

# HANDWRITING HEROES!

## Catalog

Dear Handwriting Enthusiasts,

Handwriting Heroes (HH) is the culmination of over a decade of research and development. Even in this age of technology, learning to handwrite is essential. Since limited time is one of the greatest constraints to explicit handwriting instruction, the HH methodology is specifically designed to expedite the instructional process and to get kids writing as soon as possible.

The curriculum starts with lowercase letters which are sorted into five groups by their common stroke. For example, all the skydivers start by skydiving straight down. The repetition of the same



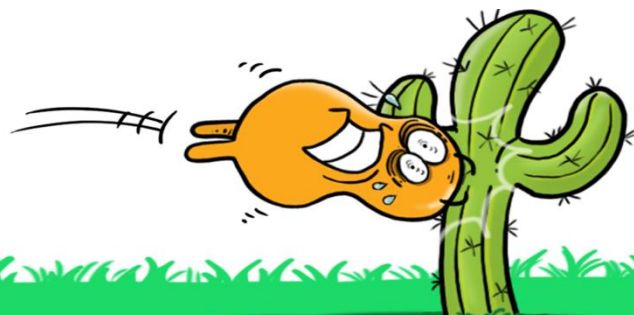
movement from one letter to the next promotes rhythmic writing. After just five weeks, students are ready to write three-letter words and then soon thereafter graduate to short phrases. The uppercase alphabet is taught as soon as the lowercase letters become habitual.

Children love the whimsical stories that explain **WHY** the letters are formed the way that they are. The playful heroes and their humorous antics make it easy to remember the steps to form the letters.

Clicking on the images or links in this catalog will direct you to the product. I hope your students enjoy the program and derive endless benefits from learning to write! Please feel free to email me at [cheryl@appytherapy.com](mailto:cheryl@appytherapy.com) if you have any questions or feedback!

Happy Handwriting!

Cheryl Bregman



# PRINTABLES

## THE SUPERHEROES



### Pre-K Printing

Inspire a love of letters through playful, multisensory activities. Pre-K Printing uses finger tracing, rainbow writing and pin punching to jump start letter exploration.



### Lowercase

Transform handwriting instruction: Teach four to six letters per week, give meaning to letter formations through stories, and use short, targeted exercises instead of drill-and-kill worksheets!

The lowercase workbook is the cornerstone of the Handwriting Heroes program. It includes a teacher's guide, letter worksheets, song lyrics, and summary worksheets.



### Print Practice

Instill confidence in young writers by providing daily practice. Print practice first emphasizes refinement of letter formation, using CVC and Dolch words, to improve motor memory and fluency. Thereafter, it focuses on decreasing letter size as students develop better pencil control, adding appropriate spacing between words and increasing handwriting speed.



### Uppercase

Imagine your students' surprise when they discover that they already know 7 upper case letters (C, O, S, V, W, X, and Z) because, except for the line placement, they are identical to the lowercase ones. These are the *Double Trouble* letters. The other two groups - *Super Similar* and *Dangerously Different* – are also based on how similar or different the uppercase is to its lowercase counterpart and taps into the students analytical skills.



### Number Worksheets

Rhyming words and vivid imagery make it easy to recall the number forms.

And now, I feel compelled to state it in a poem:

Words that rhyme  
And images sublime  
Make it easy to learn zero to nine  
So they don't whimper and whine!

(Thanks for indulging me ☺)



### Mega Bundle

The Mega Bundle includes ALL the Handwriting Heroes printables made to date, and will continue to grow as new products are added.

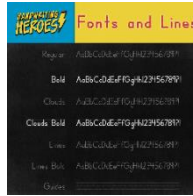
# THE SIDEKICKS



## Alphabet Writing Speed

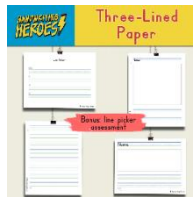
Motivate students to improve their writing speed by charting their progress.

This resource includes 9 graphs (one blank and 8 with descending time increments), as well as suggested speed guidelines for kindergarten through 3rd grade.



## Font

Create worksheets and materials using the Handwriting Heroes Font to model correct letter formation and line placement. The font was specifically designed to highlight the continuous stroke which reduces reversals and minimizes the need to lift the pencil.



## Three-Lined Paper

Using the right line size is one of the easiest ways to improve legibility. The Line Picker Tool quickly measures the best width for each student by matching it to their letter size.

This packet includes three widths (small, medium and large) in multiple layouts.



## Get Ready to Write!

Ensure that your students are “sitting up tall” and positioning their paper, pencil and helping hand correctly. Get Ready to Write! is a great way to start a writing activity or as a “re-set” to adjust poor posture or awkward pencil grips.



## Desk Strips & Name Plates

Place an alphabet strip on each student’s desk to provide them with an easy reference for letter writing and letter sounds. The name plates are a great way to model correct name writing using the Handwriting Heroes lines.



## Lowercase Activity Cards

Laminate the Activity Cards for endless exploration! Kids can spell out the words; form playdough letters; shape Wikistiks; place buttons, coins, or cheerios on top of the letter; trace the letter with a dry-erase marker; or make rainbow letters.



## Letter Cards

Practice handwriting skills while playing word building games. This resource includes 32 double-sided letter cards, 4-word grids, 4 large letter boxes, and 5 activity ideas.



## Crowns

Celebrate success as students master a letter group, or when they have put forth their best effort! Choose from 3 different crown designs to congratulate your handwriting heroes for a job well done!

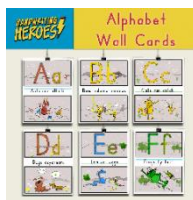


## Spanish Letters

Ten unique Spanish letters and sounds to be used alongside the lowercase workbook.

## Wall Cards

Display beautifully illustrated wall cards in your classroom for easy reference.



APP



## iPad App

Capture your students' attention and get them to eagerly practice their letters over and over again. Set the level of difficulty to match their ability level and ensure that they follow the correct motor path.

By guiding the animated character through the letter path the students learn the story sequence and become familiar with the motion.

# VIDEOS

## INSTRUCTIONAL VIDEOS



### Video Bundle

Edutainment plus movement = visual, auditory, and kinesthetic learning! Watch the animations, sing along with the catchy songs that highlight the common stroke, and then air write the letters.

The animations are extremely effective in explaining the dynamic process of letter formation to help the learner build an accurate mental model.



**Note:** The Video Bundle enables you to download all five of our Handwriting Heroes videos directly to your device and view them anytime, without requiring a Wi-Fi connection.

## PROFESSIONAL DEVELOPMENT VIDEOS

### Teaching Handwriting



#### 5 Essential Practices

Discover the five core principles for making handwriting instruction highly effective and engaging. Learn practical strategies that can be implemented to incorporate best practices in your classroom.



#### Don't Forget Your Lines

The use of lines is critical to handwriting development. Our classroom tips and strategies demonstrate how you can use three-lined paper to help students with letter formation, spacing, letter size, and correct placement of letters on the writing line.



#### Fun with Handwriting

Watch this amazing young boy with Down Syndrome learn to write all his lower-case letters in just three months! The video highlights best practices and strategies used in handwriting instruction.