

nu carta

scribi pe ambele fețe



My
Writing
Notebook



70 sheet
college
rule

one subject 10.5" x 8"

Do Yourself and Your Students A Favor and Give Them A Notebook!



My young Fives will see a writing notebook all too soon as they progress through the elementary grades, but to get one at this age is really a big deal.

Since most of the chain supply stores and even Target, have them as huge loss leaders in August for their back-to-school sales, I can pick them up for as little as .10 cents, so for the small investment of \$2.00, I can light up the faces of 20 children in a few seconds!

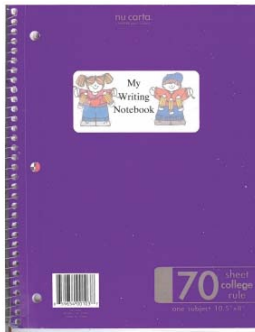
For a few dollars you can use a notebook for a variety of writing skills for your students.

Mine is at the introductory level of simply practicing how to write their name.

Get parents on board and work as a team and you will definitely see improvement.



I buy an assortment of colors and give them a choice. It doesn't matter that they don't stay on the lines. What I want them to do is just practice holding a pencil, crayon or whatever they can take delight in holding, and practice writing their name once each night. I want it to be fun, not a hassle.



You can see the “My Writing Notebook” sticker in the photo. I print these off on large Avery labels on my printer to add a bit of pizzazz.

Each time they bring their notebook in to be checked they get to pick out several stickers to decorate the front of their notebook as an incentive to bring them back.

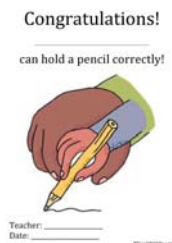
Since writing their name on everything we do in class can be labor intensive, I need parental help in getting these little ones over the hump ASAP and the notebook has been key in accomplishing that.

Their hands “poop out” or “run out of gas” as one of my students so adorably put it!

The notebook is a great At-Home connection and is easy, quick and fun, especially if parents buy some glitter or gel pens or some goofy or wiggly fun pen to make writing time more exciting.

I include due dates in my newsletters as well as post them on my monthly calendar.

Students get an award certificate for a great-completed notebook and a trip to the treasure box.



I also have certificates of accomplishment when they can hold a pencil correctly.

To practice verbally expressing themselves, I have them share their favorite page of their notebook with their classmates.

Parents often ask me: ***“How can I help my child learn how to write?”*** So I typed up a list of fun things they can do to help strengthen their muscles. I tuck this list in the notebook. I also include a diagram of how to hold a pencil correctly.



The other thing I tuck in the notebook is a tracing guide of the alphabet.

I include a letter explaining the notebook to parents and asking for their help. I’ve included mine so you can use it as a guide to tweak and develop your own.

Since I started using the notebooks I’ve seen a dramatic improvement in my students’ penmanship, muscle coordination, and self-esteem.

What used to take me ‘til the middle of November with some of my little ones is now accomplished by the beginning or middle of October. Some really diligent students (and parents) who had no preschool, are set by the end of September.

If you have older students, decide what you want the notebooks to be used for, and make it a daily or weekly writing assignment that is simple, short and fun, so they will WANT to write. I give my college students ideas for them to journal about in their notebooks each week.

The notebooks can be kept in their desks to work on during free time, or kept at home like a “secret diary”.

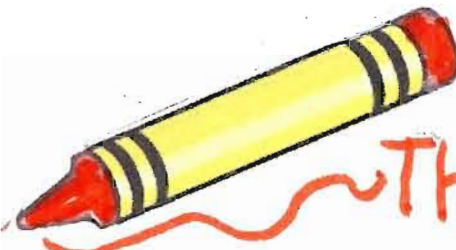
I hope this idea is one that you can use and gets you excited to plan for your new class.

A quick and easy handwriting activity for you to do the first day of school is simply a **Welcome To School “Trace & Write”**. I’ve included several.

[Staples](#) start their back-to-school penny sales in July. They offer new things every week, so start watching for the notebooks to go on sale! They allow teachers to buy 25 of their penny items here in MI. I imagine that would be a National thing.

Happy Shopping!

September
Dear Families of our Young Fives,



Thanks~

I need your help. Your child will be learning how to write their name through out the day. They will also need to practice writing at home. Even when your child is writing their name correctly, they still need to continue practicing, as it will strengthen their finger muscles and give them more dexterity.

To make this more fun, I have purchased a notebook & name card for them. Please keep these in a special place at HOME and then have them write their name in their notebook just **ONCE everyday**.

Please make sure that they...

- ✓ are holding the pencil correctly.
 - ✓ are only capitalizing their 1st initial and not writing their name with all capital letters.
 - ✓ starting at the left of the page and moving to the right.
 - ✓ starting at the top and moving their pencil downward. (Some children like to write "bottom up." This puts too much strain on their hand and will be a difficult habit to break if it is not corrected early on.)
-
- ❖ They do NOT have to stay on the lines, and can write their name as big as they want to.
 - ❖ Please remember to encourage and praise their efforts.
 - ❖ You may want to let them practice with a variety of writing utensils to add to the fun. Children think that Gel pens, glitter pens, colored pencils, markers etc. are really "cool".
 - ❖ For the rest of September, please have your child write their name just **ONCE** each day.
 - ❖ I want this to be a looked-forward to, and fun quality time with your child, not a labor-intensive exercise in drudgery.
 - ❖ Consistency is very important.
 - ❖ I suggest making this activity part of your child's routine; perhaps right before bedtime; they write their name and then you can both read a story together.
 - ❖ Please keep your child's notebook handy at home not in their backpacks.
 - ❖ I need to check your child's progress at the end of the month so please send their notebook on

- ❖ *Children who bring in their completed notebook will receive a writing certificate, and a trip to the Treasure Chest. To increase self-esteem, they will also get to show their notebook to their classmates and receive a well-deserved round of applause. ☺*
- ❖ After assessing your child's progress, I'll let you know if they need to continue writing in their notebook every night for the month of **October**.
- ❖ Since they will be required to write their LAST name in Kindergarten, perhaps you can have your child practice their "last -name" once they have accomplished their first name!

Diane



Congratulations!

has done a great job writing in their
notebook this month!



Teacher: _____

Date: _____



How Can I Help My Child Learn How To Write?

The number one tip here is to **STRENGTHEN** their finger muscles! Here are some fun things you can do to increase their fine-motor skills which will help promote a better pencil/crayon grasp and “in-hand fluency”. (This is how an occupational therapist describes the ease and speed of a child’s handwriting!)

Enjoy these wonderful moments with your child.

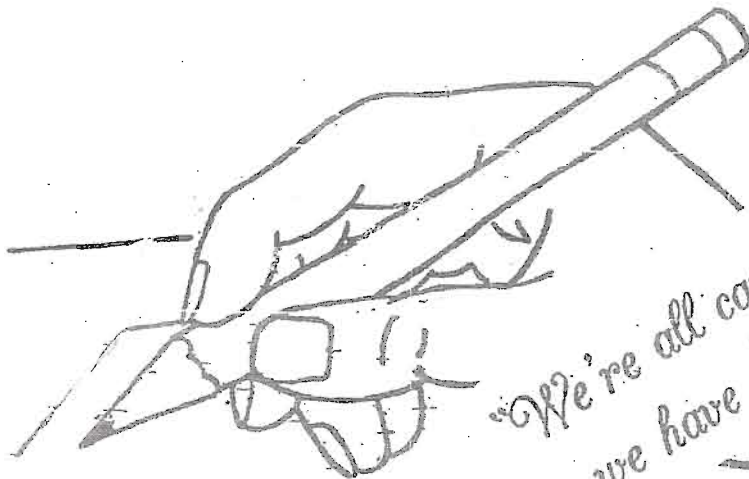
- Play with spinning tops. Have a contest to see whose top will spin the longest.
- Pull apart yarn.
- Hold a bowl and stir the contents when you make something like cookie dough.
- Make a batch of Play-dough and create creatures!
- Bounce and catch a small rubber ball.
- Make some taffy and pull it.
- Squish a soft ball.
- Play with Jacks.
- Let them be your own personal shredder and have them rip and tear paper.
- Let them clip coupons.
- Have them snip a pile of tiny scraps of paper with a safety scissors.
- Move magnets on the fridge
- Pinch a clothespin 10 times.
- Play Connect-Four and other games that they need to use their “pincher” fingers for.

- Play with Pick Up Sticks
- Eat with chop sticks
- Squeeze water out of an eye dropper drop-by-drop.
- Pick up things with a tweezers.
- Have them mist your plants with a spray bottle.
- Let them spray and dust the furniture.
- Have them write letters on the pavement with a squirt gun.
- Draw pictures with sidewalk chalk.
- Pinch a wand and blow bubbles.
- Peel and stick stickers in straight lines.
- Pinch a “clacker” (Little metal or plastic noise maker. They used to call them “crickets” when I was little.)
- Screw and unscrew caps and jar lids.
- Hold beads and string them.
- Lace cards.
- Put puzzles together.
- Hold a funnel and spoon sand into it.
- Help fold the laundry.
- Help roll socks.
- Pick petals from a flower...and make a wish.
- Pick up marbles, buttons or anything small with your “pincher” fingers and put them in a cup.
- Stack pennies in a tower of ten.
- Sing “finger-play” songs and wiggle those fingers! i.e, Eensy Weensy Spider
- Have them draw secret pictures on your back and have you guess what they drew.
- Purchase some “fun” writing utensils like gel pens, watercolor markers and simply let them trace, color and “practice” holding a writing utensil and having fun with it.
- Encourage and praise their efforts and hang up their masterpieces!





This is the **correct** position for holding a pencil.

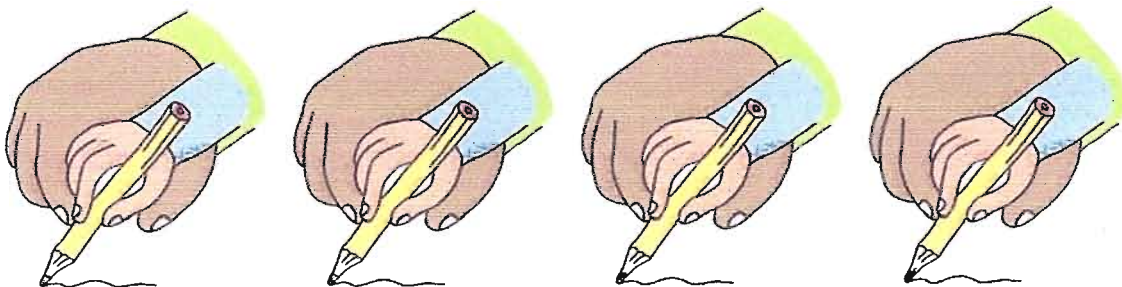
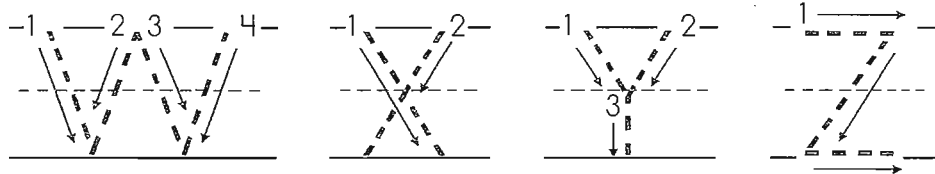
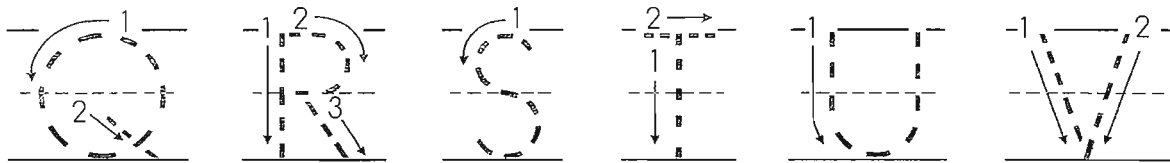
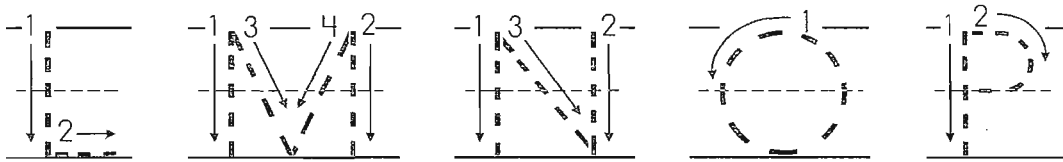
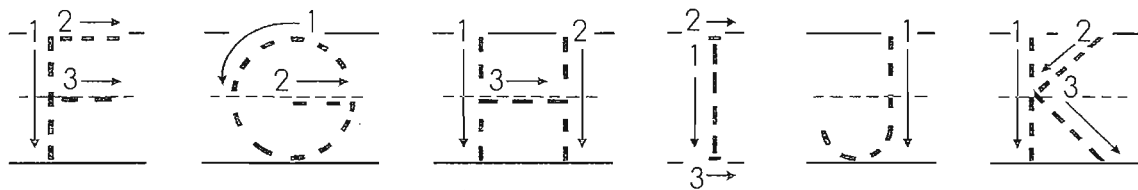
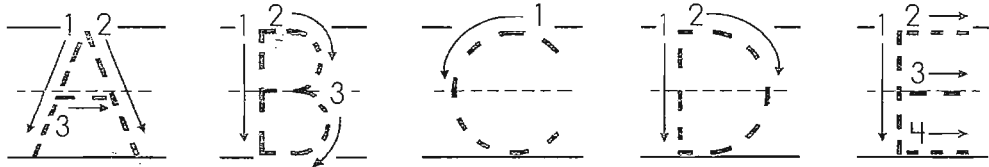


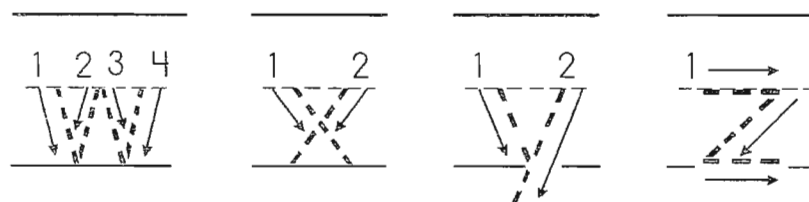
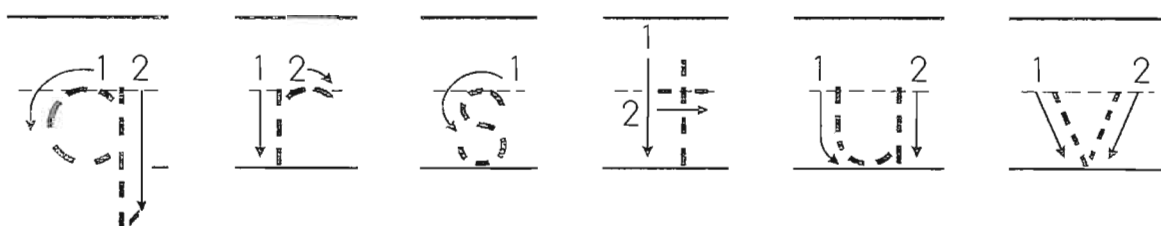
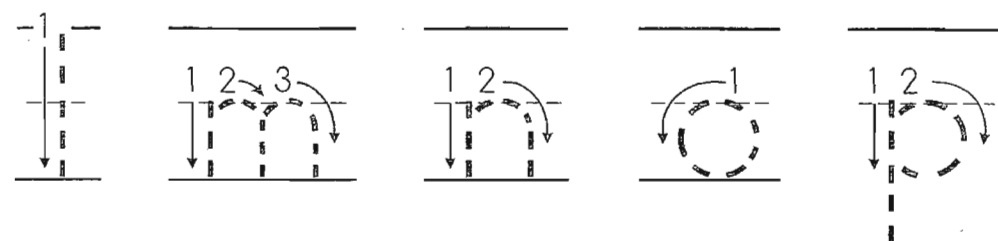
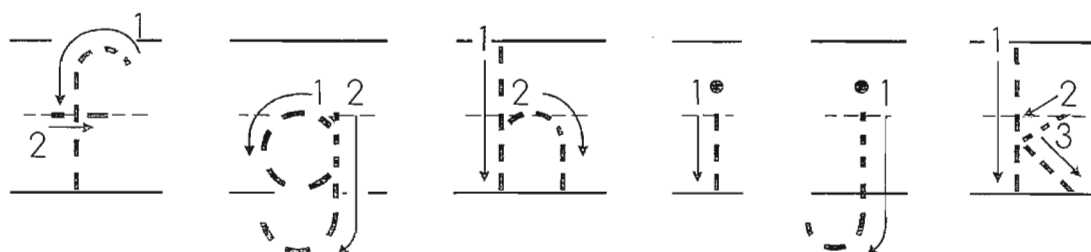
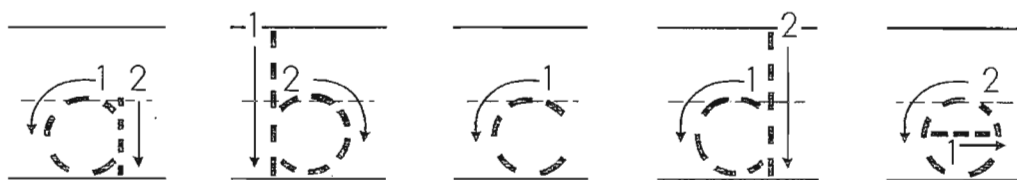
"We're all capable of climbing so much higher if we have someone behind us cheering us on!"



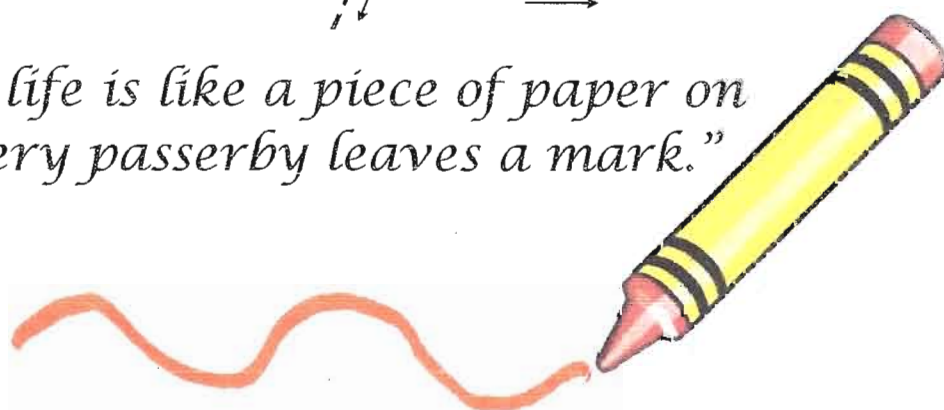
How Will I Write?

This chart will help me if I want to print my name. I will NOT write my name in all capitals.



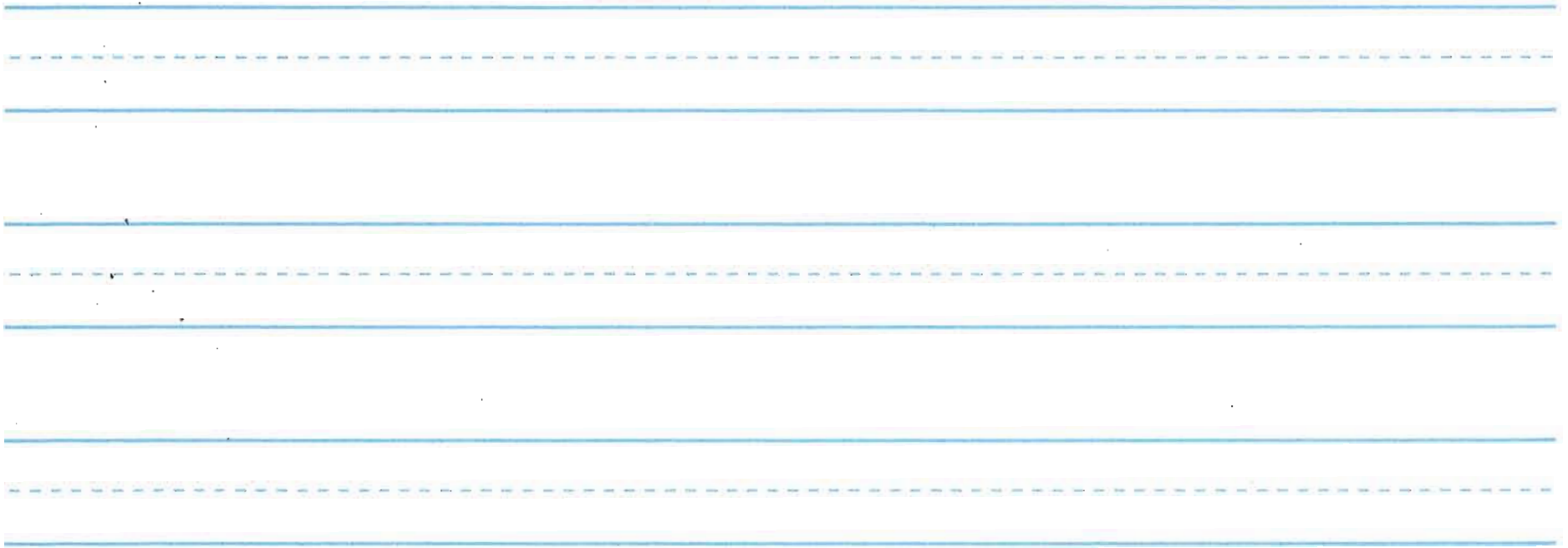


"A child's life is like a piece of paper on which every passerby leaves a mark."



Handwriting Practice

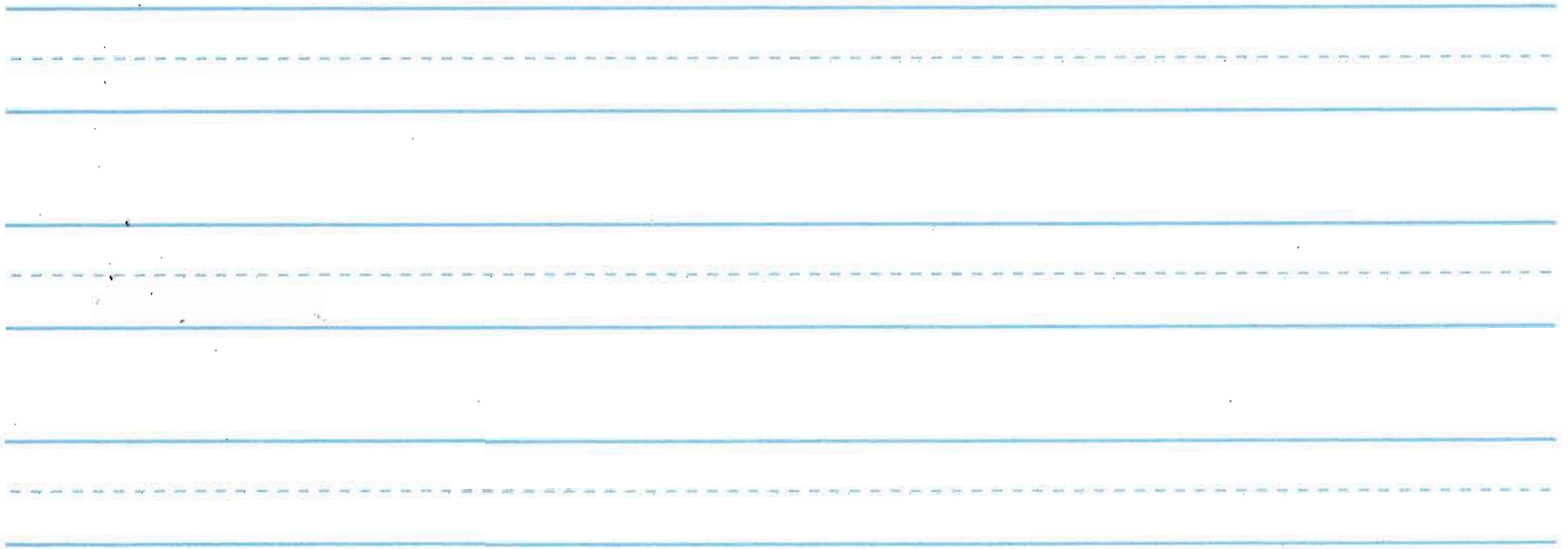
Happy 1st day!



Three sets of handwriting practice lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.

Handwriting Practice

Welcome to school.



Handwriting practice lines consisting of three sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.

Handwriting Practice

Welcome back to school.

The image shows three sets of horizontal handwriting practice lines. Each set consists of a solid top blue line, a dashed middle blue line, and a solid bottom blue line, providing a guide for letter height and placement.

Congratulations!

can hold a pencil correctly!



Teacher: _____

Date: _____

Congratulations!

can hold a pencil correctly!



Teacher: _____

Date: _____

Congratulations!

can hold a pencil correctly!



Teacher: _____

Date: _____

Congratulations!

can hold a pencil correctly!



Teacher: _____

Date: _____