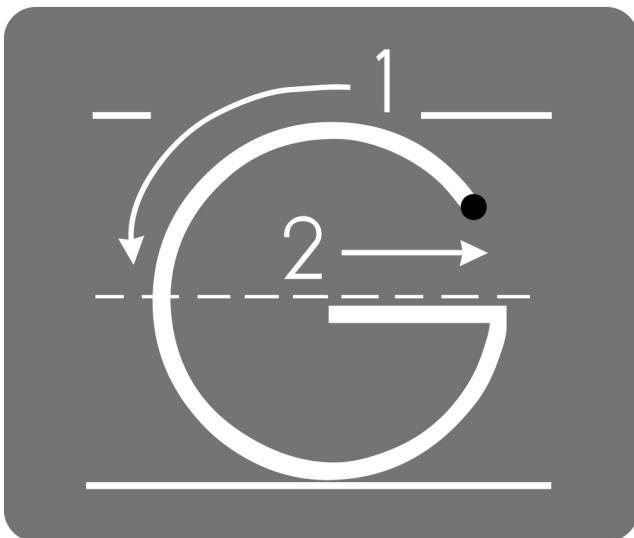
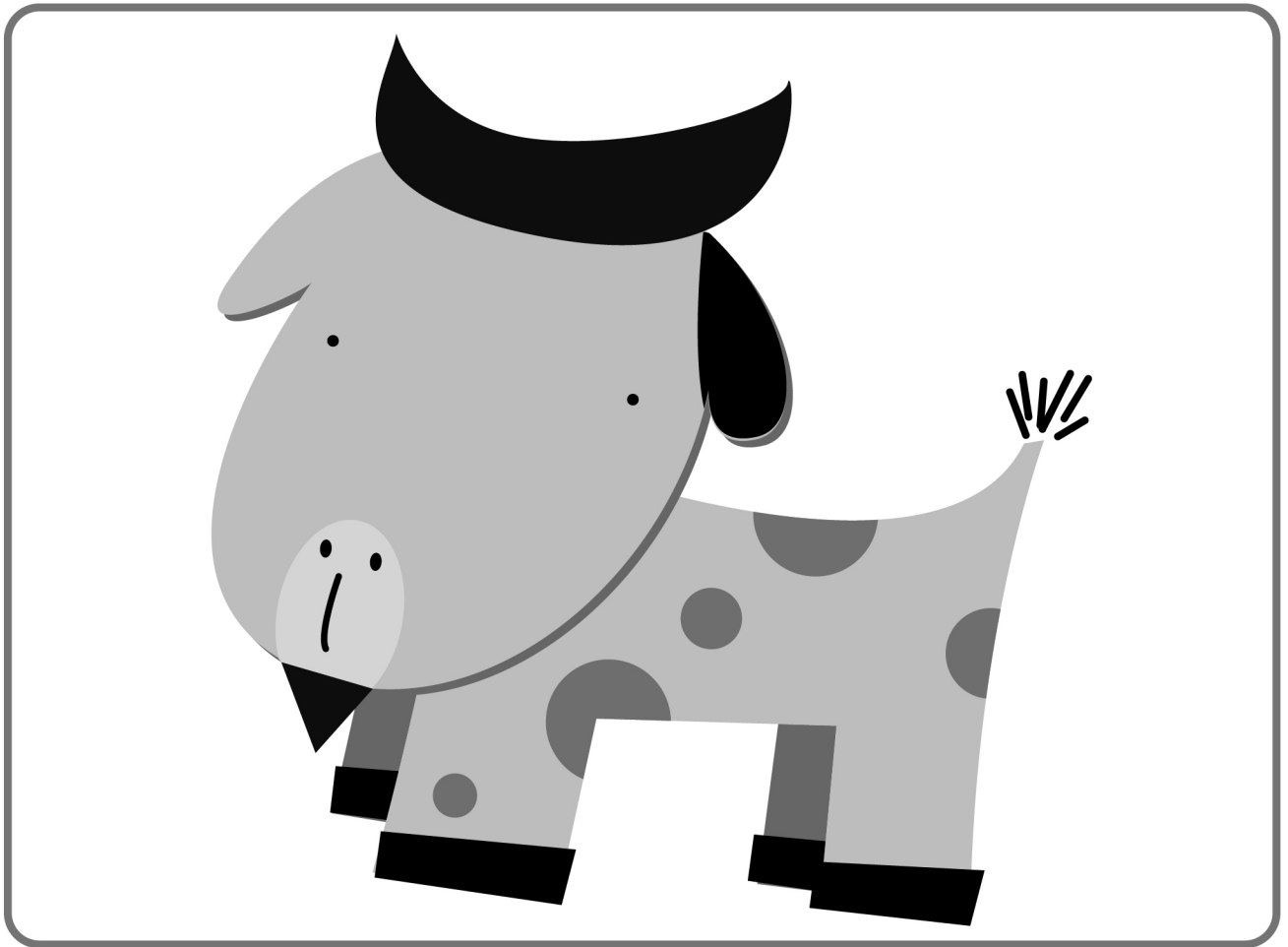
Help your child trace the letter F with their finger and then trace the letter F with their pencil. Have your child start on the dot at the top and follow the lines to make an F.



Letter Practice

G

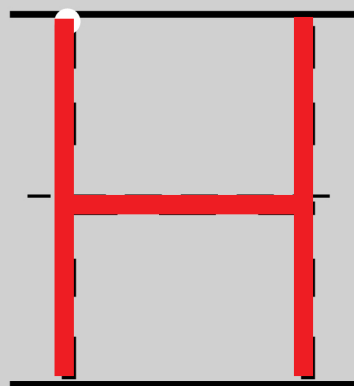
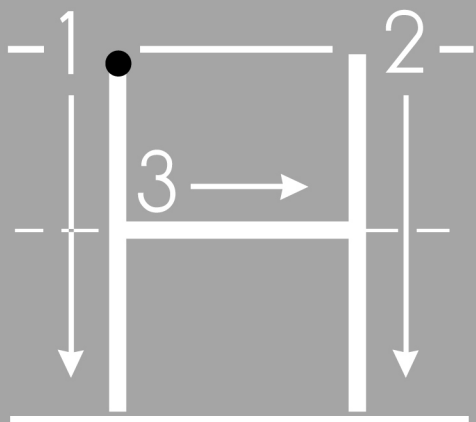
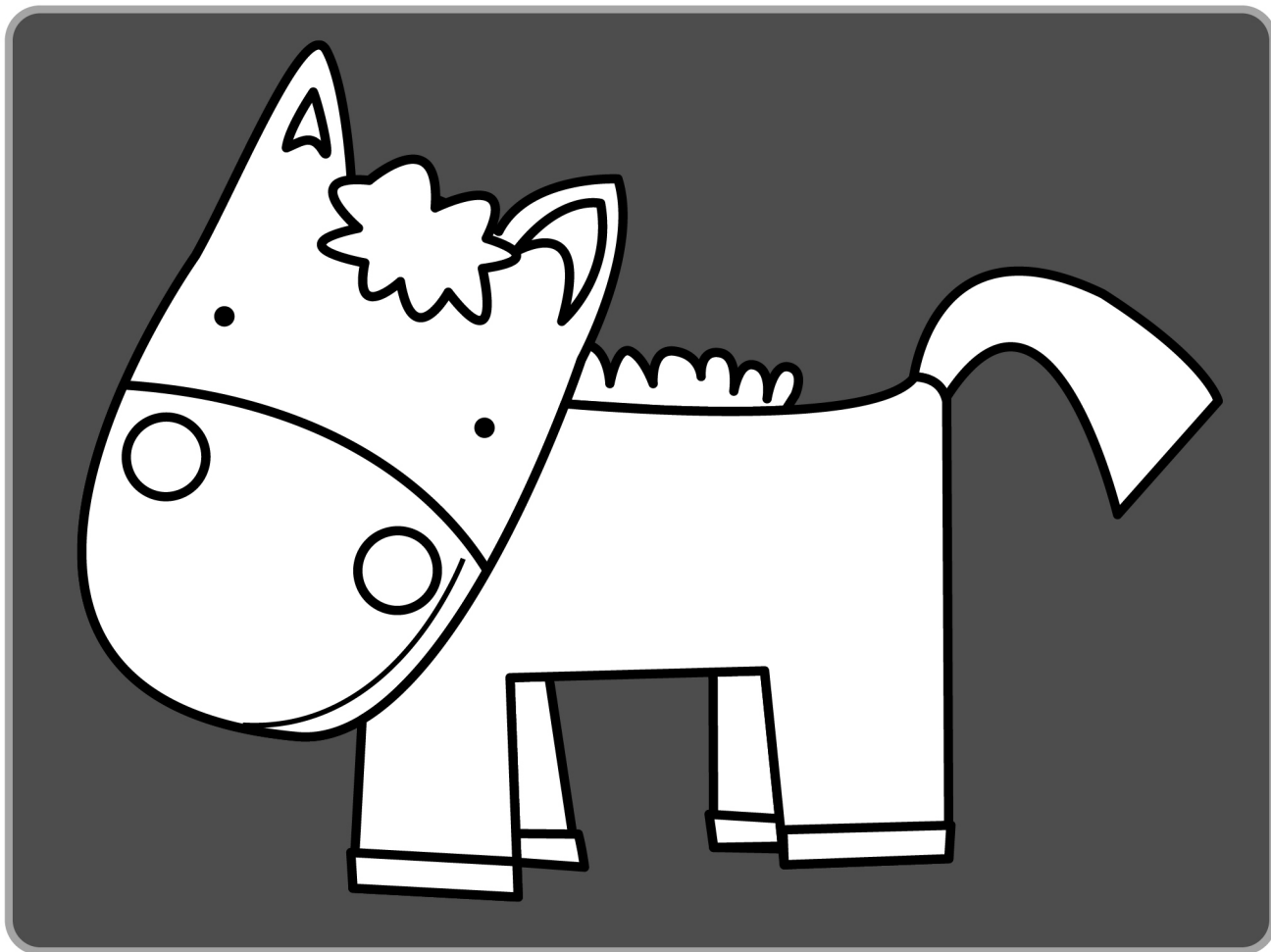
Help your child trace the letter G with their finger and then trace the letter G with their pencil. Have your child start on the dot at the top and follow the lines to make a G.



Letter Practice

H

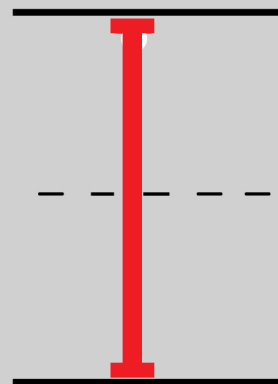
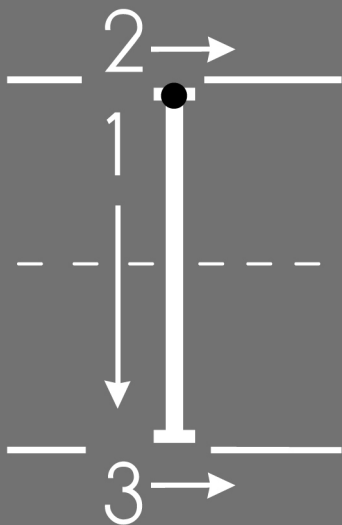
Help your child trace the letter H with their finger and then trace the letter H with their pencil. Have your child start on the dot at the top and follow the lines to make an H and then colour the horse.



Letter Practice

I

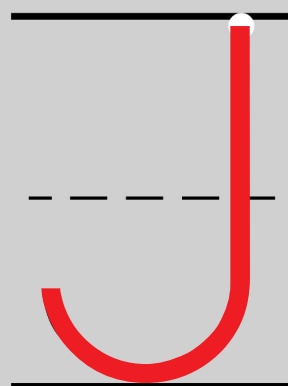
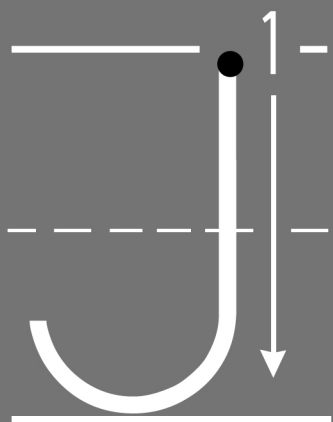
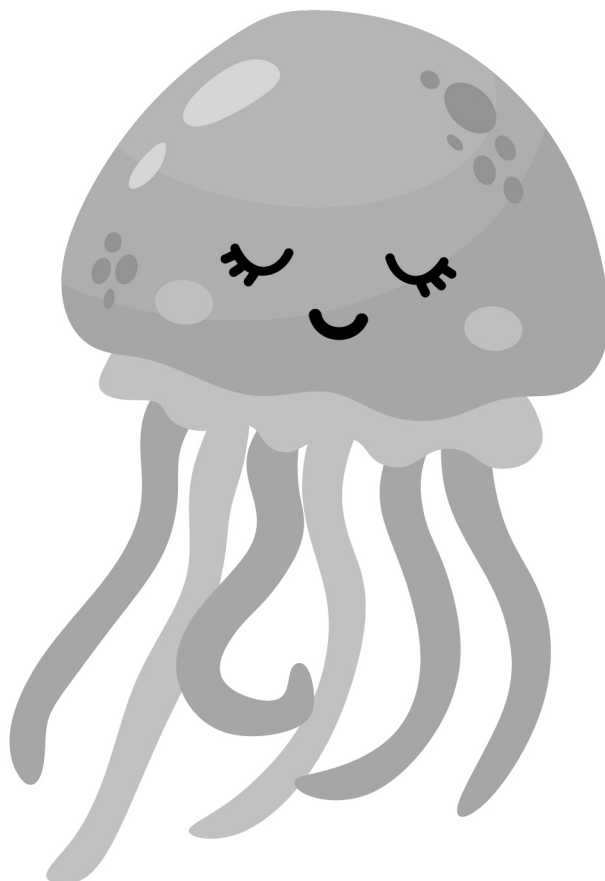
Help your child trace the letter I with their finger and then trace the letter I with their pencil. Have your child start on the dot at the top and follow the lines to make an I and then colour the ice-cream cone.



Letter Practice

J

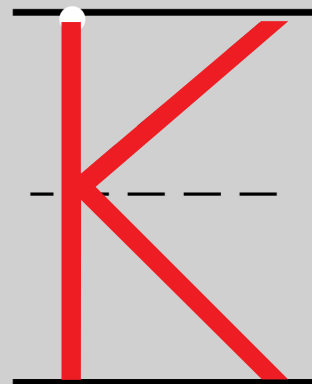
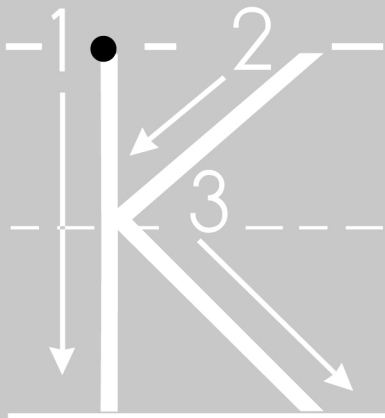
Help your child trace the letter J with their finger and then trace the letter J with their pencil. Have your child start on the dot at the top and follow the lines to make a J.



Letter Practice

K

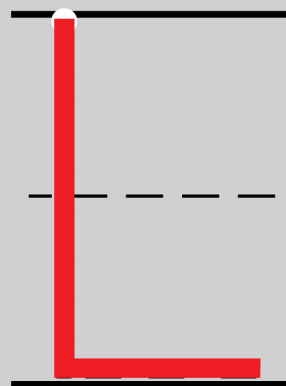
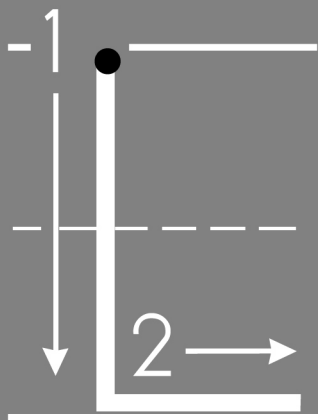
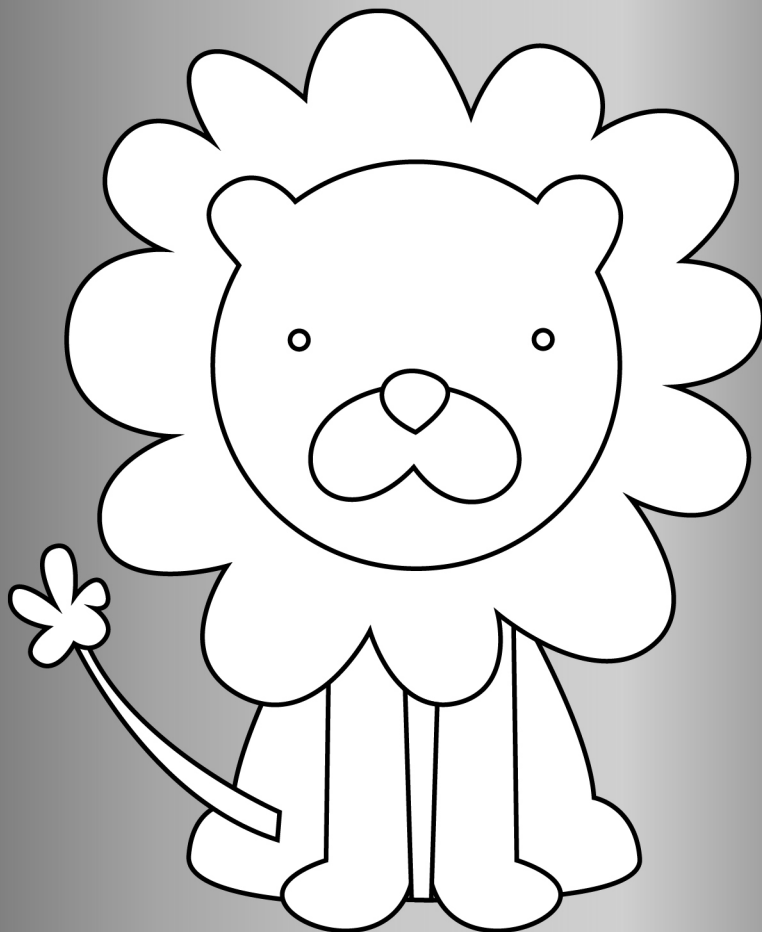
Help your child trace the letter K with their finger and then trace the letter K with their pencil. Have your child start on the dot at the top and follow the lines to make a K.



Letter Practice

L

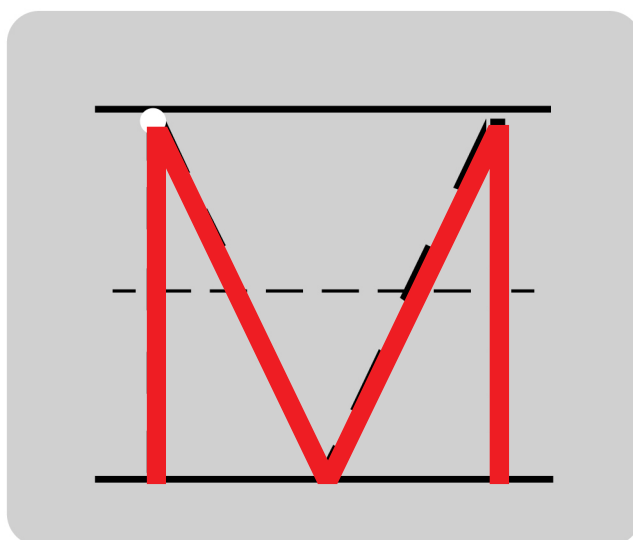
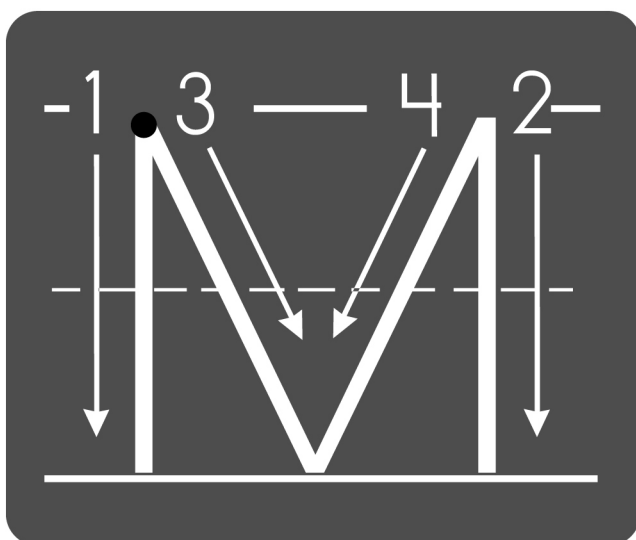
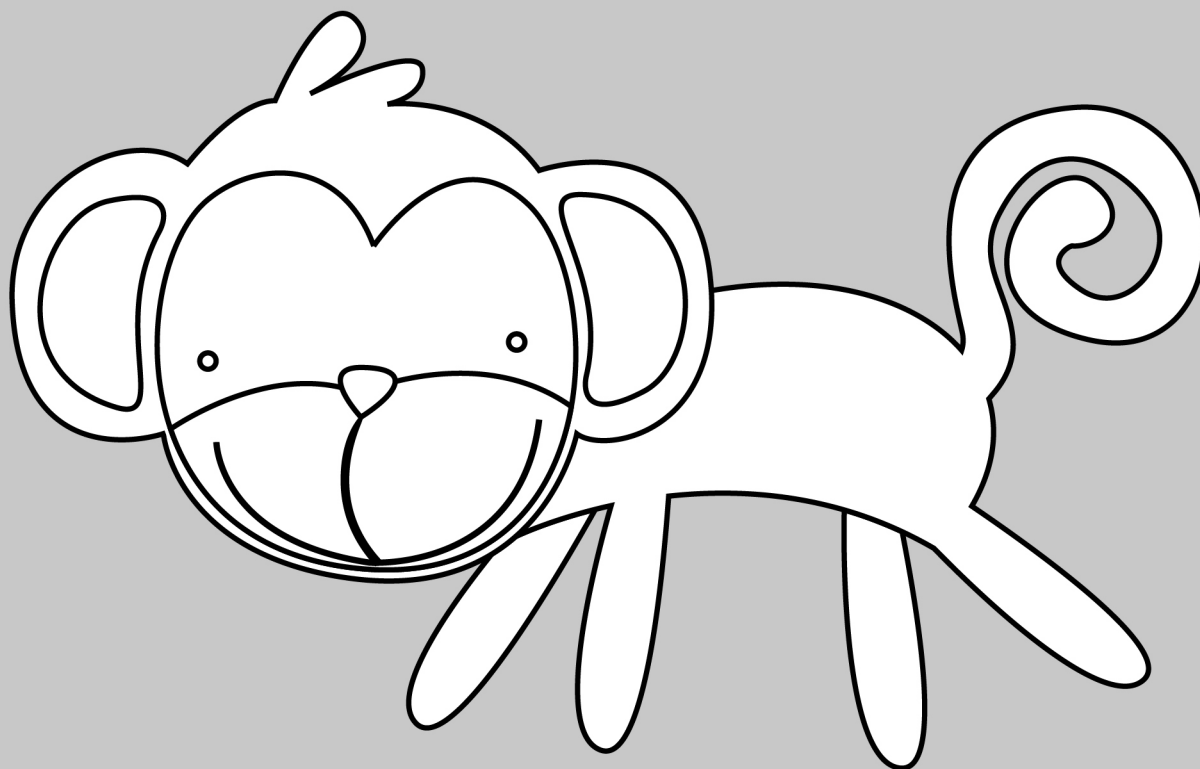
Help your child trace the letter L with their finger and then trace the letter L with their pencil. Have your child start on the dot at the top and follow the lines to make an L and then colour the lion.



Letter Practice

M

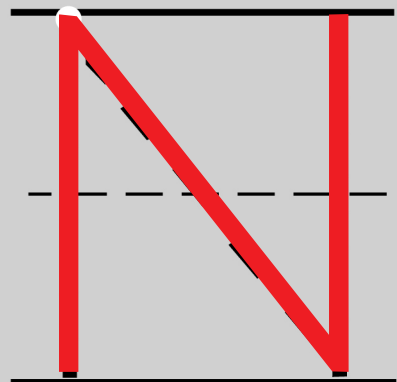
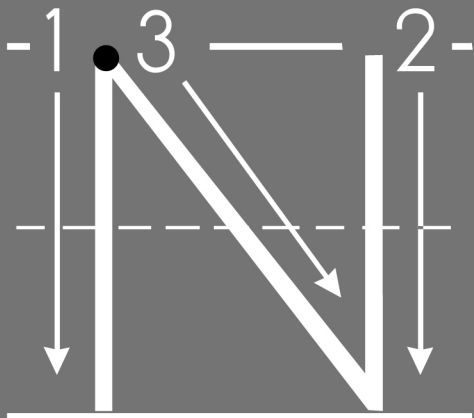
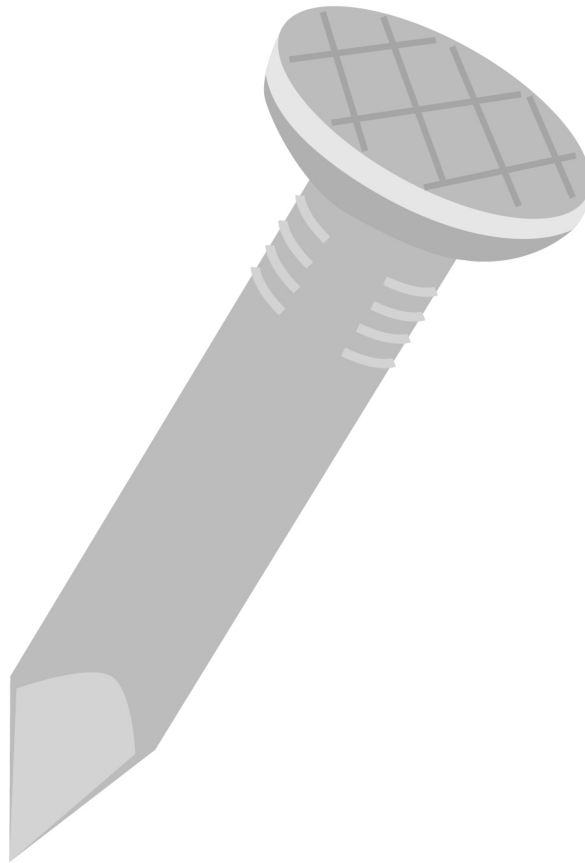
Help your child trace the letter M with their finger and then trace the letter M with their pencil. Have your child start on the dot at the top and follow the lines to make an M and then colour the monkey.



Letter Practice

N

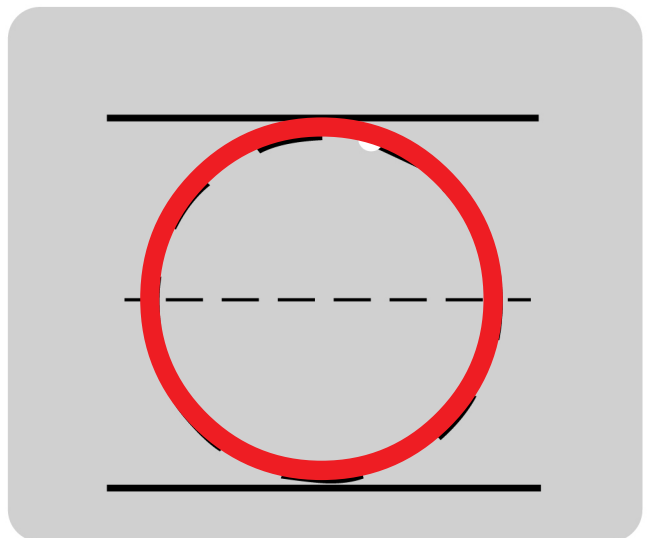
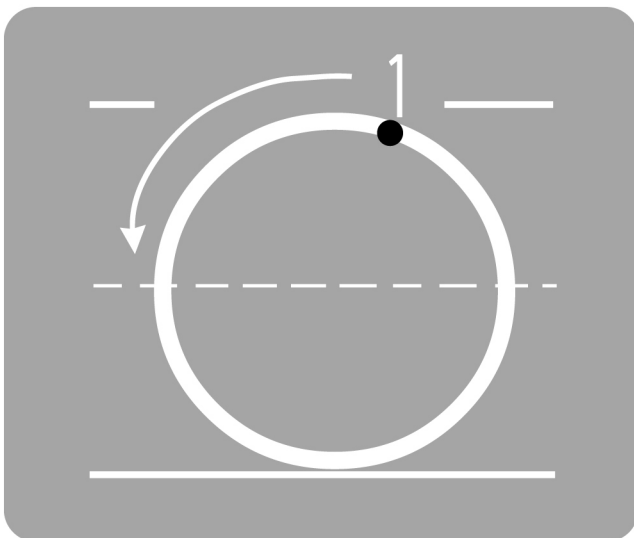
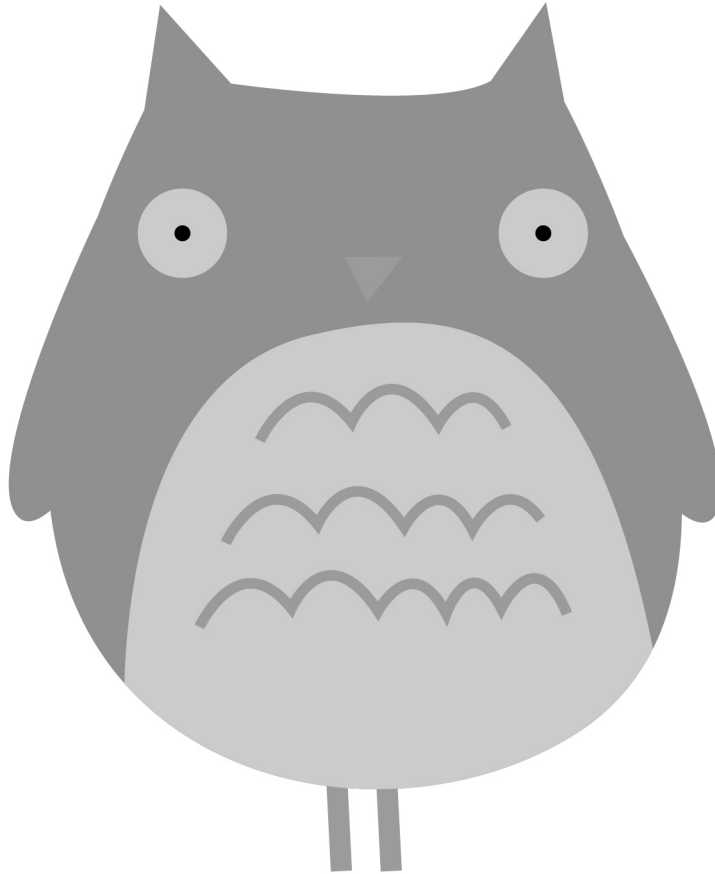
Help your child trace the letter N with their finger and then trace the letter N with their pencil. Have your child start on the dot at the top and follow the lines to make an N.



Letter Practice

O

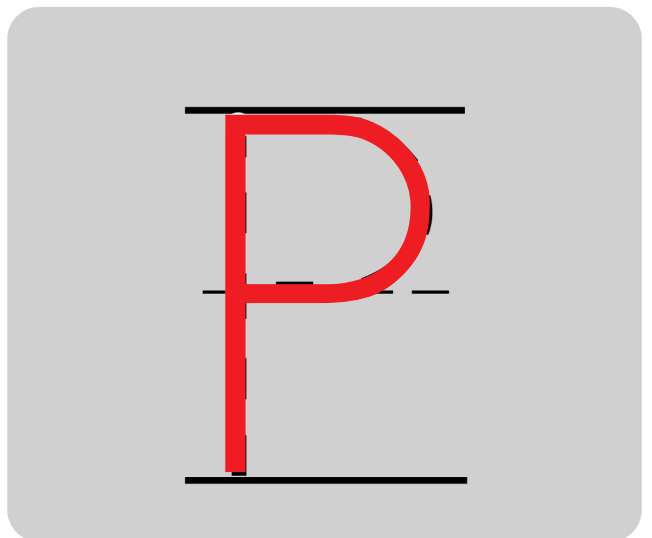
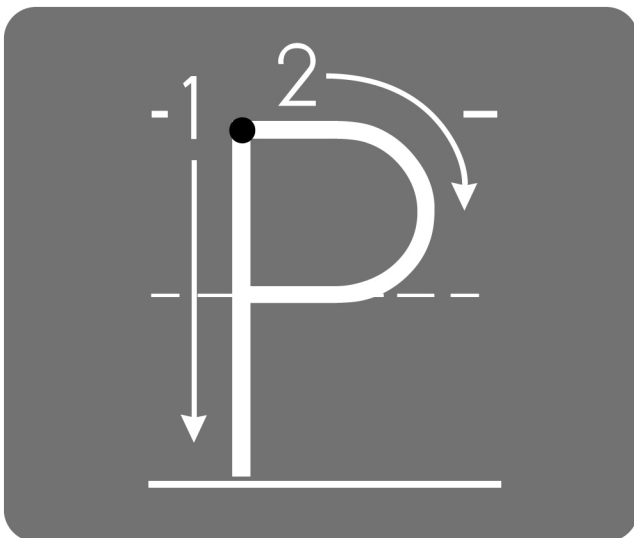
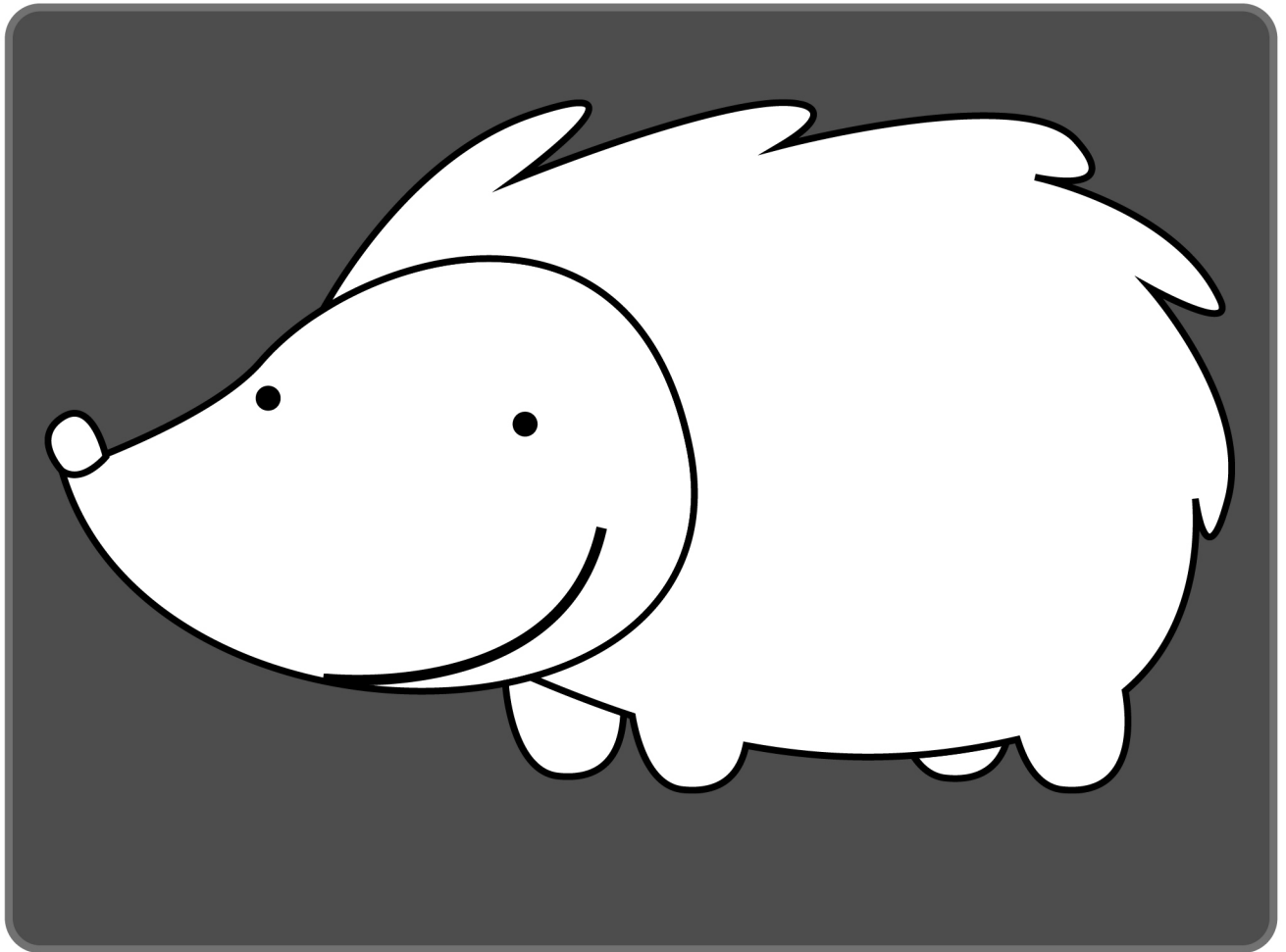
Help your child trace the letter O with their finger and then trace the letter O with their pencil. Have your child start on the dot at the top and follow the lines to make an O.



Letter Practice

P

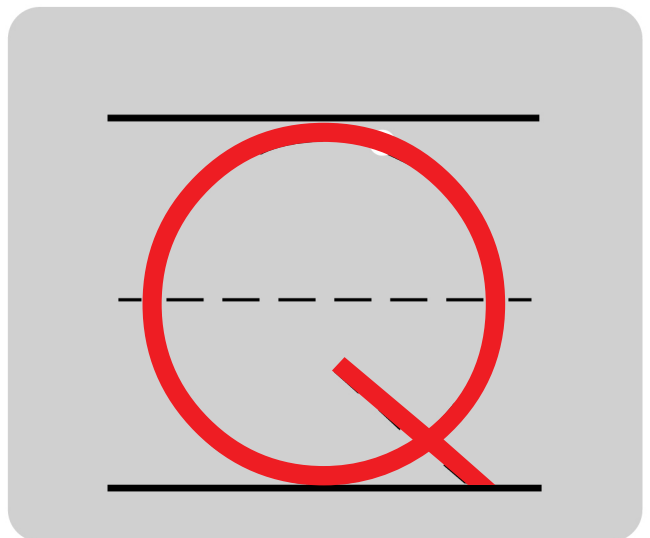
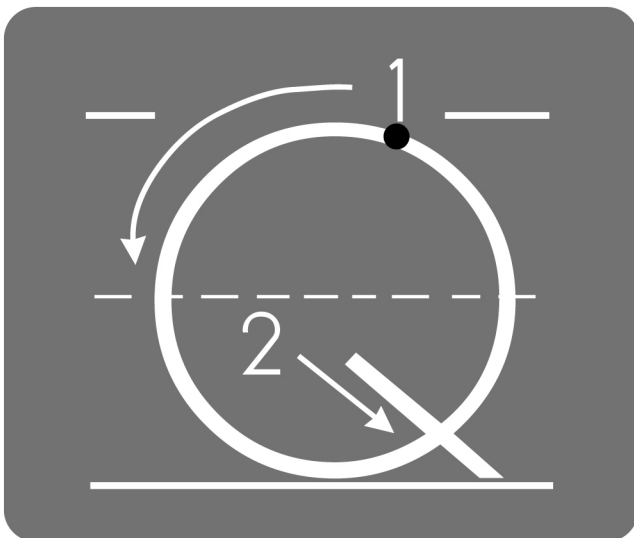
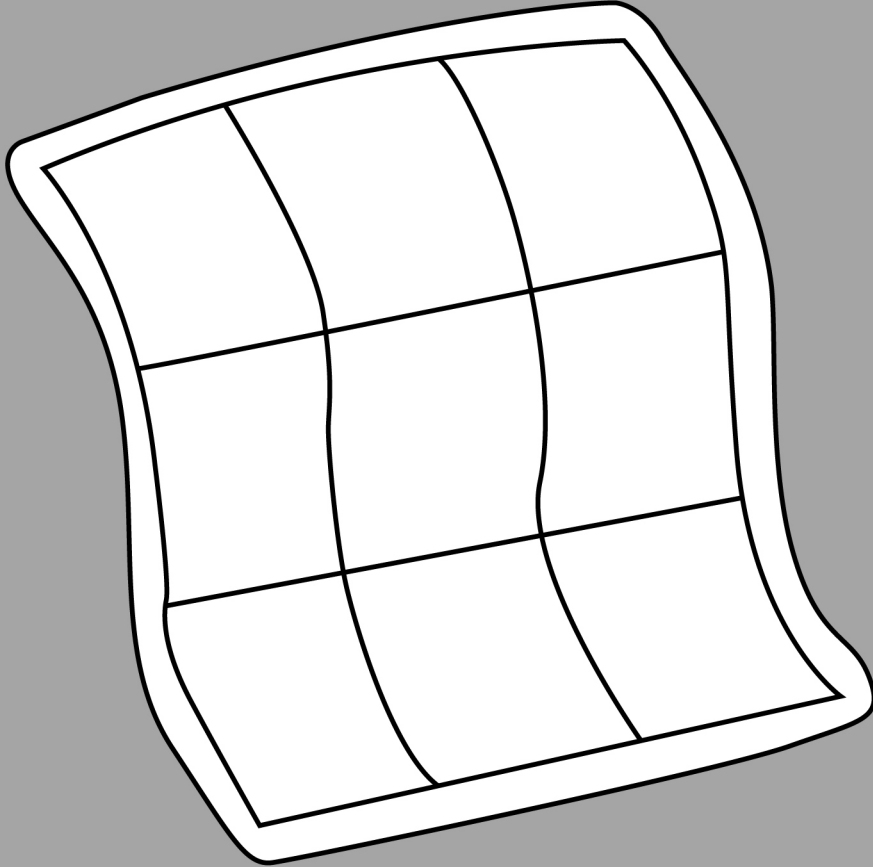
Help your child trace the letter P with their finger and then trace the letter P with their pencil. Have your child start on the dot at the top and follow the lines to make a P and then colour the porcupine.



Letter Practice

Q

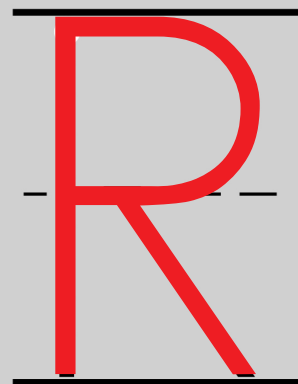
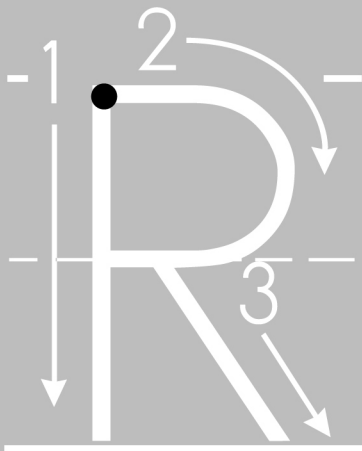
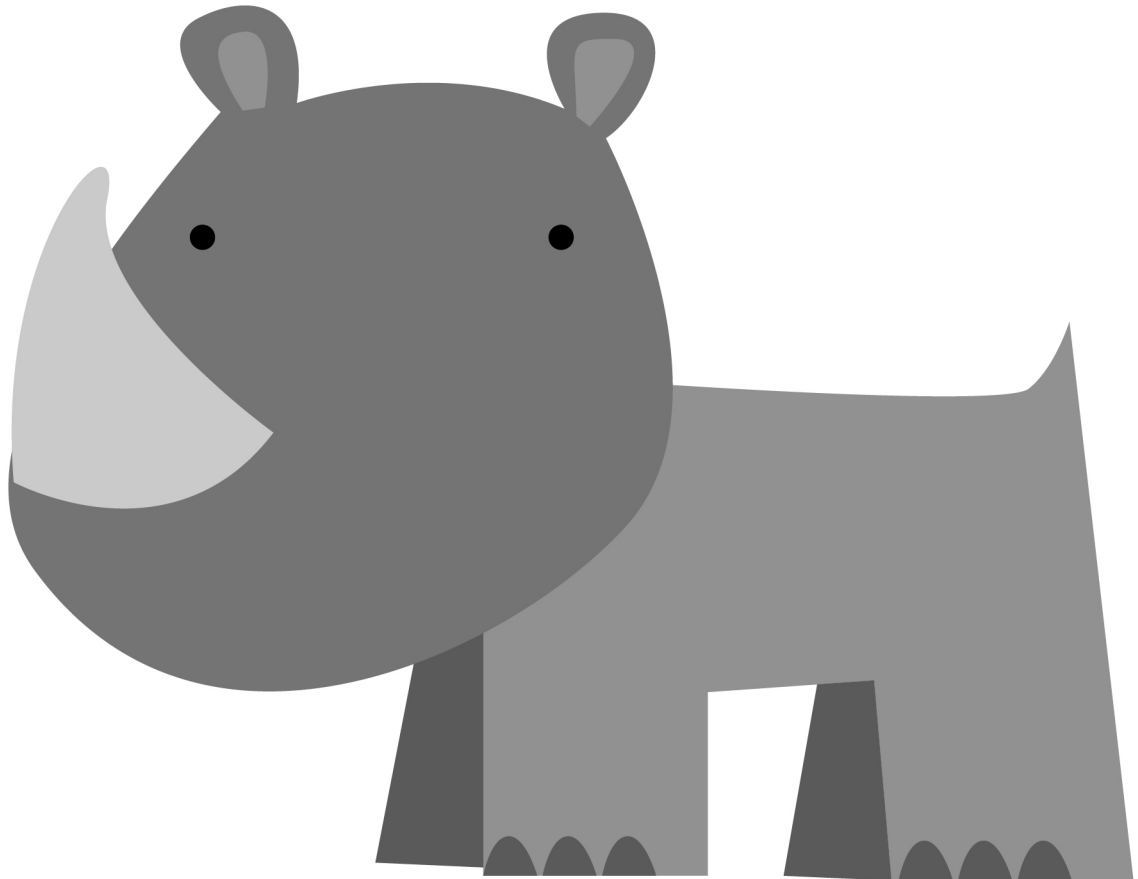
Help your child trace the letter Q with their finger and then trace the letter Q with their pencil. Have your child start on the dot at the top and follow the lines to make a Q and then colour the quilt.



Letter Practice

R

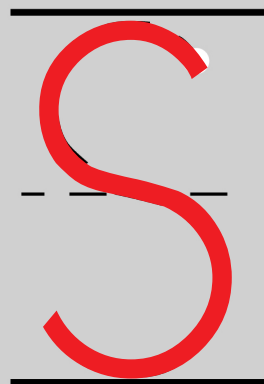
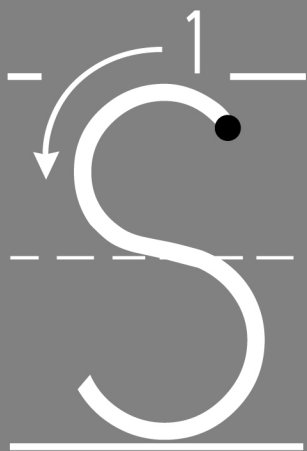
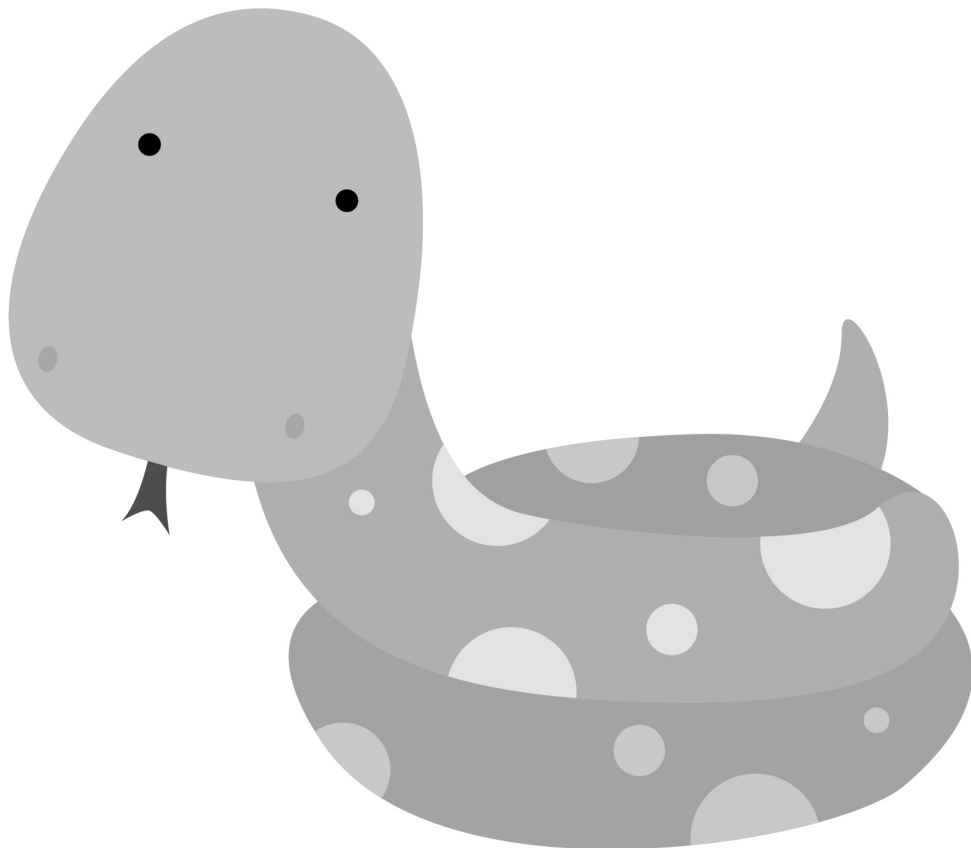
Help your child trace the letter R with their finger and then trace the letter R with their pencil. Have your child start on the dot at the top and follow the lines to make an R.



Letter Practice

S

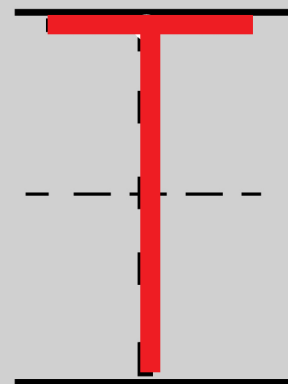
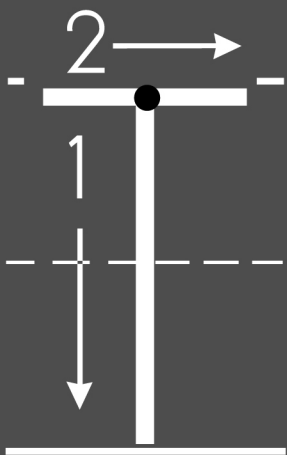
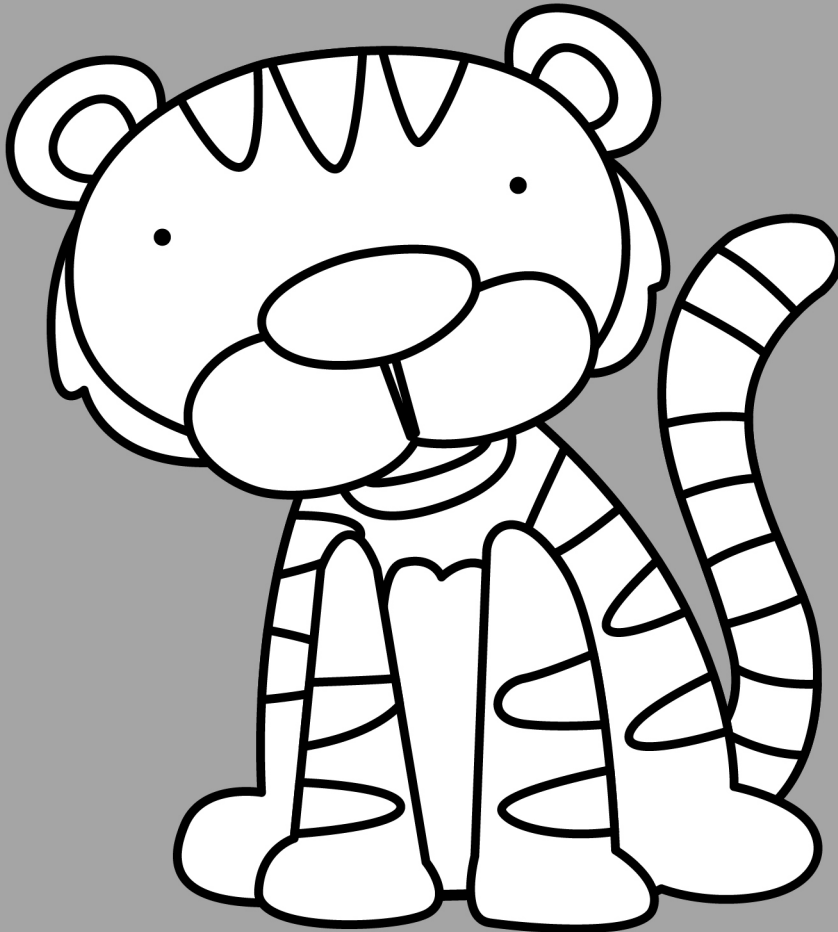
Help your child trace the letter S with their finger and then trace the letter S with their pencil. Have your child start on the dot at the top and follow the lines to make an S.



Letter Practice

T

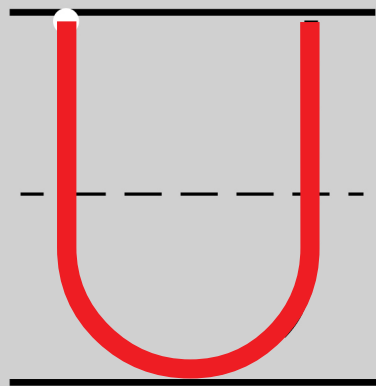
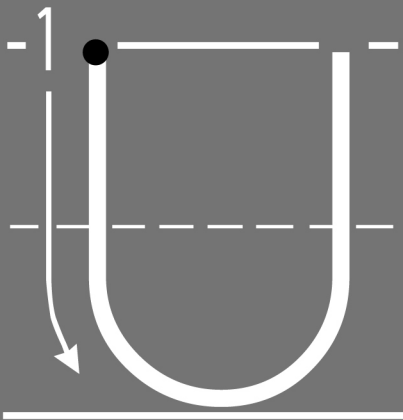
Help your child trace the letter T with their finger and then trace the letter T with their pencil. Have your child start on the dot at the top and follow the lines to make a T and then colour the tiger.



Letter Practice

U

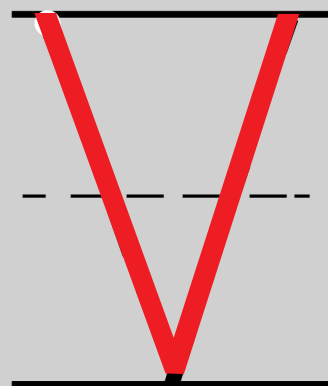
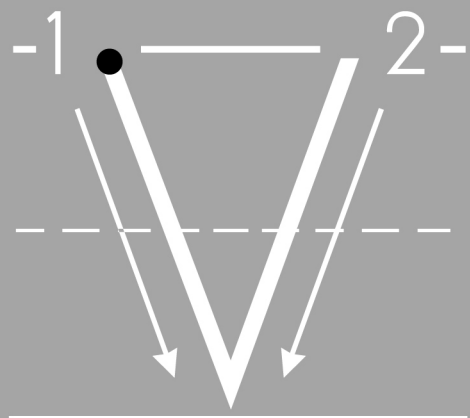
Help your child trace the letter U with their finger and then trace the letter U with their pencil. Have your child start on the dot at the top and follow the lines to make a U and then colour the umbrella.



Letter Practice

V

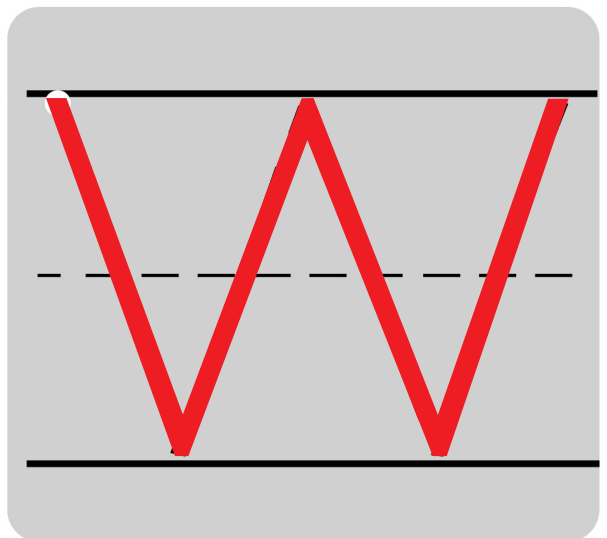
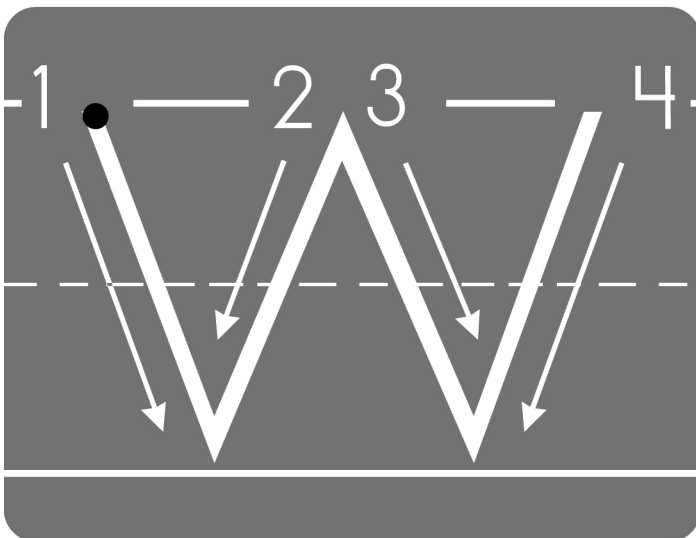
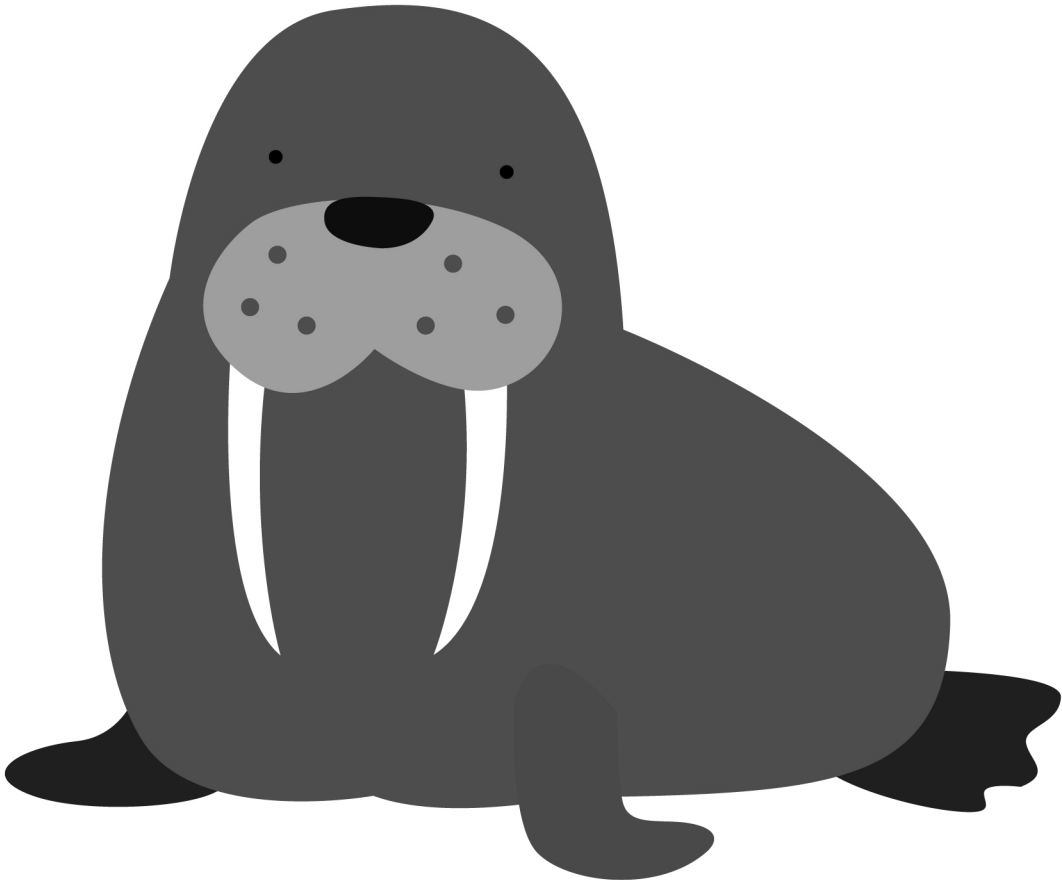
Help your child trace the letter V with their finger and then trace the letter V with their pencil. Have your child start on the dot at the top and follow the lines to make a V.



Letter Practice

W

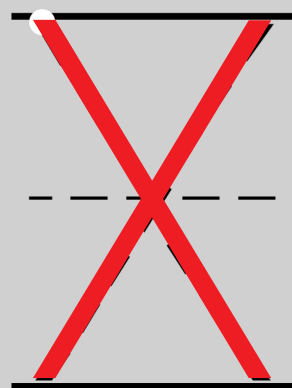
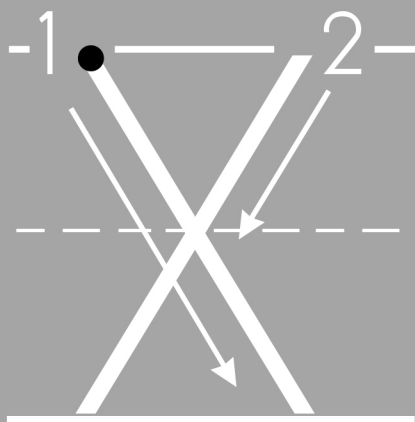
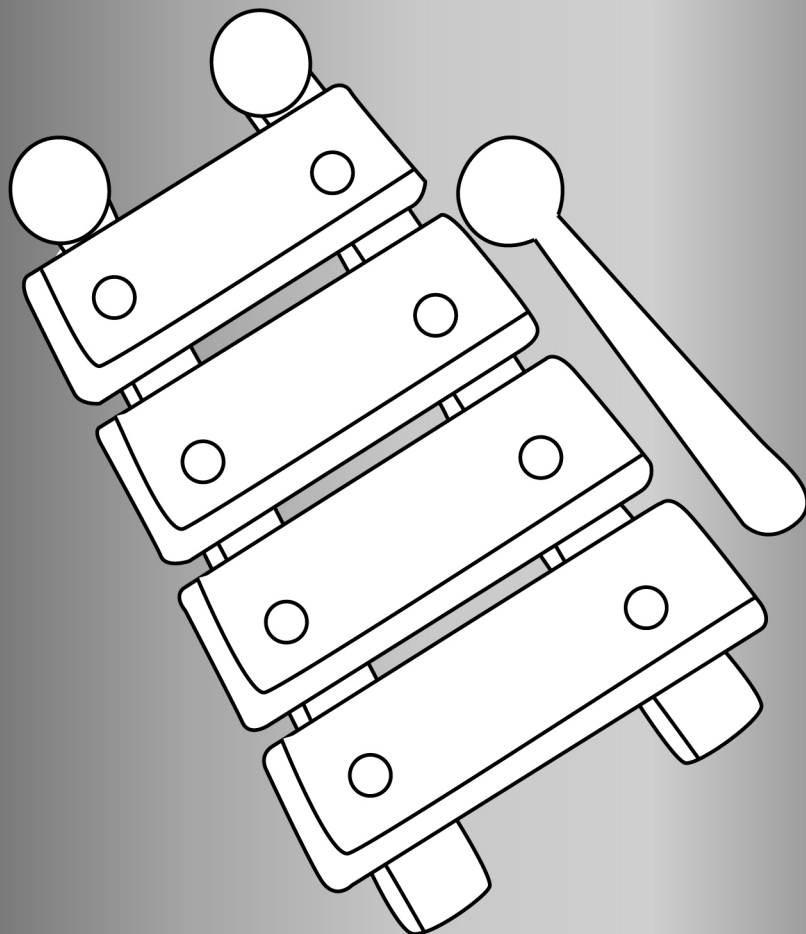
Help your child trace the letter W with their finger and then trace the letter W with their pencil. Have your child start on the dot at the top and follow the lines to make a W.



Letter Practice

×

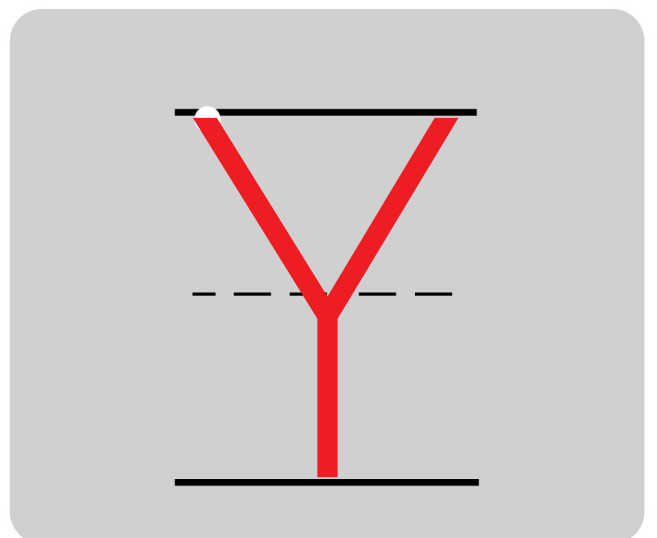
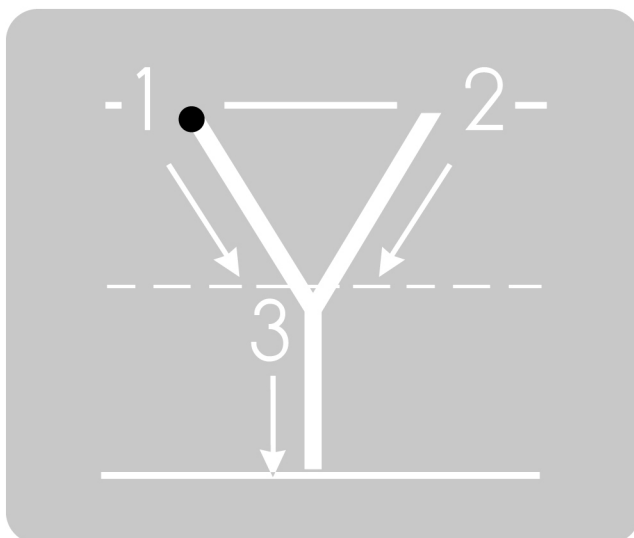
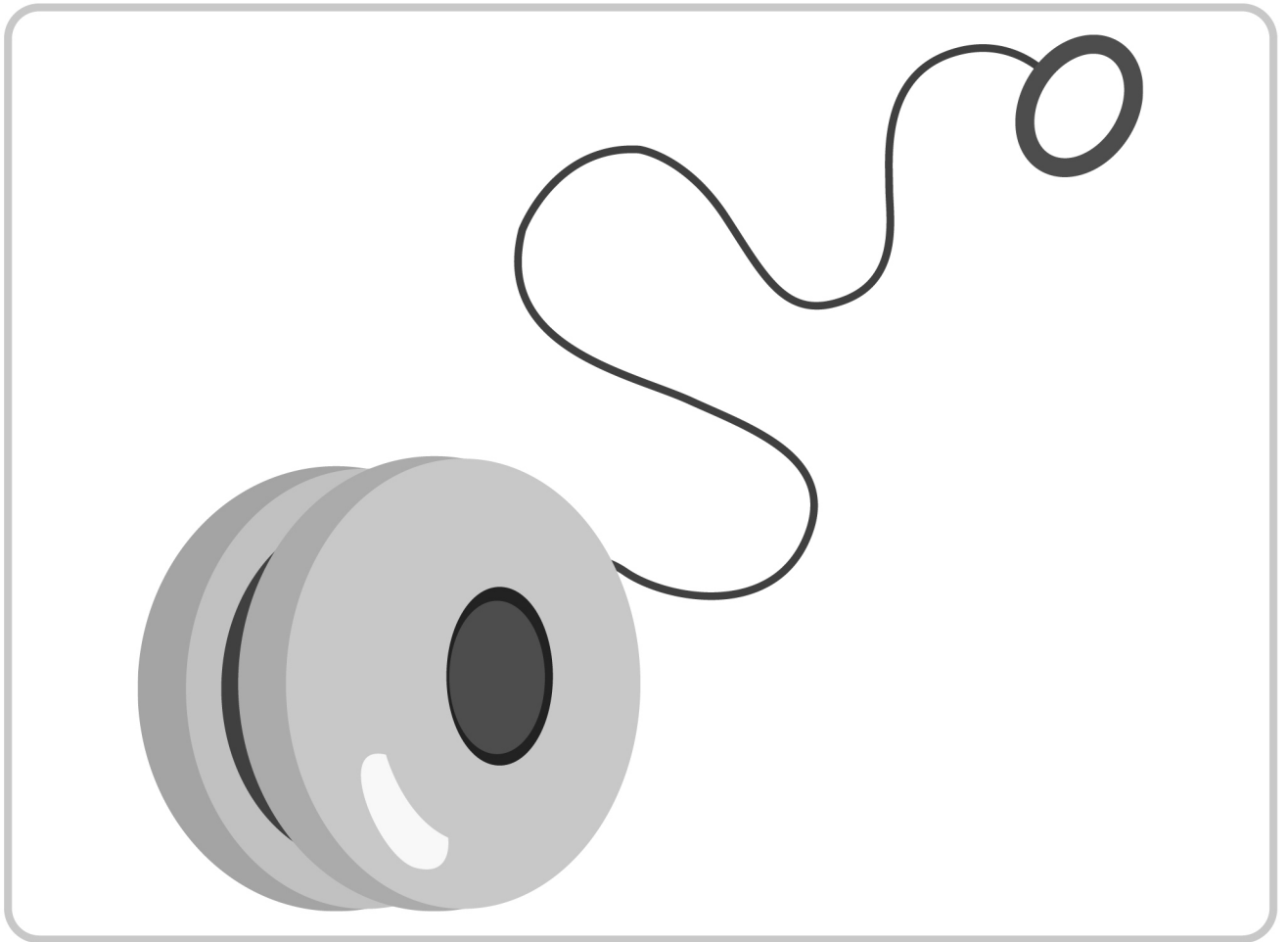
Help your child trace the letter X with their finger and then trace the letter X with their pencil. Have your child start on the dot at the top and follow the lines to make an X and then colour the xylophone.



Letter Practice

Y

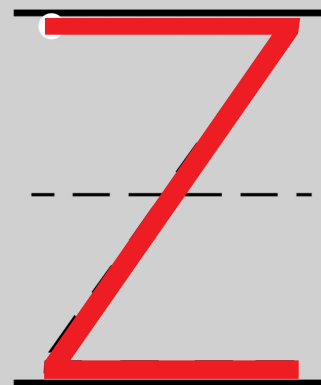
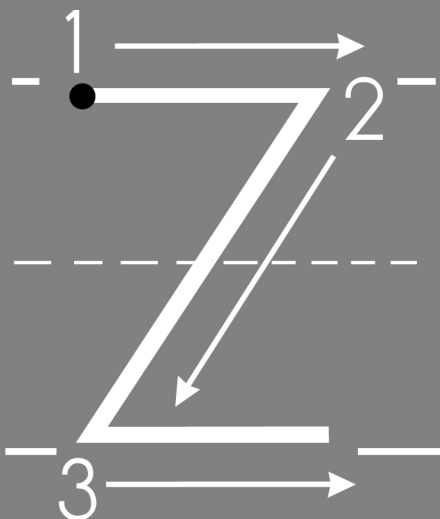
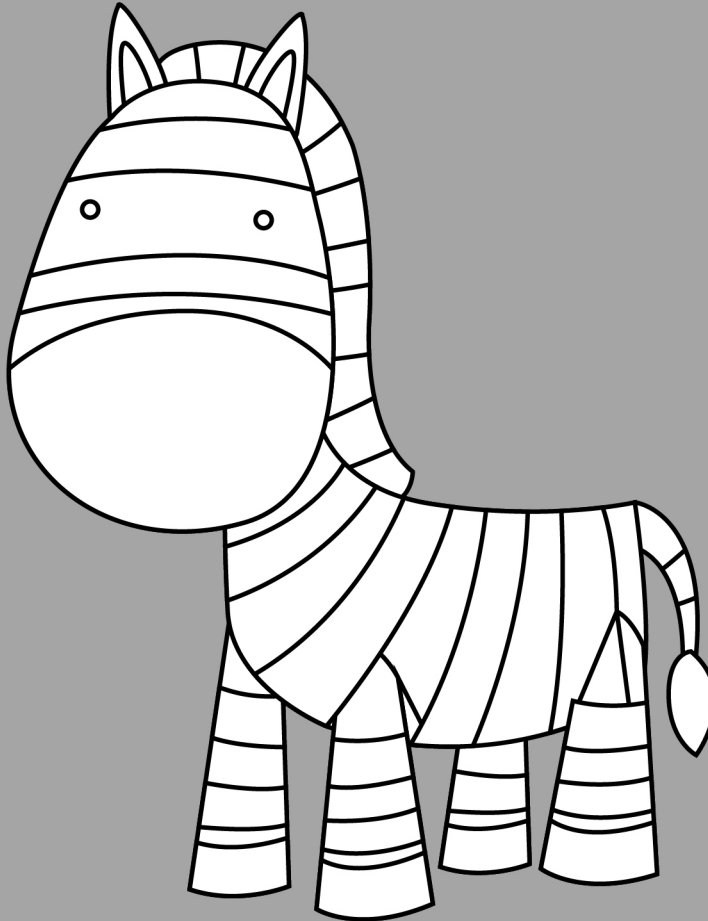
Help your child trace the letter Y with their finger and then trace the letter Y with their pencil. Have your child start on the dot at the top and follow the lines to make a Y.



Letter Practice

Z

Help your child trace the letter Z with their finger and then trace the letter Z with their pencil. Have your child start on the dot at the top and follow the lines to make a Z and then colour the zebra.



Letter Hunt

Recognize the ABCs

Can you point to the letters in your name?

Help your child say the names of those letters and then circle them.

A D B X C

G E H K F

M J Z L O

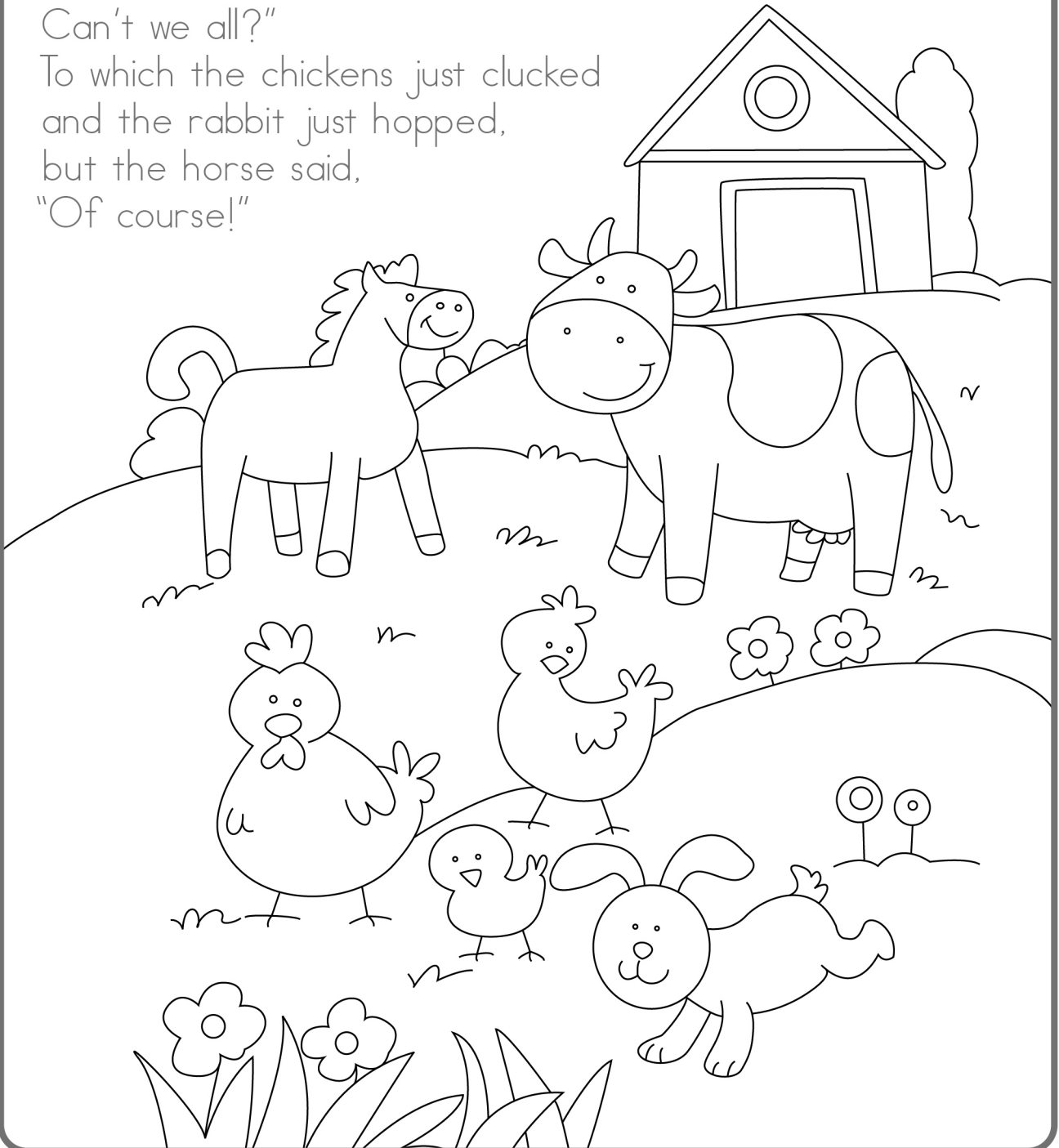
S Q T I P U

N W R V Y

Read and Colour Story

Read the story with your child and have them colour the picture.

"Moo," said the cow,
and the pig said, "WOW! Can't you talk?"
The cow said, "I can talk and I can walk.
Can't we all?"
To which the chickens just clucked
and the rabbit just hopped,
but the horse said,
"Of course!"



Read and Colour Story

Read the story with your child and have them colour the picture.

"I painted a flower,"
said Little Sue Splatter.
"It took a whole hour,
but that doesn't matter!"



Read and Colour Story

Read the story with your child and have them colour the picture.

Sammy the Starfish said to Charlie the Crab,
"I loved going to the beach!
What fun we all had!"



Summary of Concepts

Letter Hunt

Have your child point to each letter and say the names. Then have them circle the letters in their name.

A B C D E

F G H I J K

L M N O P

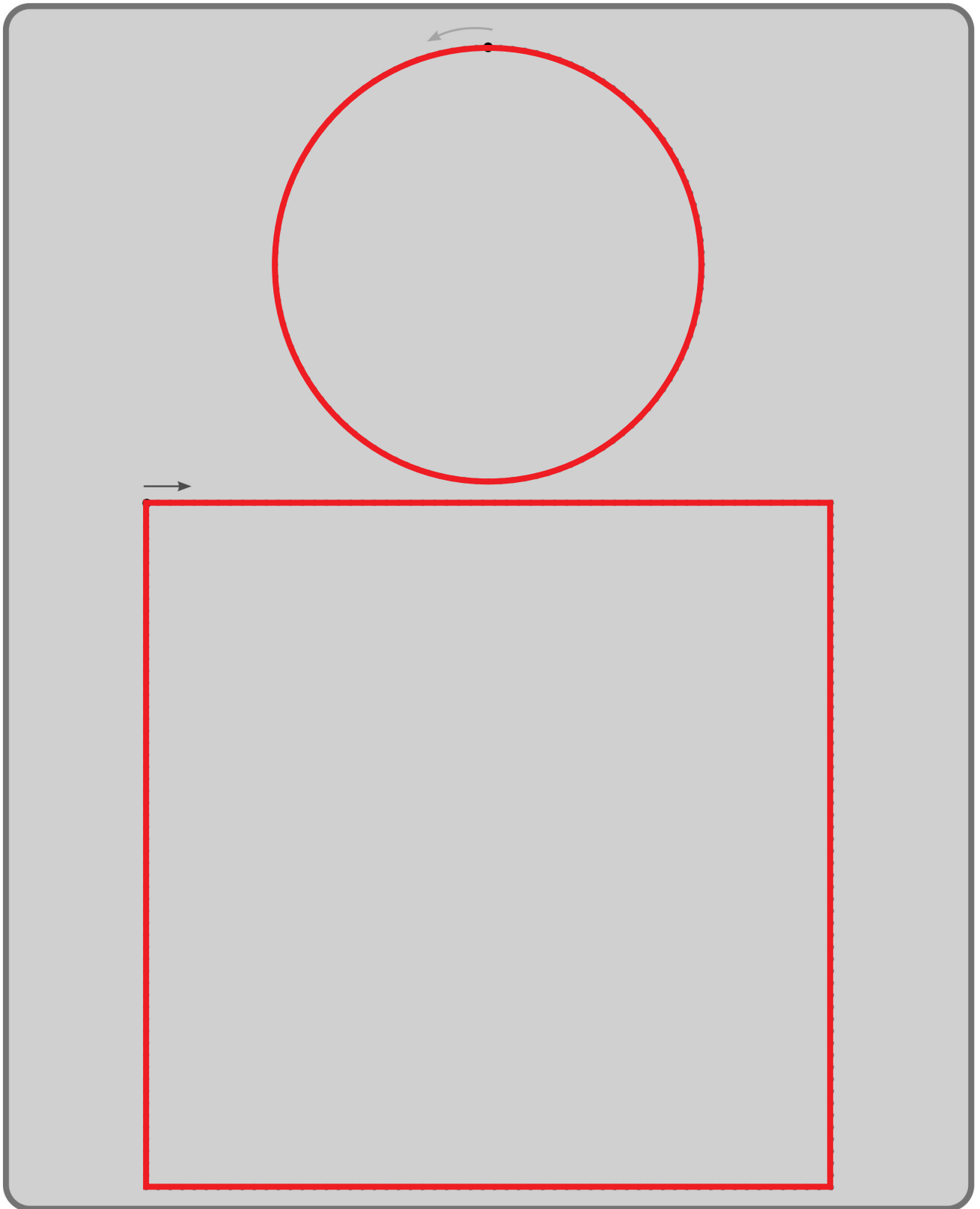
Q R S T U

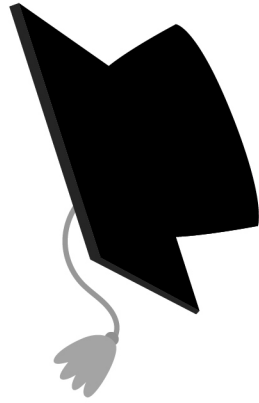
V W X Y Z

Summary of Concepts

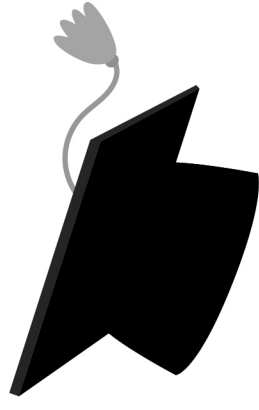
Lines Making Shapes

Have your child trace the lines to make a circle and a square.





CERTIFICATE of Achievement



.....

has successfully completed
My First Letters Workbook

Date

.....

Parent's Signature

.....

