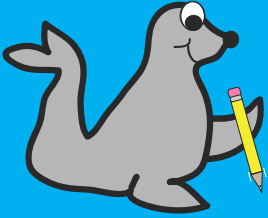


First Strokes®

2024 Catalog



Multi-sensory Fine Motor, Handwriting and
Keyboarding Programs

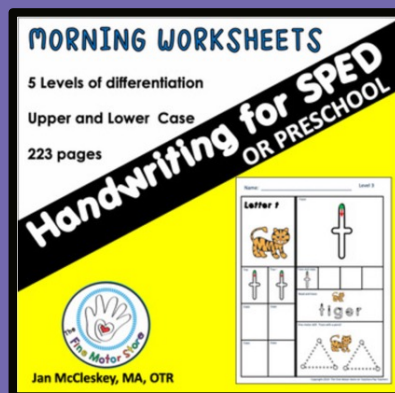


Over 300 Digital Products available
from The Fine Motor Store, at
www.TeachersPayTeachers.com



Sponsor a First Strokes®
Fine Motor and
Handwriting Workshop!

Developed by:
Jan McCleskey, MA, OTR
The Handwriting Clinic™



WHO WE ARE:



The Handwriting Clinic™ The Handwriting Clinic has provided 20 years of handwriting classes and private therapy. After 20 years, we now do teletherapy services only and continue to provide inservice training for school districts and therapy facilities



First Strokes® is our line of handwriting products. These products are available to school districts, therapy clinics and individuals. The First Strokes® Handwriting Programs are motoric and multi-sensory programs that focus on letter formation within letter groups categorized by their “First Stroke”. We sell handwriting products for preschool or adapted handwriting for special needs, kindergarten, advanced print (first grade) and cursive. We also have a legibility program for 2nd grade – 5th, as well as a teen – adult handwriting legibility program. The legibility programs focus on sizing, handwriting speed errors, and generalization skills to fill in the blank worksheets and notebook paper. Our programs are available as **individual licenses** (for a parent, or a therapist or teacher who is working with their class or caseload) or as **building licenses** (an entire grade level or therapy clinic can use the program – site/building specific). All fine motor and handwriting products from First Strokes (excluding the pencil gymnastics kit) are available from the First Strokes catalog or as downloads for The Fine Motor Store on Teachers Pay Teachers. While hard copy workbooks can be purchased from the First Strokes® catalog a popular request was for teachers and therapists to have a digital copy of the program. Therefore we made all our products digital in 2018. The digital versions have supportive materials included with the workbooks.



The Handwriting Clinic Workshops: Your facility can sponsor a fine motor and handwriting workshop! Topics can be targeted to your facilities needs. Topics can include: fine motor skills/pencil grasp, multi-sensory handwriting – can be non-program specific, keyboarding, cursive, letter and number reversals, dysgraphia, etc.



The Fine Motor Store: There are **+ 300 products** in The Fine Motor Store on www.TeachersPayTeachers.com! Just search for The Fine Motor Store!

Fine Motor: Scissors skills, tongs labs, preschool and kindergarten centers, special education work bins, pencil skills, eye hand coordination activities are available in different themes!

Adapted Handwriting: Simple handwriting programs, levels of differentiation. Generalized writing activities with picture/word support.

Handwriting: All First Strokes® products are available as digital downloads. There are more handwriting activities.

Keyboarding: Keyboarding program

Freebies: Many freebies and more are posted several times a year. Follow The Fine Motor Store on the Teachers Pay Teachers website or follow The Fine Motor Store on Facebook or Instagram to get notice of new freebies.

Bundles: Save \$\$\$ with bundles of some of our products for a deep discount

Reversal Programs: Letter or number reversal programs. These are the same programs we use at The Handwriting Clinic™ with our students!

Sponsor a Workshop!

Inservices/Workshops:

Fun, Interactive Workshops!



First Strokes Workshops: The Handwriting Clinic is an AOTA approved provider of inservices. Our workshops are online self-study courses approved for AOTA CEU's. <https://the-handwriting-clinic.newzenler.com>

Facility Workshops:

School districts and educational facilities can hire Jan to present workshops on handwriting skills, fine motor skills and keyboarding, including First Strokes workshops. Jan can bring multi-sensory lab stations. To inquire, please visit our First Strokes website for a general quote for an inservice or call The Handwriting Clinic at 972 633-1974. The Handwriting Clinic does not co-sponsor workshops, so continuing education credit will be awarded through the hiring facility. Jan can do workshops geared specifically for teachers, preschool - 1st grade teachers, 2nd grade - 5th grade teachers, dyslexia coordinators and/or occupational therapists. A general quote for an inservice will have pricing and several available outlines for various workshops and is on our website.

Workshop attendees receive 200 fine motor and writing activities just for attending!

**First Strokes
Preschool Inservice**

Fine Motor and Pre-Handwriting Skills
SCRIBBLES TO SHAPES

**First Strokes Pre-k to
1st Grade Inservice**

First Strokes Multi-sensory Fine Motor
and Handwriting Skills Inservice

**First Strokes Eliminate
Dysgraphia Teacher Workshop**

For teachers, dyslexia therapists,
occupational therapists that work with
students 2nd grade and above.

**First Strokes Inservice for
Occupational Therapists**

First Strokes Multi-sensory Fine Motor
and Handwriting Skills Inservice
ONE DAY INSERVICE OPTION

**First Strokes Inservice for
Occupational Therapists**

TWO DAY INSERVICE OPTION

Eliminate Dysgraphia

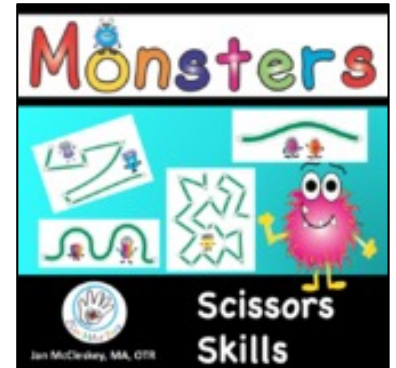
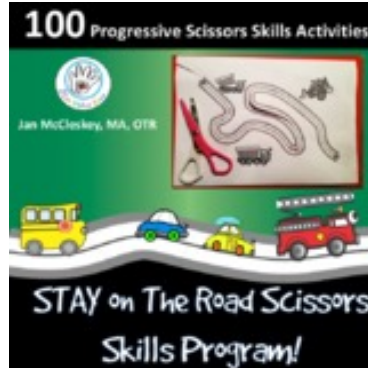
Day 2: Eliminate Dysgraphia -

BUILD YOUR OWN FINE MOTOR THERAPY KIT: (from The Fine Motor Store)

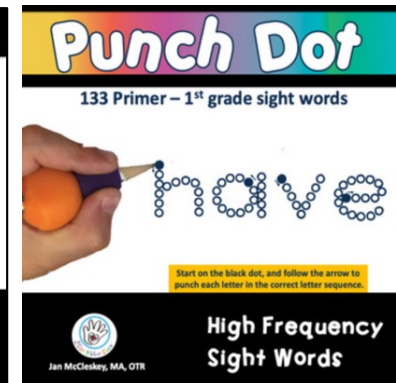
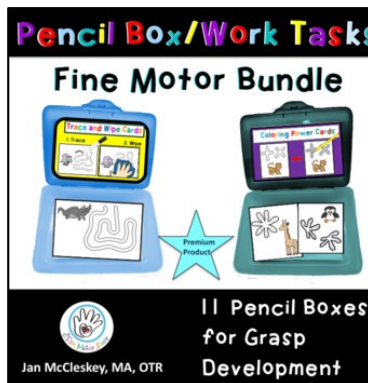


These are just some of the **300+ products** in **The Fine Motor Store** on Teachers Pay Teachers. Search for The Fine Motor Store at www.TeachersPayTeachers.com. "Follow" The Fine Motor Store for **freebies**, and new product announcements – 50% off all new products the first 24 hours!

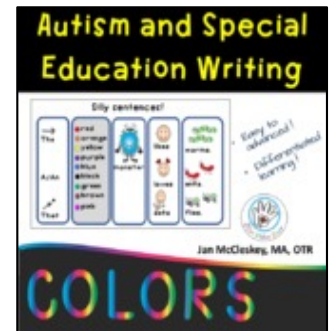
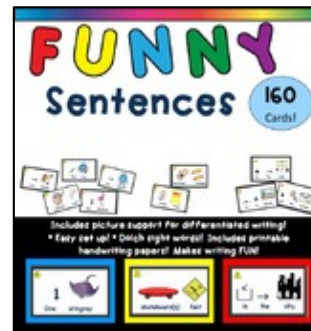
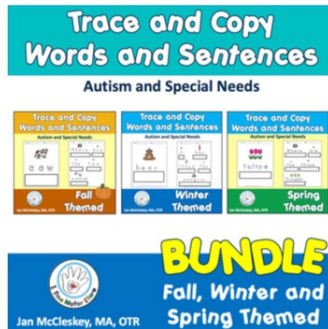
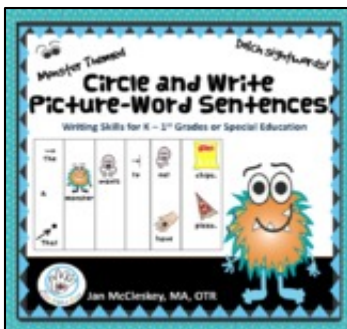
Scissors Labs



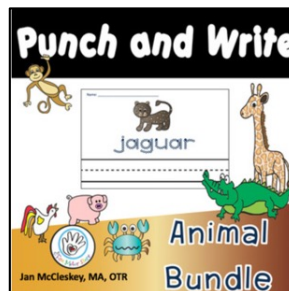
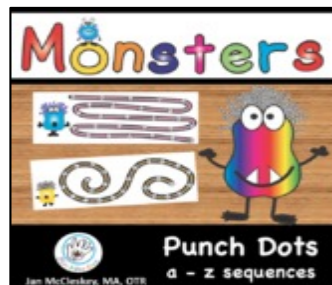
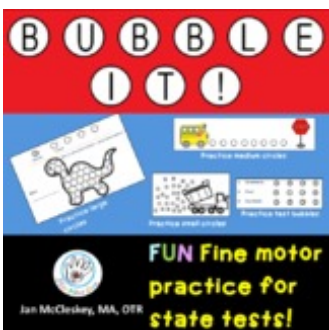
Fine Motor Kits



Writing Labs



Pencil Labs/Eye Hand Coordination Labs



Follow The Fine Motor Store on Facebook or Instagram! Or click on store webpage to follow within the store. All new products are 50% off the first 24 hours!

Suggested First Strokes Products

Special Education:

First Strokes® Special Education Adapted Handwriting Program

The Fine Motor Store has adapted handwriting worksheets, picture/word sentences, fine and visual motor activities, eye-hand coordination activities, scissors skills programs, and many specific products for autism and special needs.

Preschool – Pre-K

First Strokes Preschool Program (digital license available*)

Fine motor centers and activities from The Fine Motor Store on TPT!

Kindergarten

First Strokes Multi-sensory Handwriting Program (digital license available)

Fine motor centers and activities from The Fine Motor Store on TPT!

Middle of Kindergarten/First Grade:

First Strokes Advanced Block or Advanced Snail Tails Program
(digital license available for block style)

STOP Letter Reversals Program on TPT

STOP Number Reversals Program on TPT

Fine motor centers and pencil warm-up activities from The Fine Motor Store on TPT!

2nd/3rd Graders – 5th graders:

Print Legibility Workbook (- 2nd – 5th gr edition (digital license available)

First Strokes Cursive Program

First Strokes Keyboarding Program

Teens/adults:

Print Legibility Workbook (teen/adult edition) (digital license available)

First Strokes Cursive Program

First Strokes Keyboarding Program

* Digital Handwriting Programs - available from the First Strokes catalog on USB or Teachers Pay Teachers (The Fine Motor Store) as a download. Choose individual licenses or building licenses. Building licenses are appropriate for school districts, schools, clinics. Hard copies of just the individual workbooks are available from the First Strokes® catalog only.

FIRST STROKES HANDWRITING FOR SCHOOLS:



Building Licenses/Individual Licenses

An individual license allows one user to access files for their own students. A building license allows multiple users within one building to access program files for their students. A district would need to purchase a building license for each building.

Licenses (both individual and building licenses) available from:



Available on **USB drive** from the First Strokes catalog:



As a **digital download**:

www.TeachersPayTeachers.com

(Search for The Fine Motor Store, then “First Strokes”)



Building Licenses/Individual Licenses

The most cost-effective handwriting programs available!

Individual license: TPT download	Individual license: USB (FIRST STROKES CATALOG)	Building license: TPT download	Building license: USB (FIRST STROKES CATALOG)
\$90.00	\$115.00	\$200.00	\$225.00
\$90.00	\$115.00	\$200.00	\$225.00
\$90.00	\$115.00	\$200.00	\$225.00
\$40.00	\$65.00	\$150.00	\$175.00
\$40.00	\$65.00	\$150.00	\$175.00
\$40.00	\$65.00	\$150.00	\$175.00

First Strokes Multi-sensory Preschool/Special Needs Handwriting Program

First Strokes Multi-sensory Handwriting Program (K)

First Strokes Advanced Print Handwriting Program (1st grade)

First Strokes Print Legibility Program (2nd – 5th grade)

First Strokes Print Legibility Program (teen - adult)

First Strokes Cursive Handwriting Program (2nd/3rd grade)

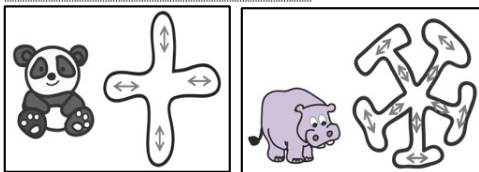
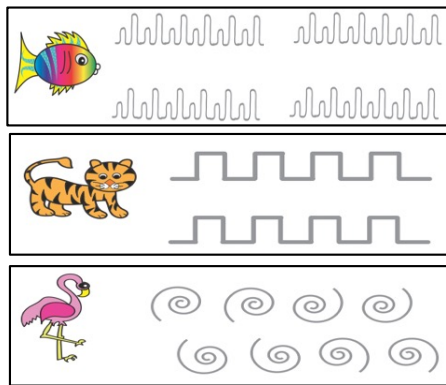
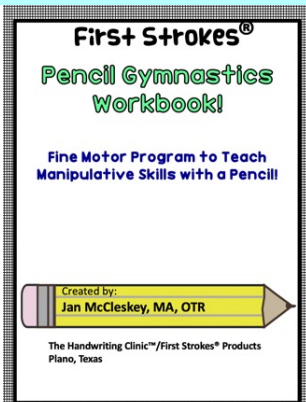
First Strokes Pencil Gymnastics Kit!

#2111 First Strokes Pencil Gymnastics Grasp Kit \$38.00

UPDATED 2020: More fine motor activities for tongs with blocks,! Also has more coloring labs! Updated graphics. This kit is most appropriate for 4 – 8 year olds as a fine motor program for grasp development on a pencil. It may also be used for older students. The Instructors Manual has section on atypical grasp patterns and remedial activities specific to each grasp pattern. There is a section on the “TIP grip protocol” to train teachers and therapists to work with developing co-contraction to flex and bend the thumb IP joint, in order to obtain a more manipulative grasp. This kit will get a teacher started in the right path to implement classroom fine motor labs. The student workbook has reproducible sheets on how to hold a pencil - important to send home for parent training.

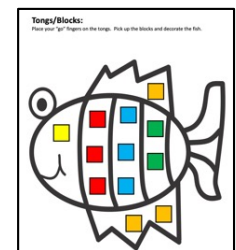
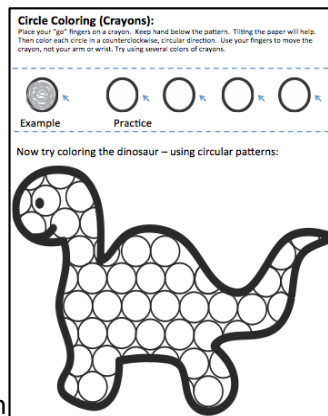
Teach students to use a correct grasp on tongs and writing instruments. The students will learn a variety of exercises using manipulatives in the kit to teach radial manipulation/ulnar stabilization skills. Pictures of activities are included for non-readers. “Challenges” are given on each page for a student to complete. The student workbook will include tracing pages for the students to keep their hand below the writing line and develop manipulative skills with a pencil. A parent-teacher manual is included

\$38.00 Includes: parent/teacher manual, student grasp workbook, set of manipulatives: (1 pair tongs, 36 ½ inch cubes, pencil,). Use to set up fine motor lab for a class!



Printable tracing labs

Printable coloring labs – teach to change direction when coloring.



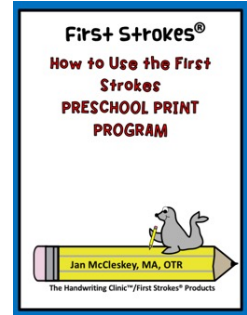
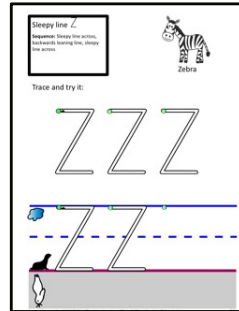
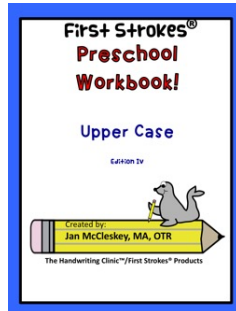
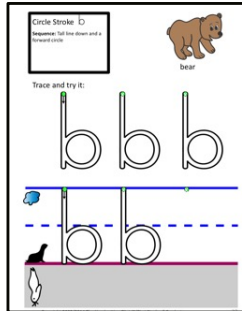
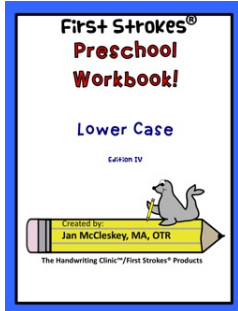
Printable tongs labs

First Strokes PRESCHOOL/SPECIAL NEEDS Program

First Strokes Preschool Workbooks (age 3 - 4)

The First Strokes Preschool workbooks have a section on stroke development with tracing activities that can be used in conjunction with the Billy the Seal Storybook. Each workbook contains a section where students trace the First Strokes of the letters, and a individual letter section where students trace letters using correct sequencing skills. Prior to tracing the strokes and letters in the workbook, students should practice the letters using multi-sensory, kinesthetic teaching strategies outlined in the instructor's manual. **It is recommended that users purchase the digital license.**

Workbooks

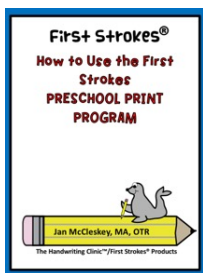


There is a FREE copy of the instructor's manual for the preschool workbooks under the Products section at www.TheHandwritingClinic.com

Hard Copies of Workbooks:

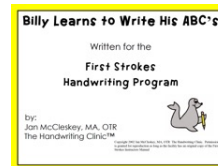
#2108-LC Pre-School Workbook Lower Case – Single Copy	\$12.00
#2108-UC Pre-School Workbook Upper Case – Single Copy	\$12.00
#2108a-LC Pre-School Workbook Lower Case – 5 Pack	\$50.00
#2108a-UC Pre-School Workbook Upper Case – 5 Pack	\$50.00

Full Preschool/Special Needs Program Kit only available as a digital product. Includes: Both workbooks (described above) plus the following files:
(It is recommended to purchase a digital version – with many extra activities included!)

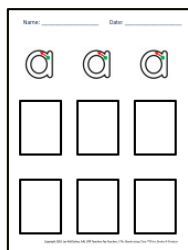
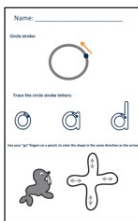


How to Use the First Strokes Program:
 Comprehensive training document for staff. Discusses how to make this handwriting program work for young students through:

1. Large motor activities
2. Medium motor activities
3. Small motor activities (workbook)
4. Multi-sensory activities



Billy Learns to Write His ABC's Storybook to introduce the First Strokes



Extra practice or homework printables: This is an additional workbook with more practice sheets that can be used as homework or extra practice within the classroom. Very simple – trace the outline letter, then copy in the correct sequence in the boxes below!



The preschool files include large printable letters for general multi-sensory practice!

- Form letters with:**
- Tracing
 - Sponge paint
 - Q-tip tracing
 - Play-dough
 - Punch out

Use as wall posters too!


Printable letter introduction pages: Stroke practice, outline letter trace practice plus a fine motor warm-up. Perfect for centers or small group practice!

Extra files for digital version continued on next page!

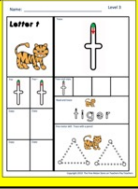


MORNING WORKSHEETS
 5 Levels of differentiation
 Upper and Lower Case
 223 pages

Handwriting for SPED OR PRESCHOOL

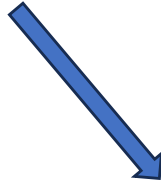


Jan McCleskey, MA, OTR

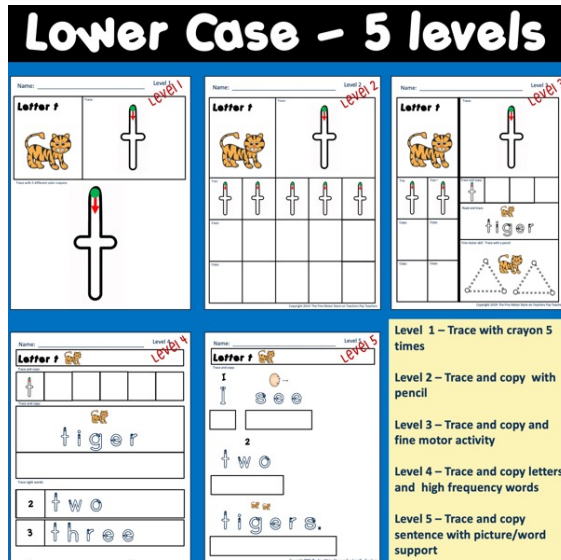


223 morning worksheets - 5 levels

Morning worksheets include 5 levels from tracing, to copying sentences using high frequency sight-words with picture support. Perfect for extra practice!



Lower Case - 5 levels



Level 1 – Trace with crayon 5 times

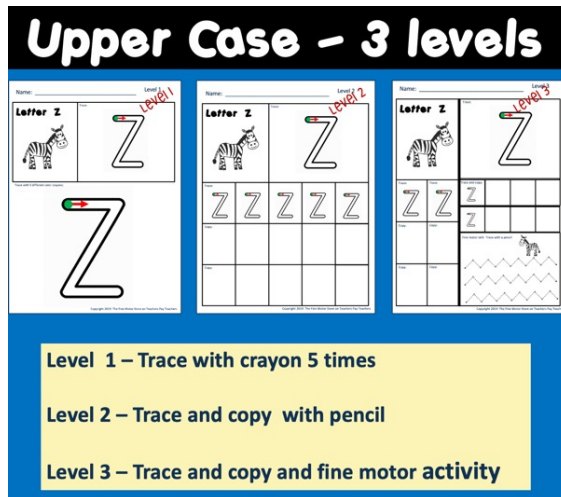
Level 2 – Trace and copy with pencil

Level 3 – Trace and copy and fine motor activity

Level 4 – Trace and copy letters and high frequency words

Level 5 – Trace and copy sentence with picture/word support

Upper Case - 3 levels



Level 1 – Trace with crayon 5 times

Level 2 – Trace and copy with pencil

Level 3 – Trace and copy and fine motor activity

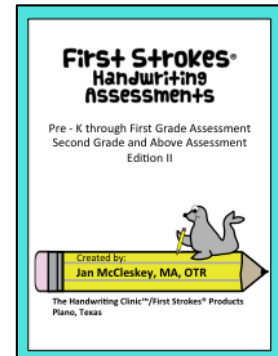
First Strokes Preschool Program Digital Licenses:

TPT Product	Digital Bundle Download (single or classroom license)– Allows printable copy of the workbook/program files. Download available from The Fine Motor Store on Teachers Pay Teachers. Perfect for one classroom or individual use. Preschool Lower and Upper-Case Multisensory Workbooks, Billy the Seal Storybook, teaching modules, multi-sensory letter pages, simple practice sheets. Perfect for one classroom or clinic. Available from The Fine Motor Store on Teachers Pay Teachers.	\$90.00
TPT Product	Digital Bundle Download (building license for copy of workbooks)– Building license for multiple uses within a school. Allows printable copy of both workbooks in color. Preschool Lower and Upper Case Multisensory Workbooks, Billy the Seal Storybook, teaching modules, multi-sensory letter pages, simple practice sheets. Available from The Fine Motor Store on Teachers Pay Teachers.	\$200.00
2108-IND	Preschool Program – USB drive individual license	\$115.00
2108 -USB	Preschool Program –USB drive building license: You can buy a building license directly from The Handwriting Clinic on USB.	\$225.00

First Strokes Multi-sensory Handwriting Kit (pre-K - K)

PRODUCTS IN HARD COPY OF KIT

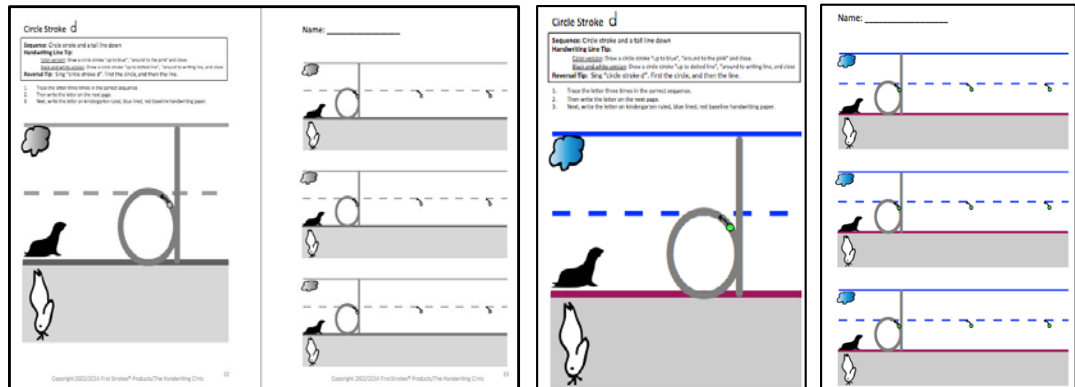
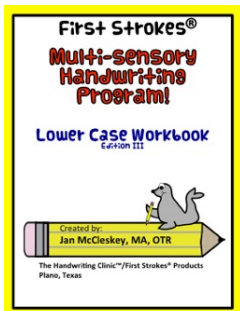
- First Strokes Instructors Manual
- Billy Learns to Write His ABC's storybook
- First Strokes Handwriting Assessments
- Lower case workbook (2 pages per letter, 78 pages)
- Upper case workbook (2 pages per letter, 76 pages)
- This kit does not include a digital license of the workbooks. Includes 2 hard copy workbooks for single use.



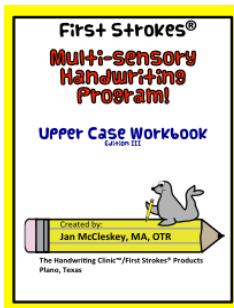
First Strokes Handwriting Assessments

Workbooks

These workbooks are appropriate for Pre-K – the middle of Kindergarten. It is recommended that the Advanced Print Block or Snail Tails workbooks be used from the middle of K and above.

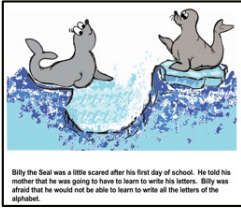


* Hard copies are in black and white. Digital copies may be printed in color.



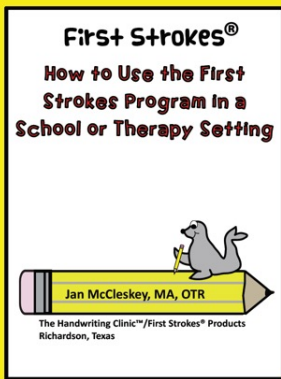
Multi-sensory Lower or Upper Case Print Workbooks - Includes large letter page for tracing, and practice page with handwriting lines gradually decreasing in size, for each letter. Separate books for upper and lower case letters. Letters are categorized by their First Stroke. These are very comprehensive workbooks, and are printed in several gray scale colors to visually adapt handwriting lines for cognitive and perceptual cues. It is designed to be used with kinesthetic and multi-sensory strategies outlined in the First Strokes Instructors Manual. This workbook was developed so a student can quickly generalize to standard three-lined handwriting paper. *** The digital licenses allows for color printing if desired!

Billy Learns to Write His ABC's Storybook



Billy the Seal Learns To Write His ABC's Storybook (in color): Children's book written to introduce the First Stroke concepts of using the First Stroke to draw letters. Billy comes home from school and is not sure that he can learn his ABC's. His mother tells Billy that it is just like when Billy learned to swim. All Billy had to learn was a few strokes, and he could dive and splash and play in the Big Lagoon. Mrs. Seahorse, Billy's teacher, teaches Billy the First Strokes so he can learn to draw his letters. Billy soon feels confident that he can learn to draw all the letters of the alphabet.

The kit comes with an Instructors Manual. This is also available as a free download from our website.



How to Use the First Strokes Program: Comprehensive training document for staff. Discusses how to make this handwriting program work for young students through :

1. Large motor activities
2. Medium motor activities
3. Small motor activities (workbook, handwriting paper)
4. Generalization activities
5. Motoric/kinesthetic review activities to get visual memory and motor patterning of letters to an automatic basis. Includes printables.

There is a FREE copy of the instructor's manual for the First Strokes Multi-sensory Handwriting workbooks under the Products section at www.TheHandwritingClinic.com. The download includes some extra printables for students.

First Strokes Multi-sensory Handwriting Kit (Hard copy)

#2101	First Strokes Multi-sensory Handwriting Kit:	\$75
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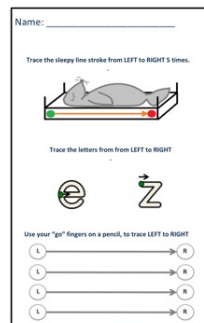
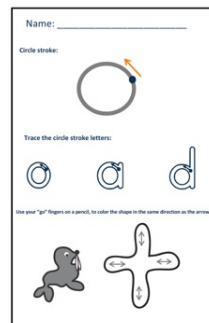
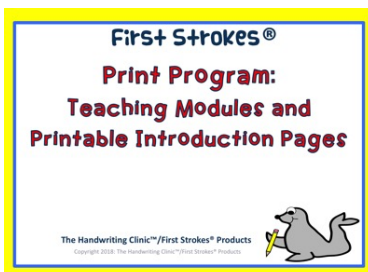
Hard Copies (workbook only):

#2103-LC	Multi-Sensory Handwriting Student Workbook Lower Case – Single Copy	\$14.00
#2103-UC	Multi-Sensory Handwriting Student Workbook Upper Case – Single Copy	\$14.00
#2103a-LC	Multi-Sensory Handwriting Student Workbook Lower Case – 5 Pack	\$60.00
#2103a-UC	Multi-Sensory Handwriting Student Workbook Upper Case – 5 Pack	\$60.00

First Strokes Multi-sensory Handwriting Kit (Digital copy)

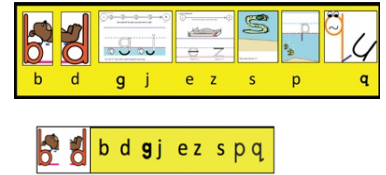
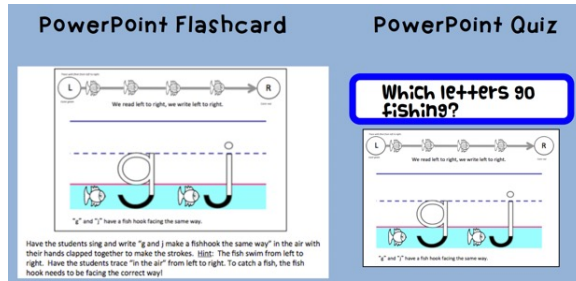
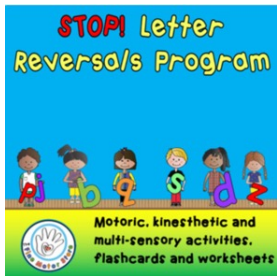
It is recommended to purchase the digital copies of the First Strokes Multi-sensory Handwriting Program as it comes with many more resources!

Digital licenses include the lower and upper-case workbooks, the instructor's manual, Billy Learns His ABC's storybook plus the following extra products:

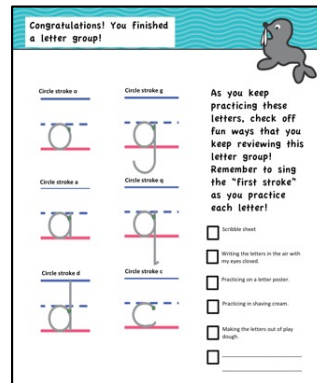
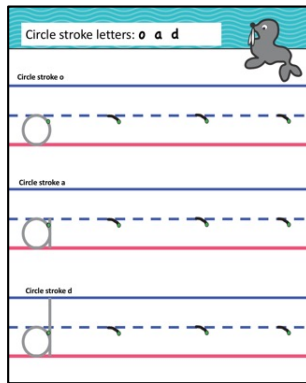
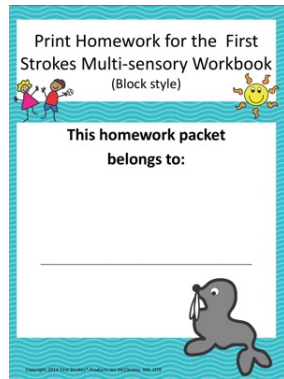


Teaching modules and printable introduction pages

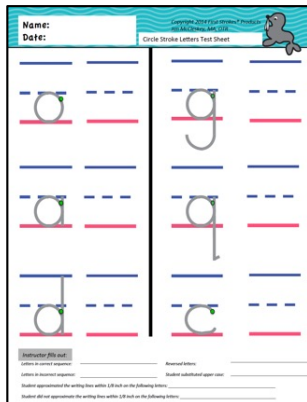
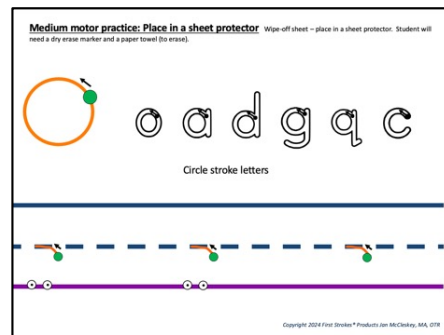
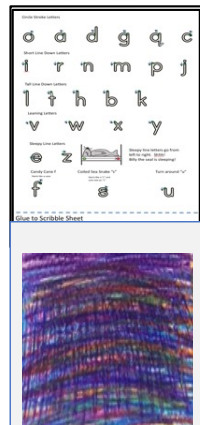
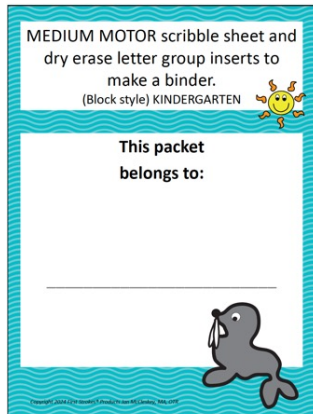
Extra files for digital version continued on next page! →



Digital version includes the full Stop! Letter Reversals Program. Worksheets, activities for concepts. Printable reversals flashcards and activities. Print and place on pencils, folders or desktop to cue students to correctly write the commonly reversed letters. Also includes pencil and desk toppers of the strategies to provide visual cues.



Homework printables and parent activities: This is an additional workbook with more practice sheets that can be used as homework or extra practice within the classroom. Includes multi-sensory activities for parents.



Grading Rubrics Instructor can take data on students handwriting as the students learn letter groups.

Instructor fills out:

Letters in correct sequence: _____ Reversed letters: _____

Letters in incorrect sequence: _____ Student substituted upper case: _____

Student approximated the writing lines within 1/8 inch on the following letters: _____

Student did not approximate the writing lines within 1/8 inch on the following letters: _____

Extra files for digital version continued on next page!

MORNING WORKSHEETS
5 Levels of differentiation
 Upper and Lower Case
 223 pages
Handwriting
k - 1st

Jan McCleskey, MA, OTR

223 Morning worksheets: This is an additional downloadable file with 5 levels of lower-case handwriting activities and 3 levels of upper-case handwriting activities. Uses high frequency sightwords and has picture support.

Lower Case - 5 levels

Level 1 Level 2 Level 3

Level 4 Level 5

Level 1 – Trace and copy with pencil
 Level 2 – Trace and copy and fine motor activity
 Level 3 – Trace and copy letter worksheet
 Level 4 – Trace and copy letters and high frequency words
 Level 5 – Trace and copy sentence with picture/word support

Upper Case - 3 levels

Level 1 Level 2 Level 3

Level 1 – Trace with crayon 5 times
 Level 2 – Trace and copy with pencil
 Level 3 – Trace and copy and fine motor activity

Digital Versions Pricing:

First Strokes Multi-sensory Handwriting Program Licenses

TPT Product	Digital Bundle Download (single or classroom license) – Allows printable copy of both workbooks in color. Lower and Upper-Case Multisensory Workbooks, printable extra practice worksheets for homework/generalization skills, rubric, test sheets, STOP Letter Reversals Program, Billy the Seal Storybook and printable review books, Instructors manual, 223 morning worksheets, Handwriting assessment. Perfect for one classroom or clinic. Available from The Fine Motor Store on Teachers Pay Teachers. Available from The Fine Motor Store on Teachers Pay Teachers.	\$90.00
TPT Product	Digital Bundle Download (building license for copy of workbooks) – Building license for sharable files within a school. Allows printable copy of both workbooks in color. Lower and Upper-Case Multisensory Workbooks, printable extra practice worksheets for homework/generalization skills, rubric, test sheets, STOP Letter Reversals Program, Billy the Seal Storybook and printable review books, Instructors manual, 223 morning worksheets, Handwriting assessment. Perfect for multiple uses within a building. Available from The Fine Motor Store on Teachers Pay Teachers.	\$200.00
2101-IND	First Strokes Multi-sensory Handwriting Program USB drive individual license	\$115.00
2101-USB	First Strokes Multi-sensory Handwriting Program – USB drive building license – You can buy a building license directly from The Handwriting Clinic on USB.	\$225.00

First Strokes Advanced Print Program – hardcopies of workbooks

First Strokes Advanced Print Workbook – BLOCK PRINT STYLE

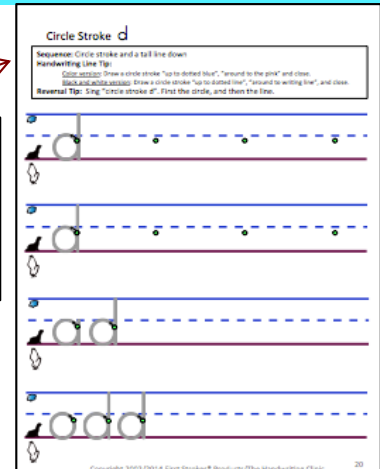
Sequence: Circle stroke and a tall line down
Handwriting Line Tip:

Color version: Draw a circle stroke “up to dotted blue”, “around to the pink” and close.

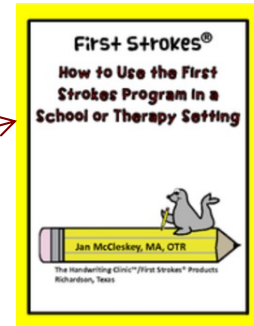
Black and white version: Draw a circle stroke “up to dotted line”, “around to writing line”, and close.

Reversal Tip: Sing “circle stroke d”. First the circle, and then the line.

INCLUDES: Upper AND Lower-Case Practice Pages!



If you purchase hard copies of print workbooks, please to www.TheHandwritingClinic.com and go to the Products section. Scroll down to download “How to Use the First Strokes Program in a School or Therapy Setting”. Our program incorporates multi-sensory strategies to teach letter formation and visual memory of the letters.



First Strokes Advanced Print Workbook – SNAIL TAILS STYLE

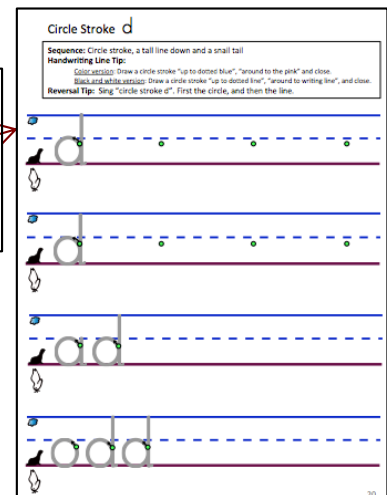
Sequence: Circle stroke and a tall line down and a snail tail
Handwriting Line Tip:

Color version: Draw a circle stroke “up to dotted blue”, “around to the pink” and close.

Black and white version: Draw a circle stroke “up to dotted line”, “around to writing line”, and close.

Reversal Tip: Sing “circle stroke d”. First the circle, and then the line.

INCLUDES: Upper AND Lower-Case Practice Pages!



The First Strokes Snail Tails Program was designed to teach adapted handwriting for students who struggle with legibility of standard D’Nealian style writing. By making the letters vertical, rather than slanted, students with weak visual motor skills have success with the First Strokes Snail Tails Program. Letters are still grouped by their “First Stroke” in our Snail Tails Program. Only available as a hard copy.

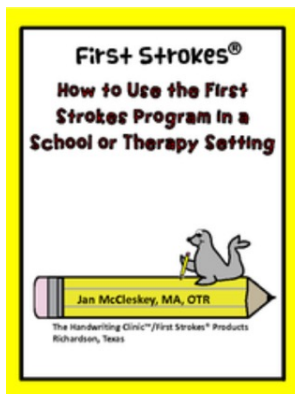
Hard Copies of Individual Workbooks:

#2110 First Strokes Advanced Print Block Workbook – Single Copy	\$14.00
#2110a First Strokes Advanced Print Block Workbook – 5 Pack	\$60.00
#2109 First Strokes Advanced Print Snail Tails Workbook – Single Copy	\$14.00
#2109a First Strokes Advanced Print Snail Tails Workbook – 5 Pack	\$60.00

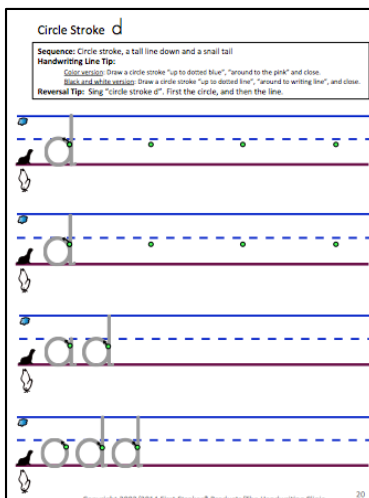
First Strokes Advanced Print Program (Digital copy)

It is recommended to purchase the digital copies of the First Strokes Advanced Program as it comes with many more resources than purchasing hard copies of workbooks individually!

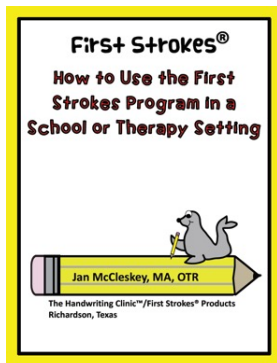
Digital licenses include a digital copy of the lower and upper-case workbooks, the instructor's manual, Billy Learns His ABC's storybook plus the following extra products:



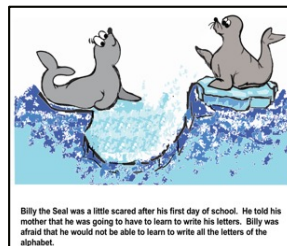
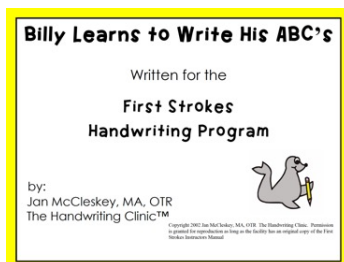
Includes a digital copy of the workbook. Two files: print in black and white or color.



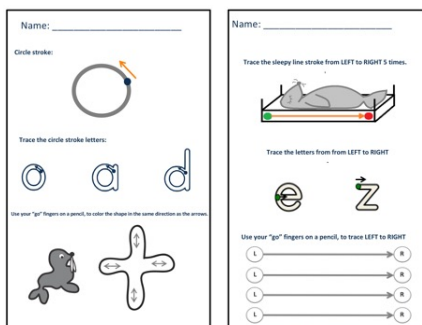
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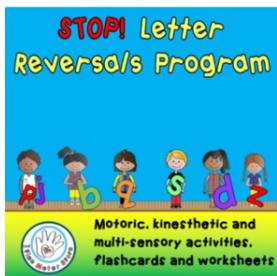
Instructor's manual



Billy the Seal Learns To Write His ABC's Storybook (in color): Children's book written to introduce the First Stroke concepts of using the First Stroke to draw letters. Billy comes home from school and is not sure that he can learn his ABC's. His mother tells Billy that it is just like when Billy learned to swim. All Billy had to learn was a few strokes, and he could dive and splash and play in the Big Lagoon. Mrs. Seahorse, Billy's teacher, teaches Billy the First Strokes so he can learn to draw his letters. Billy soon feels confident that he can learn to draw all the letters of the alphabet.



Teaching modules and printable introduction pages



PowerPoint Flashcard **PowerPoint Quiz**

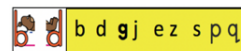
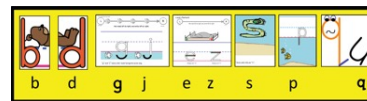
We read left to right, we write left to right.

Which letters go fishing?

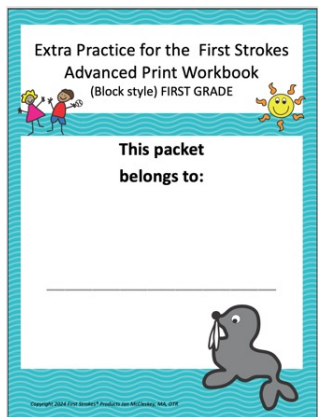
"g" and "j" have a fish hook facing the same way.

Have the students sing and write "g and j make a fishhook the same way" in the air with their hands clapped together to make the strokes. **1st**: The fish swim from left to right. Have the students trace "in the air" from left to right. To catch a fish, the fish hook needs to be facing the correct way!

"y" and "j" have a fish hook facing the same way.



Digital version includes the full Stop! Letter Reversals Program. Worksheets, activities for concepts. Printable reversals flashcards and activities. Print and place on pencils, folders or desktop to cue students to correctly write the commonly reversed letters. Also includes pencil and desk toppers of the strategies to provide visual cues.



Extra practice printables and parent activities: This is additional pages to make a binder with more practice sheets that can be used as homework or extra practice within the classroom. Includes multi-sensory dry erase activity to practice letters, letter practice pages and draw and write sentences for fun practice.

Medium motor practice: Place in a sheet protector Wipe-off sheet - place in a sheet protector. Student will need a dry erase marker and a paper towel (to erase).

o a d g q c

Circle stroke letters

Copyright 2024 First Strokes® Products (see MCCLintley, MS, 078)

Name: _____

Circle Stroke Letters:

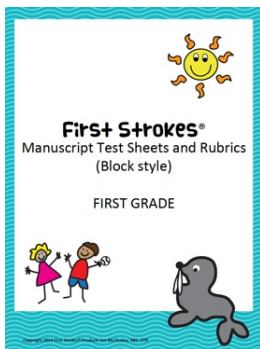
Copyright 2024 First Strokes® Products (see MCCLintley, MS, 078)

Name: _____

Draw:

panda

Write a sentence:



Name: _____

Date: _____

Lower Case Letters Test Sheet

Write the alphabet a-z in UPPERCASE LETTERS. Use your best grip on a pencil. Try your best on the handwriting sheet!

Grading Rubrics Instructor can take data on students handwriting.

Instructor fills out: Grasp on pencil: _____

Letters in correct sequence: _____ Reversed letters: _____

Letters in incorrect sequence: _____ Student substituted upper case: _____

Student approximated the writing lines within 1/8 inch on the following letters: _____

Student did not approximate the writing lines within 1/8 inch on the following letters: _____

Extra files for digital version continued on next page!

MORNING WORKSHEETS
5 Levels of differentiation
 Upper and Lower Case
 223 pages
Handwriting
K - 1st

Jan McCleskey, MA, OTR

Lower Case - 5 levels

LEVEL 1 LEVEL 2 LEVEL 3

LEVEL 4 LEVEL 5

Letter m Letter m Letter m

Letter m Letter m

monkey Do you

my like my

make monkey?

Level 1 – Trace and copy with pencil
 Level 2 – Trace and copy and fine motor activity
 Level 3 – Trace and copy letter worksheet
 Level 4 – Trace and copy letters and high frequency words
 Level 5 – Trace and copy sentence with picture/word support

Upper Case - 3 levels

LEVEL 1 LEVEL 2 LEVEL 3

Letter Z Letter Z Letter Z

Letter Z Letter Z

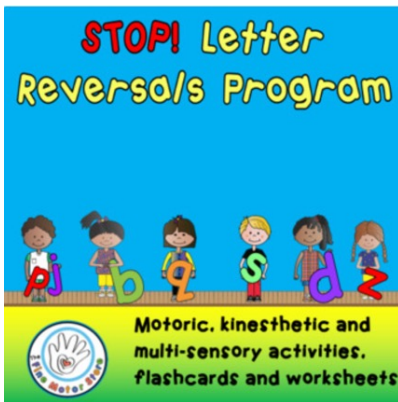
Level 1 – Trace with crayon 5 times
 Level 2 – Trace and copy with pencil
 Level 3 – Trace and copy and fine motor activity

223 Morning worksheets: This is an additional downloadable file with 5 levels of lower-case handwriting activities and 3 levels of upper-case handwriting activities. Uses high frequency sight words and has picture support.

First Strokes Advanced Print Program Digital Licenses:
 (Block style only)

TPT Product	<u>Digital Bundle Download (single or classroom license)</u> – Allows printable copy of the workbook/program files. Download available from The Fine Motor Store on Teachers Pay Teachers. Perfect for one classroom or individual use. Lower and Upper-Case Multisensory Workbooks, printable extra practice worksheets for homework/generalization skills, rubric, test sheets, Brain Breaks for Reversal Strategies (PowerPoint), Billy the Seal Storybook, First Strokes Instructors Manual, and printable review books. Perfect for one classroom or clinic. Available from The Fine Motor Store on Teachers Pay Teachers. Available from The Fine Motor Store on Teachers Pay Teachers.	\$90.00
TPT Product	<u>Digital Bundle Download (building license for copy of workbooks)</u> – Building license for sharable files within a school. Lower and Upper-Case Advanced Print Workbooks, printable extra practice worksheets for homework/generalization skills, rubric, test sheets, Brain Breaks for Reversal Strategies (PowerPoint), Billy the Seal Storybook, First Strokes Instructors Manual, and printable review books. The digital file allows printing in color. Perfect for multiple uses within a building. Available from The Fine Motor Store on Teachers Pay Teachers.	\$200.00
2110-IND	First Strokes Advanced Print Handwriting Program USB drive individual license	\$115.00
2110 -USB	First Strokes Advanced Print Handwriting Program USB drive building license – You can buy a building license directly from The Handwriting Clinic on USB.	\$225.00

STOP! Letter Reversals Program comes with the digital versions of our Multi-sensory Handwriting Program and our Advanced Print Program. Can be purchased separately in The Fine Motor Store on TpT.



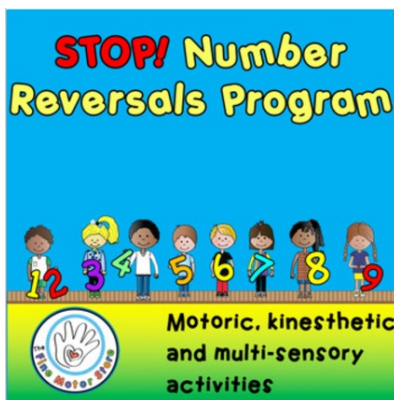
STOP Letter Reversals Program! A very comprehensive, multi-sensory and kinesthetic program that focuses on visual memory skills through cognitive cues, multi-sensory learning, and gross motor, visual memory games/activities. The program consists of printable worksheets and activities. This program works on a student achieving automaticity and visual memory so that a student no longer has to cognitively think about the letters as they write. This program is a MOTORIC program, working with students on motoric strategies paired with cognitive cues. This is a good strategy to get students remembering the strategies and implementing the strategies when they write. 103 pages, very comprehensive and works on the following letters: **d b g j e z p s q**

The program includes: flashcards, worksheets, review strategies, visual memory games, lotto games and playdoh mat templates

This product is now only available (if purchased separately) in The Fine Motor Store on www.TeachersPayTeachers.com

\$15.00

STOP! Number Reversals Program comes with the digital versions of our Multi-sensory Handwriting Program and our Advanced Print Program. Can be purchased separately in The Fine Motor Store on TpT.



STOP Number Reversals Program! A very comprehensive, multi-sensory and kinesthetic program that focuses on visual memory skills through cognitive cues, wipe off practice sheets (place in sheet protectors) and fun large motor activities. Works on getting automaticity of the cognitive cues provided in the program. Worksheets are reproducible, and can be printed and used with classrooms or therapy students.

Large Motor Games * Cognitive Cues * Kinesthetic Visual Memory Practice Activities * FUN Worksheets * Playdough Mats * Reversal Cue Cards *Pencil Covers * Centers Activities (jell-o tracing, play dough mats, worksheets)

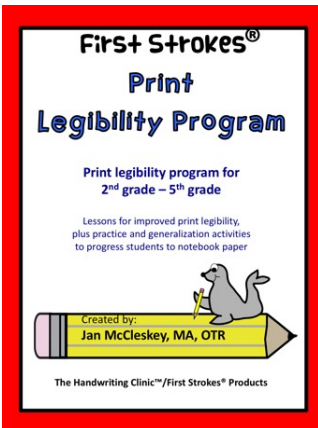
This product is now only available (if purchased separately) in The Fine Motor Store on www.TeachersPayTeachers.com

\$14.00

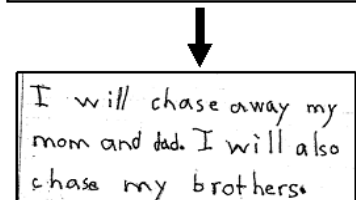
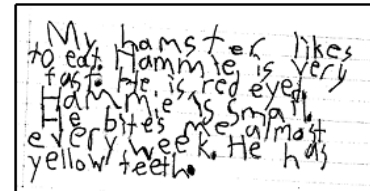
First Strokes® Print Legibility Program (2nd grade - 5th grade edition)

Perfect for 2nd graders – 5th graders, who have poor legibility on standard notebook paper, fill in the blank worksheets, and math worksheets. This workbook uses remedial techniques for legibility, and does not go over a traditional handwriting program.

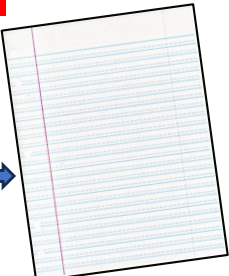
The workbook has chapters on: Handwriting error recognition, practice pages for developing a consistency of size and form of letters, generalization pages, pre-test/post –test handwriting samples, generalization activities for fill in the blank worksheets, practice and generalization pages for math legibility. Newly updated with even more practice pages!



Most students with an inconsistent size of handwriting, can make quick changes to a more consistent height and size of letter formation. Ex. This student changed his handwriting from the top example to the bottom example, in less than an hour.



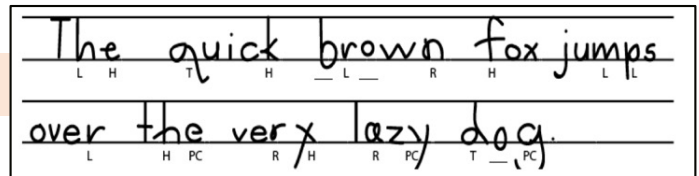
The “adaptive notebook paper” comes with our workbook packages as ¼ reams. We do not sell the paper individually. It can be purchased from the School Specialty Catalog or Amazon – catalog number: School Smart 85243 Cursive ruled notebook paper



Students work on legibility activities on the adaptive notebook paper, then progress to keeping sizing and legibility on regular ruled notebook paper, and fill in the blank worksheets. Includes practice pages and legibility training for number legibility too!

Identify and grade “speed” handwriting errors!

Hard Copies:



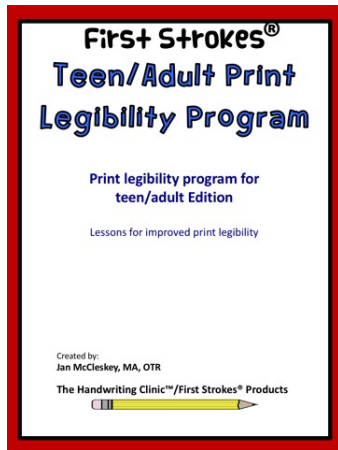
#2117 Print Legibility Program (2 nd – 5 th gr) – Workbook Package (Workbook, and ¼ ream School Smart 85243 Cursive ruled notebook paper)	\$35.00
#2117a Print Legibility Program– 5 pack (5 workbooks, Five ¼ ream School Smart 85243 Cursive ruled notebook paper)	\$125.00

First Strokes Print Legibility Program (2nd – 5th gr edition) Licenses:

TPT Product	Digital Bundle Download (single or classroom license) – Allows printable copy of the workbook/program files. Download available from The Fine Motor Store on Teachers Pay Teachers. Perfect for one classroom or individual use. *** This does NOT include the adaptive notebook paper that is integral to the program. The adaptive notebook paper is sold from Amazon or School Specialty Catalog (it is called “School Smart 85243 Cursive ruled notebook paper)	\$40.00
TPT Product	Digital Bundle Download (building license for copy of workbooks) – Building license for sharable files within a school. Allows printable copy of the workbook in color. Available from The Fine Motor Store on Teachers Pay Teachers. *** This does NOT include the adaptive notebook paper that is integral to the program. The adaptive notebook paper is sold from Amazon or School Specialty Catalog (it is called “School Smart 85243 Cursive ruled notebook paper)	\$150.00
2117-IND	Print Legibility Program (2 nd – 5 th grade) USB drive individual license (reams of adaptive notebook paper must be purchased separately) (it is called “School Smart 85243 Cursive ruled notebook paper)	\$65.00
2117-USB	Print Legibility Program (2 nd – 5 th grade) USB drive building license (reams of adaptive notebook paper must be purchased separately) (it is called “School Smart 85243 Cursive ruled notebook paper)	\$175.00

First Strokes® Print Legibility Program (teen – adult edition)

30 activities to work on print legibility (plus more activities for number legibility) for teens - adults



Identify and grade “speed” handwriting errors!

Instructions: Grade the following handwriting samples by labeling errors with the following code

R	= Retracing error
PC	= Poor closure
H	= Hyper-closure
T	= Teepee
L	= Lake
<u>Underline any touch point error</u>	

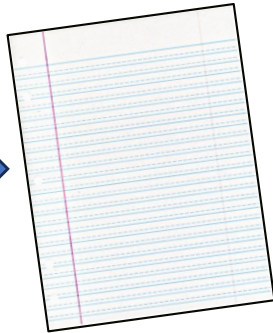
Example:

The quick brown fox jumps
L H T H L R H L L

over the very lazy dog.
L H PC R H R PC T PC

Practice sizing of letters on adaptive notebook paper and progress to regular notebook paper.

The “adaptive notebook paper” comes with our workbook packages as ¼ reams. We do not sell the paper individually. It can be purchased from the School Specialty Catalog or Amazon – catalog number: School Smart 85243 Cursive ruled notebook paper



Technique:

- “Tall letters should touch top line”
- Body of letter should be $\frac{1}{3}$ space
- “Sinking letters” should sink well below the writing line

The quick brown fox

Hard Copies:

#2118 Print Legibility Program (teen – adult) – Workbook Package (Workbook, and ¼ ream School Smart 85243 Cursive ruled notebook paper)	\$35.00
#2118a Print Legibility Program– 5 pack pack (5 workbooks, Five ¼ ream School Smart 85243 Cursive ruled notebook paper)	\$125.00

First Strokes Print Legibility Program (teen – adult edition) Licenses:

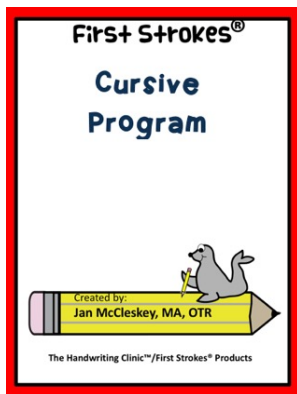
TPT Product	<u>Digital Bundle Download (single or classroom license)</u> – Allows printable copy of the workbook/program files. Download available from The Fine Motor Store on Teachers Pay Teachers. Perfect for one classroom or individual use. *** This does NOT include the adaptive notebook paper that is integral to the program. The adaptive notebook paper can be purchased through the School Specialty Catalog or Amazon (it is called “School Smart 85243 Cursive ruled notebook paper)	\$40.00
TPT Product	<u>Digital Bundle Download (building license for copy of workbooks)</u> – Building license for sharable files within a school. Allows printable copy of the workbook in color. Available from The Fine Motor Store on Teachers Pay Teachers. *** This does NOT include the adaptive notebook paper that is integral to the program. The adaptive notebook paper is in this catalog and is sold separately. The adaptive notebook paper can be purchased through the School Specialty Catalog or Amazon (it is called “School Smart 85243 Cursive ruled notebook paper)	\$150.00
2118-IND	Print Legibility Program (teen - adult) USB drive individual license (reams of adaptive notebook paper must be purchased separately) (it is called “School Smart 85243 Cursive ruled notebook paper)	\$65.00
2118-USB	Print Legibility Program (teen - adult) USB drive building license (reams of adaptive notebook paper must be purchased separately) (it is called “School Smart 85243 Cursive ruled notebook paper)	\$175.00

***** “Adaptive Notebook Paper” (School Smart 85243 Cursive ruled notebook paper) : This paper is integral to our Print Legibility Workbooks and the First Strokes Cursive workbooks. Individual reams of ruled notebook paper 500 sheets. The paper can be purchased through the School Specialty Catalog or Amazon (it is called “School Smart 85243 Cursive ruled notebook paper”)**



The School Smart 85243 Cursive ruled notebook paper looks exactly like standard, blue-lined notebook paper but has a ruled line 1/3 space from the bottom. This paper is appropriate for students using print or cursive in second grade and above. The student should then generalize to standard notebook paper with nice, mature size and form! This is the paper that comes with the cursive and the Print Legibility Kit and Cursive Program. If ordering a digital version, please order paper from Amazon or School Specialty (School Smart 85243 Cursive ruled notebook paper). The Handwriting Clinic does not sell this paper individually – just part of our kits.

First Strokes Cursive Program!



Comprehensive Cursive Workbook – 100 pages!

Lower Case Instruction and Practice Pages – grouped by the “First Stroke”, students are provided cognitive cues for letter formation.

Speed and Visual Memory Practice after each letter group.

Capital Letter Instruction Pages - categorized by the “First Stroke”.

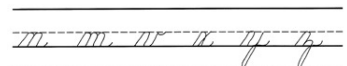
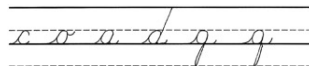
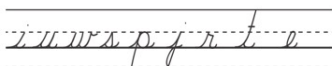
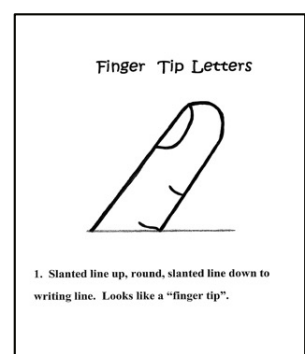
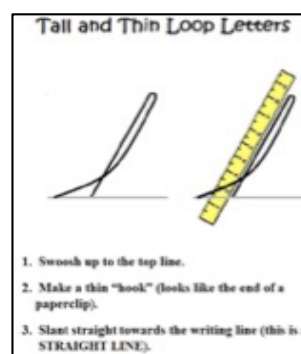
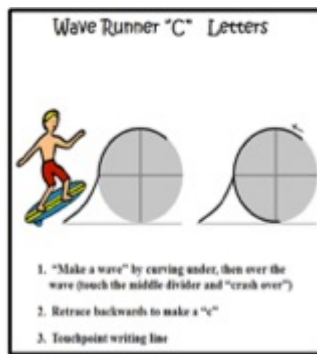
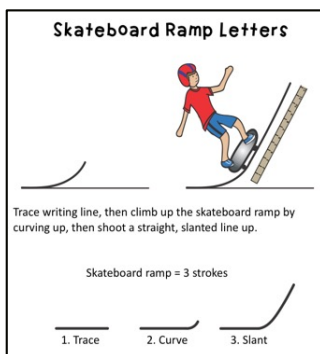
Bridging letters section – practice bridging b, o, v, and w to other letters within words.

Generalization section – strategies and tips for how to generalize handwriting to notebook paper, worksheets, etc

Certification for Achievement – for the 40 second club: (writing the alphabet bridged together in 40 seconds, without handwriting errors.

Cursive ruled notebook paper (for practice – the student will use this paper for all practice of letters worked on in the workbook. It is recommended that the student use this paper for a period of 6 weeks to mature the size of handwriting to 1/3 space for the body of the letters.











Extra-large handwriting lines for multi-sensory practice – sheet protector with a cardstock sheet inside with giant handwriting lines. Use individually or with an entire classroom. Students can use a dry erase marker to practice letter formation before working in the workbook.




In the First Strokes Cursive Program, letters are grouped by their “first stroke”. There are 4 “first stroke” letter groups for lower case: Skateboard ramp letters, wave runner “c” letters, tall and thin loop letters and fingertip letters.

Letter u:

DIRECTIONS: Practice writing the letter through medium motor activities. Then complete the letter practice on this page. Last, practice writing the letter on the cursive ruled paper (print from workbook paper sheets or purchase) to work on developing consistency of size and form of the letter. The goal is to always write without handwriting errors, with good touchpoints/placement on the handwriting lines.





Correct: 	Retracing Error: 	Backslant Error: 		
Mountain: 	Sizing Error: 		Touchpoint/Bridging Error: 	

- Remember to make "touchpoints", where the letter should touch the handwriting lines!
- Always make a touchpoint on the writing line before making a finishing stroke (unless it is a bridging letter). This is called "1/2 a smile" between letters.







Each page has a section on recognizing common errors in handwriting (shows correct way, and incorrect mistakes – teepees, lakes, poor closure, sizing errors, touch point and bridging errors etc.).

Stroke section visually teaches students the strokes for letter formation.

			
1. Climb up the skateboard ramp by tracing the writing line, curving and slanting a line up.	2. Retrace down to the writing line.	3. Make another skateboard ramp up	4. Touch and trace the writing line (1/2 smile) before bridging to the next letter.

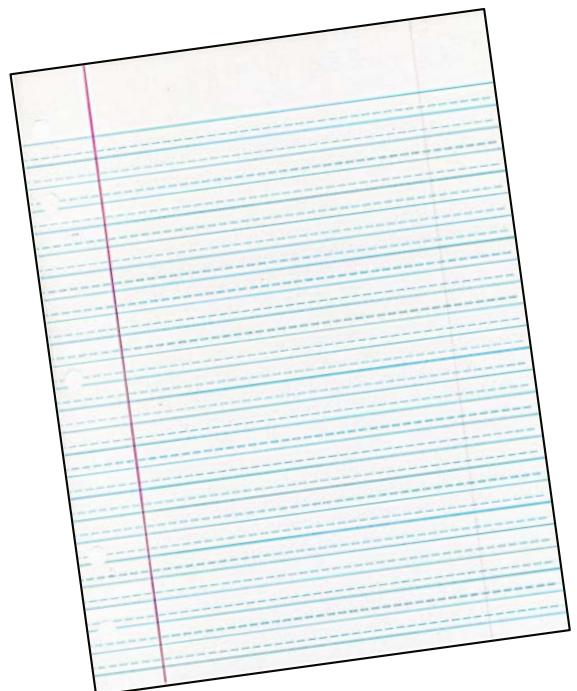
Letter practice session: Note – the bottom space is approximately 1/3 space. Student practices on workbook page, then on adaptive ruled notebook paper (comes in kit), and eventually on standard notebook paper. This helps the student progress to a mature size of handwriting! Separate section for word practice after each category of letters.

The "adaptive notebook paper/cursive ruled paper" comes with our hard copy workbook kits. It is integral to our program to teach sizing maturation.

If you just purchase workbooks or purchase digital copies of our cursive workbook, please purchase this paper separately.

We do not sell the paper individually. It can be purchased from the School Specialty Catalog or Amazon – catalog number: School Smart 85243 Cursive ruled notebook paper



After each letter group, there is high bridge practice, word practice and phrase practice.

High Bridge Practice:

DIRECTIONS:
1. Practice copying the high bridge connections underneath the example.

Word Practice:

DIRECTIONS:
1. Copy to the right of each word.
2. Practice writing the words on the cursive ruled notebook paper that can be purchased separately, or with the printable papers that come with this cursive program.

Phrase Practice:

DIRECTIONS:
1. Practice writing the phrases on this worksheet.
2. Practice writing the phrases on the cursive ruled notebook paper that can be purchased separately, or with the printable papers that come with this cursive program.

Visual Memory Practice— after each letter group

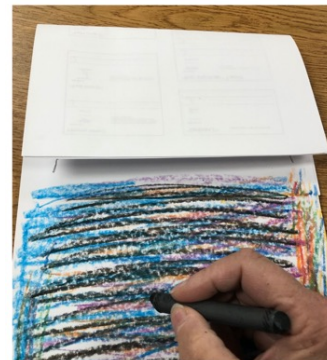
Visual Memory Practice:

Directions: Students should progress from copying letters to writing the letters from memory.

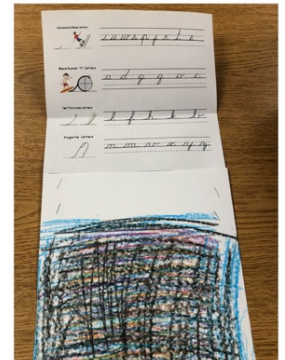
- Student should use a crayon to practice on the scribble sheet:** Scribble sheet page should be folded down. The student should use a crayon to draw letters as an instructor calls out letters or simple words using previously learned letters. The student should write the letters approximately 3 – 6 inches tall and as fast as possible. If an instructor notices a student pausing before writing a letter, the student may not have quick recall or visual memory of the letters. If a student does not remember how to write a letter, the student can fold the cue page up to copy the letter. Work on the scribble sheet to practice all letters and previously learned letter groups until a student can write the letters fluently from memory.

Word list using "skateboard ramp" letters:

it is up pup pet pit sit tip wet
jet site rip rust rest test see just
jest wit write put stew stress west
ripe sis sister site purr sir trip
stripe prep strew wipe sitter tester
- Other games for visual memory:
 - Students stand and write letters and words in the air, with a 12 inch section of a pool noodle.
 - Instructor can write letters and words on cardstock and post around the room. The students can go to centers around the room and write letters and words in the air. The students can look at the letters or words, then turn around with their backs to the poster and write from memory.
 - Students can write the letters and words with eyes closed in shaving cream or colored sand/salt sprinkled in baking tins.
- Practice composing sentences or words from memory on the cursive notebook paper that is purchased separately from this program. Printable paper is also included at the end of this workbook. Students may vary in the motor skills required to write small, therefore there are several sizes of printable paper included.

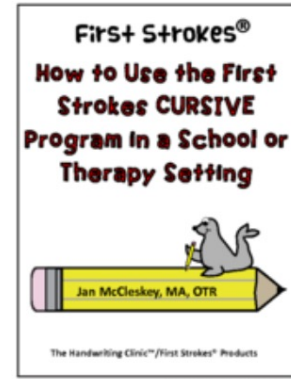


Scribble sheet folded down (student draws letters from memory)



Scribble sheet folded up (student can copy the letter)

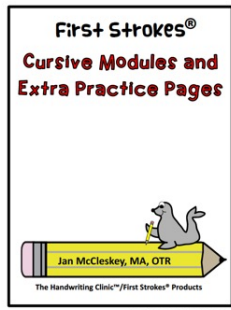
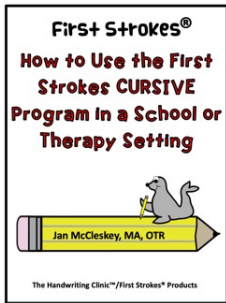
If you purchase hard copies of cursive workbooks, please go to www.TheHandwritingClinic.com and go to the Products section. Scroll down to download “How to Use the First Strokes CURSIVE Program in a School or Therapy Setting. Our program incorporates multi-sensory strategies to teach letter formation and visual memory of the letters.



Hard copies:

#2201 First Strokes Cursive Kit - Single Copy: 1 cursive workbook/integrated manual, 1 wipe off sheet protector with cardstock insert of giant size handwriting lines, ¼ ream School Smart 85243 Cursive ruled notebook paper	\$35.00
#2201a First Strokes Cursive Kit - 5 Pack 5 workbooks/integrated manuals, Five ¼ ream of School Smart 85243 Cursive ruled notebook paper, 5 wipe off sheet protectors with cardstock insert of extra-large handwriting lines	\$140.00
#2201b First Strokes Cursive Kit - 20 Pack 20 workbooks/integrated manuals, Twenty 1/4 reams of School Smart 85243 Cursive ruled notebook paper 20 wipe off sheet protectors with cardstock insert of extra-large handwriting lines	\$500.00
#2201c First Strokes Cursive Kit - 25 Pack 25 workbooks/integrated manuals, Twenty-five 1/4 reams of School Smart 85243 Cursive ruled notebook paper 25 wipe off sheet protectors with cardstock insert of extra-large handwriting lines	\$625.00
#2202 First Strokes Cursive Workbook- Single Copy: 100-page cursive workbook/integrated manual. Does not include paper	\$20.00

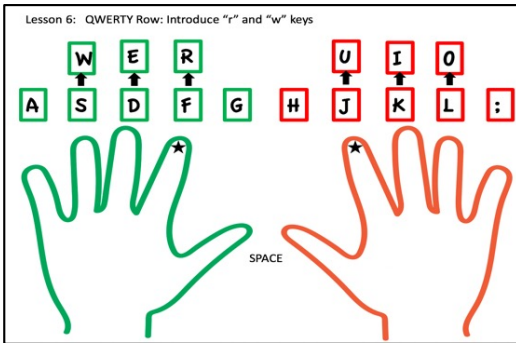
First Strokes Cursive Program Digital Licenses:



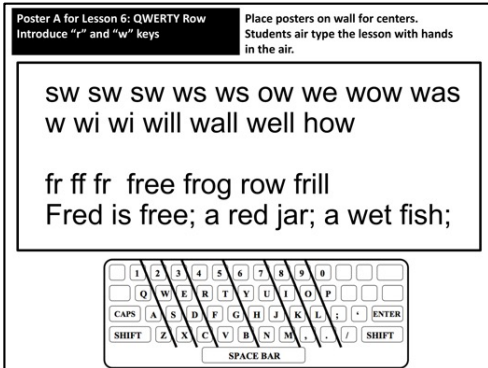
Digital licenses include an instructor’s manual and cursive modules/extra practice pages that go with each learning module. The extra learning pages will work on visual memory of the letters, generalization to writing words and sentences and maturation of size by having the students practice on “adaptive notebook paper” (will need to purchase separately as the paper does not come with our digital products. . The adaptive notebook paper is called “Cursive Ruled Paper” and is available as from Amazon or School Specialty catalog. **School Smart 85243 Cursive ruled notebook paper**

TPT Product	Digital Bundle Download (single or classroom license) – Allows printable copy of the workbook/program files. Download available from The Fine Motor Store on Teachers Pay Teachers. Perfect for one classroom or individual use. *** This does NOT include the adaptive notebook paper that is integral to the program. The adaptive notebook paper is in this catalog and is sold separately.	\$40.00
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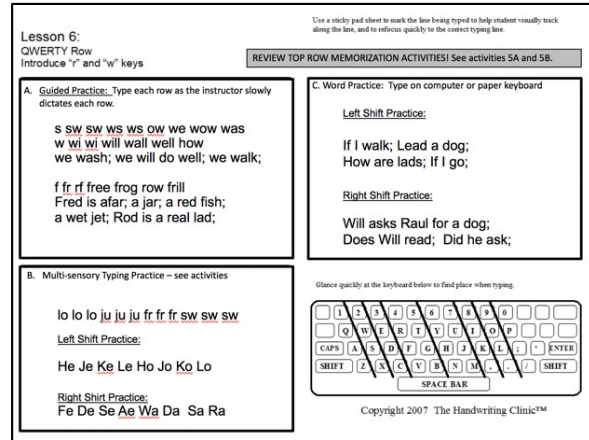
First Strokes® Keyboarding Program!



Printable paper worksheets to practice the motor pattern for each lesson OFF KEYBOARD

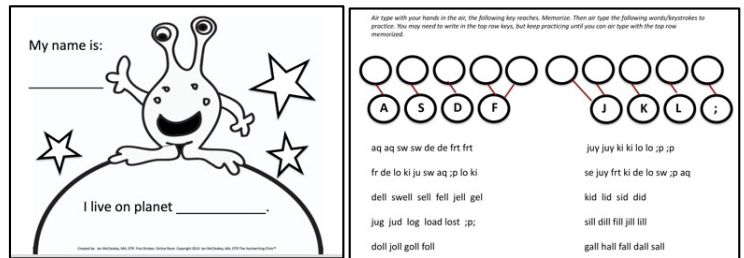


4 air typing posters for each lesson to tape to walls for "air typing"



Printable keyboarding manual for each lesson

- 13 printable keyboarding lessons!
- FUN multi-sensory learning activities – OFF keyboard!
- 4 air typing posters for each lesson
- Use with small groups or an entire class!
- Use before introducing software or computer games!
- This is a FULL introductory keyboarding program!



Typing in "alleys" on template with paint - student tries not to mix the colors when typing letters or words!

Games, memorization activities and much more!

First Strokes Keyboarding Program Licenses:

TPT Product	<u>Digital Bundle Download (single or classroom license)</u> – Allows printable copy of the workbook/program files. Download available from The Fine Motor Store on Teachers Pay Teachers. Perfect for one classroom or individual use.	\$20.00
TPT Product	<u>Digital Bundle Download (building license for copy of workbooks)</u> – Building license for sharable files within a school. Allows printable copy of the program. Available from The Fine Motor Store on Teachers Pay Teachers.	\$125.00
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2117a	Print Legibility Program– 5 pack (5 workbooks, Five ¼ ream School Smart 85243 Cursive ruled notebook paper)	\$125.00
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2118a	#2118a Print Legibility Program– 5 pack pack (5 workbooks, Five ¼ ream School Smart 85243 Cursive ruled notebook paper)	\$125.00
2118-IND	Print Legibility Program (teen - adult) USB drive individual license (reams of adaptive notebook paper must be purchased separately) (it is called “School Smart 85243 Cursive ruled notebook paper)	\$65.00
2118-USB	Print Legibility Program (teen - adult) USB drive building license (reams of adaptive notebook paper must be purchased separately) (it is called “School Smart 85243 Cursive ruled notebook paper)	\$175.00

First Strokes Cursive Products		
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2201-USB	First Strokes Cursive Program USB drive building license (reams of adaptive notebook paper must be purchased separately)	\$175.00
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First Strokes Fine Motor Products		
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Multi-sensory Keyboarding Labs that support our keyboarding program
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All Teachers Pay Teachers fine motor labs and writing labs support core curriculum objectives. Blend OT with academics, to create an integrated blend of therapy and academic objectives.

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