

BOOK
2/7

My Writing Workbook

Trace • Copy • Write Your Own



Hold the pencil right. Sit tall. Begin!

Modern Day Syllabus • Prep Class • Book 2 of 7



I'm Penny — let's write!

In Nursery, you traced letters.

Now your hand is strong enough
to write WORDS and SENTENCES.



Start by tracing the faint letters.
Then copy on the empty lines below.
Then try writing your very own.

Take your time. Soft hand. Big smile.

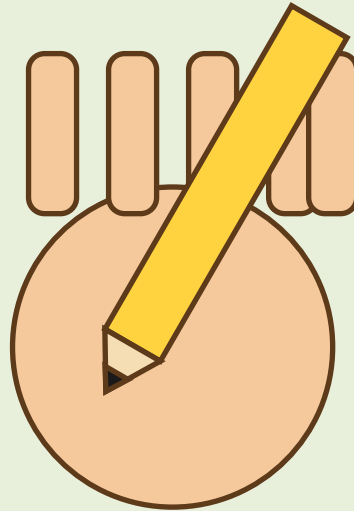


How to use this book



1. Hold the pencil with three fingers — thumb, pointer, middle.
2. Sit tall. Feet flat. Paper tilted toward your writing hand.
3. First trace the FAINT letters. Move slow.
4. Then copy the word on the lines below.
5. On sentence pages, copy the whole sentence.
6. Letters sit ON the bottom line. Tall letters touch the top line.
7. 10 minutes a day is plenty. Hands need rest!

Quick reminder: the tripod grip



- Thumb on one side
- Pointer finger on top
- Middle finger supports
- Other 2 fingers tucked
- Soft grip — not tight!

Trace the word. Then copy it on the lines.

cat

cat

dog

dog

sun

sun

bus

bus

Trace the word. Then copy it on the lines.

red

red

blue

blue

ten

ten

big

big

Trace the word. Then copy it on the lines.

hat

hat

pen

pen

jam

jam

fox

fox

Trace the word. Then copy it on the lines.

mom

mom

dad

dad

cup

cup

run

run

Trace the word. Then copy it on the lines.

hen

hen

kit

kit

log

log

pig

pig

Read it. Trace it. Copy it.



The cat is fat.

The cat is fat.

Handwriting practice lines for the sentence "The cat is fat." consisting of a solid top line, a dashed middle line, and a solid bottom line.

I see a red sun.

I see a red sun.

Handwriting practice lines for the sentence "I see a red sun." consisting of a solid top line, a dashed middle line, and a solid bottom line.



Read it. Trace it. Copy it.



My pen is in my bag.

My pen is in my bag.

Handwriting practice lines for the sentence "My pen is in my bag." consisting of a solid top line, a dashed middle line, and a solid bottom line.

We run in the park.

We run in the park.

Handwriting practice lines for the sentence "We run in the park." consisting of a solid top line, a dashed middle line, and a solid bottom line.



Read it. Trace it. Copy it.



I love my mum and dad.

I love my mum and dad.

Handwriting practice lines consisting of two sets of three horizontal lines each: a solid top line, a dashed middle line, and a solid bottom line.



WRITE YOUR OWN NAME



My name is...



Ask a grown-up to write your name once in the top space, then trace and copy.

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



FILL IN THE BLANK

Finish the sentence — write one word

My favourite color is _____.

(write a color)

I like to eat _____.

(write a food)

My best friend is _____.

(write a name)

Tips for beautiful writing



- * Letters sit ON the baseline.
- * Tall letters (b, d, h, k, l, t) touch the top line.
- * Letters with tails (g, j, p, q, y) drop below the baseline.
- * Leave a small finger-space between each word.
- * Capital letters at the start of a sentence. Full stop at the end.
- * If you make a mistake, that's okay — just try again.



Certificate of Achievement

◆ ————— ◆
I can trace, copy and WRITE my own words and sentences!

This certificate is proudly presented to:

(write the child's name here)



Haris Naseer

Modern Day Syllabus • Foundations Series

Founder & CEO, Modern Day Syllabus



A short note for parents and teachers



What this book builds:

- letter-formation muscle memory (trace, copy, write-from-memory progression)
- 20 simple words in 5 graduated sets (CVC, colour words, common nouns)
- 5 sentence-copying spreads (capitals, finger-spaces, full stops)
- self-expression: name-writing + fill-in-the-blank prompts

How to teach writing well at age 5:

- 10 minutes only. Hands get tired fast — short and joyful wins.
- let your child print pages and re-do them. Repetition is mastery.
- never erase their work or 'fix' it visibly. Model the correct form beside it.
- praise EFFORT and posture: 'You're sitting so tall today!'
- put their finished pages on the fridge. Pride fuels practice.

Coming next in PREP:

- My Maths World — counting to 100, +/- to 20, patterns
- Plus 4 more Prep books to round out the foundation.

Modern Day Syllabus • job-ready, idea-ready, world-ready by Class 10.