

Rhythms

Use a medium-tipped marker or a soft pastel to retrace the gray lines and then continue to the bottom of the line. Proceed slowly, try to do at least two or three consecutive repetitions without lifting the pen. Change color on each line.



Handwriting practice sheet with 12 rows of rhythmic patterns on a four-line grid. Each row consists of a long gray line and a shorter gray line below it, both starting with a downward arrow. The patterns are:

- Row 1: A series of connected 'm' shapes.
- Row 2: A series of connected 'n' shapes.
- Row 3: A series of connected 'u' shapes.
- Row 4: A series of connected 'u' shapes.
- Row 5: A series of connected 'n' shapes.
- Row 6: A series of connected 'n' shapes.
- Row 7: A series of connected 'c' shapes with a leftward arrow above the first one.
- Row 8: A series of connected 'c' shapes with a leftward arrow above the first one.
- Row 9: A series of connected 'o' shapes with a leftward arrow above the first one.
- Row 10: A series of connected 'o' shapes with a leftward arrow above the first one.
- Row 11: A series of connected 'e' shapes with an upward arrow above the first one.
- Row 12: A series of connected 'e' shapes with an upward arrow above the first one.

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Use a medium-tipped marker or a soft pastel to retrace the gray lines and then continue to the bottom of the line. Proceed slowly, try to do at least two or three consecutive repetitions without lifting the pen. Change color on each line.



Handwriting practice sheet with 10 rows of rhythmic patterns on a four-line grid. Each row starts with a downward arrow and a gray pattern. The patterns are: 1) a long continuous series of 'm' shapes; 2) a series of 'm' shapes; 3) a long continuous series of 'u' shapes; 4) a series of 'u' shapes; 5) a series of 'm' shapes; 6) a series of 'u' shapes; 7) a series of 'm' shapes; 8) a series of 'u' shapes; 9) a series of 'm' shapes; 10) a series of 'u' shapes.