DCD / dyspraxia

Name _____

LetterSchool worksheet pack · free to print and share

Your child is clumsy, finds buttons, cutting and ball games hard, and handwriting is a struggle. Developmental coordination disorder (DCD, also called dyspraxia) affects the planning and coordination of movement.

How to use this pack

1. **Warm up and sit well: Hand warm-ups and a seating check.**
2. **Big and wide: Wide paths and big letters.**
3. **Letters with support: Bold lines, boxes and short rows.**
4. **Cutting: Thick-line scissor practice.**

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Print the whole pack or only the pages you need. Every sheet is also on letterschool.com with tips and other handwriting styles.

Hand warm-ups before writing

Name _____

Card for parents and teachers

One or two minutes before writing. Do them together; make it a game.

1. **Shake it out** ☐
   Shake your hands like you are drying them, fast and then slow.

2. **Palm press** ☐
   Press your palms together in front of your chest and count to five. Relax. Do it three times.

3. **Finger walk** ☐
   Walk your fingers up a pencil from the end to the tip, then back down.

4. **Spider push-ups** ☐
   Fingertips together, push and relax five times.

5. **Roll a ball** ☐
   Roll a small ball of playdough between thumb and two fingers.

Warm-ups are a fun start, not a treatment. Real handwriting progress comes from practising letters. If writing hurts, talk to your doctor or an occupational therapist.

LetterSchool · letterschool.com
Free worksheets for every letter

Done on paper? Now play it.
Scan to trace words in the LetterSchool app.

Sitting and pencil grip check

Name _____

Card for parents and teachers

A quick check before writing. Comfort and control matter more than one “correct” grip.

1. **Feet flat** ☐
   Both feet flat on the floor or on a box, knees and hips at about a right angle.

2. **Table height** ☐
   The table about at elbow height when sitting; forearms resting on the table.

3. **Helper hand** ☐
   The other hand holds the paper still.

4. **Paper tilt** ☐
   Paper tilted a little: to the left for right-handers, to the right for left-handers.

5. **Relaxed grip** ☐
   The pencil held between thumb and fingers, without white knuckles. Short pencils and broken crayons make this easier.

Research shows several grips can give good, fast handwriting. If a grip causes pain or real trouble, ask an occupational therapist.

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Free worksheets for every letter

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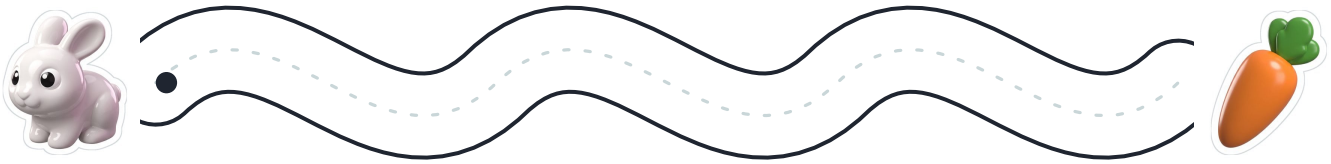
Wide roads 1

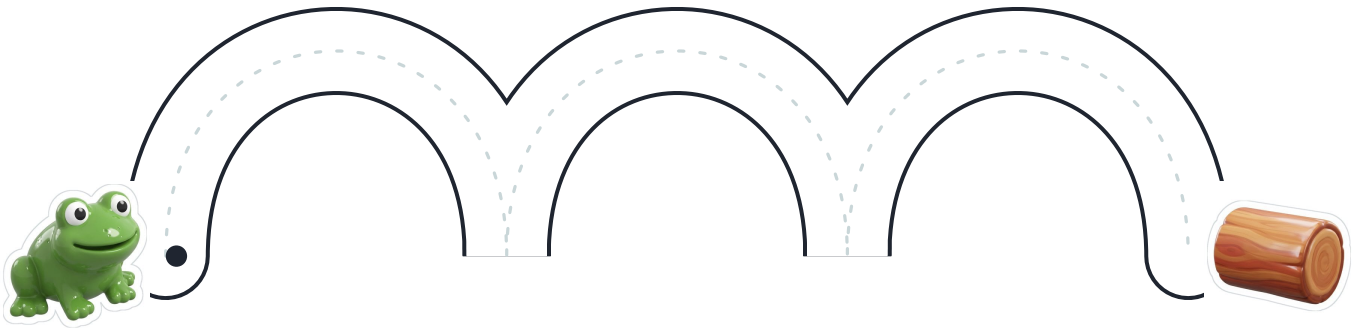
Name _____

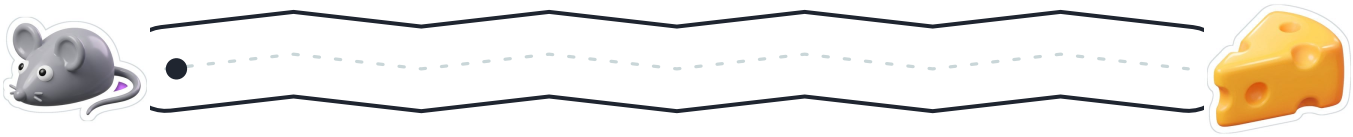
Handwriting · Pencil control

1 **Help each one get to the other side. Draw a line inside the road without touching the edges.**







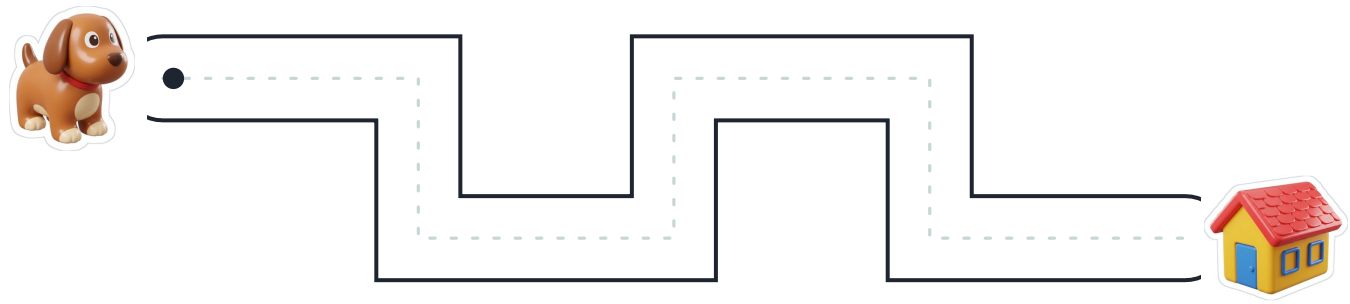


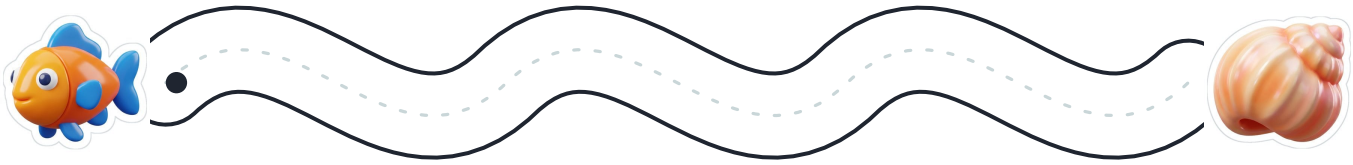
Wide roads 2

Name _____

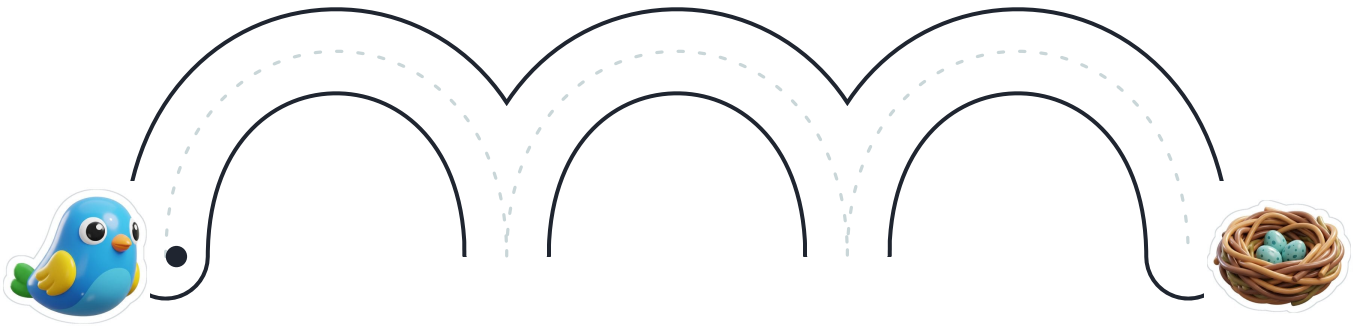
Handwriting · Pencil control

1 **Help each one get to the other side. Draw a line inside the road without touching the edges.**







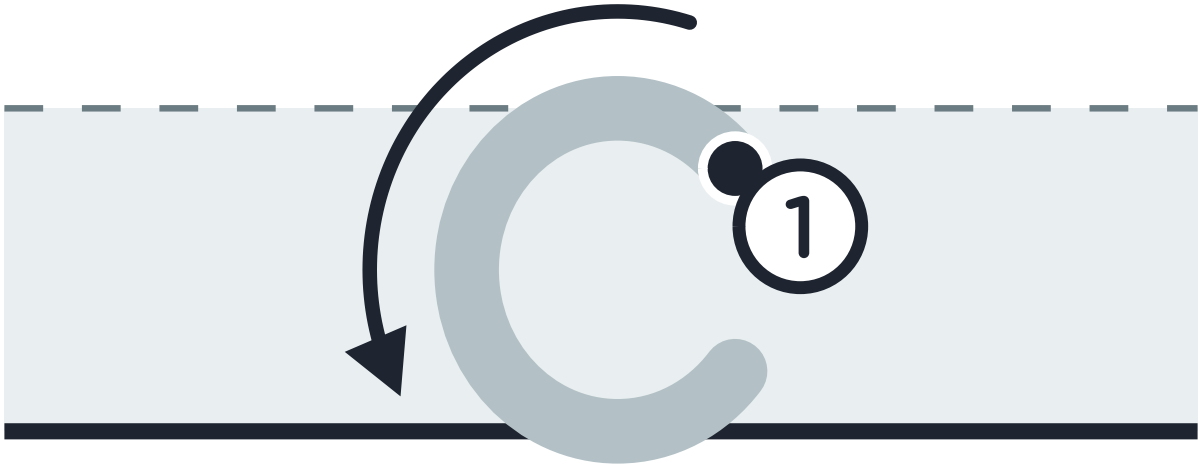


Big c

Name _____

Handwriting · Big letters · Zaner-Bloser style

1 **Trace the big letter with your finger three times. Start at the black dot and follow the arrow. Then trace it with a crayon.**



2 **Now trace it with a pencil.**

C C C C C

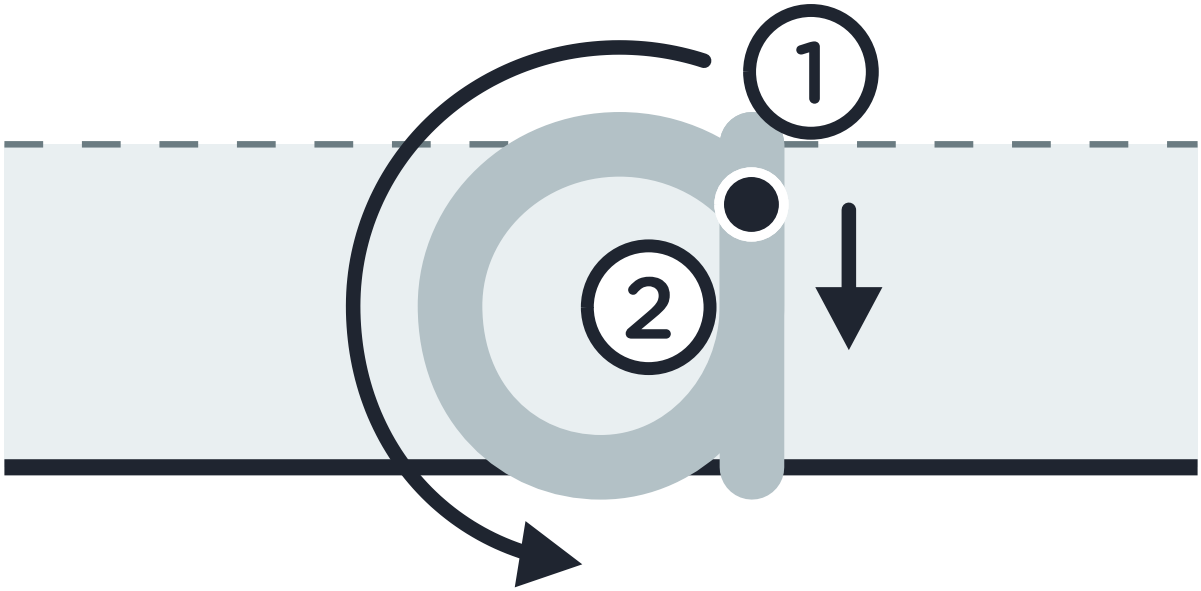
C is for cat

Big a

Name _____

Handwriting · Big letters · Zaner-Bloser style

1 **Trace the big letter with your finger three times. Start at the black dot and follow the arrow. Then trace it with a crayon.**



2 **Now trace it with a pencil.**



A is for apple

Bold-line writing paper with shaded zone

Name _____

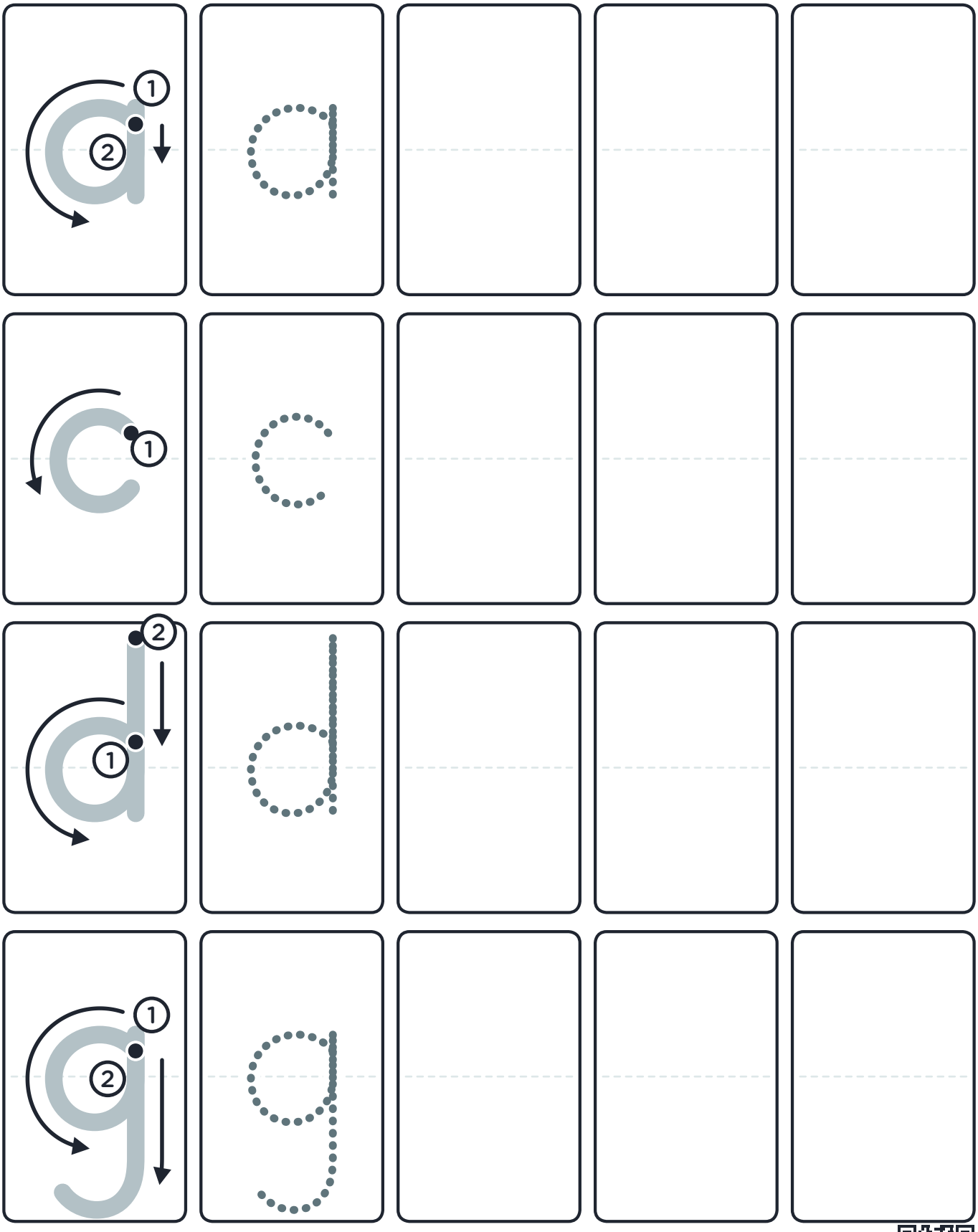
Handwriting · Writing paper

Magic c letters

Name _____

Handwriting · One letter per box

1 **Trace the letter in the first two boxes, then write it in each empty box. Use the whole box.**

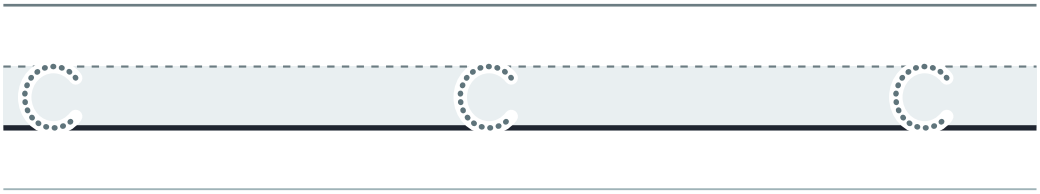


3 and rest: magic c letters

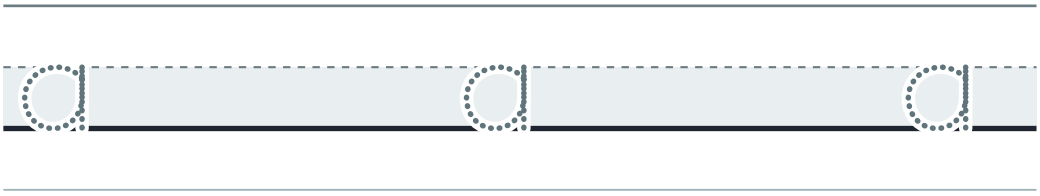
Name _____

Handwriting · Short rows with rests

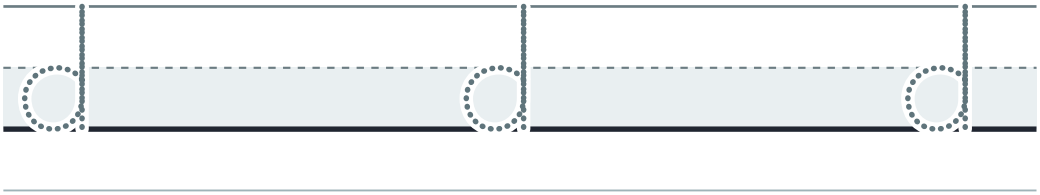
1 **Trace three, then rest: shake your hands, press your palms together and count to five. Then do the next row.**



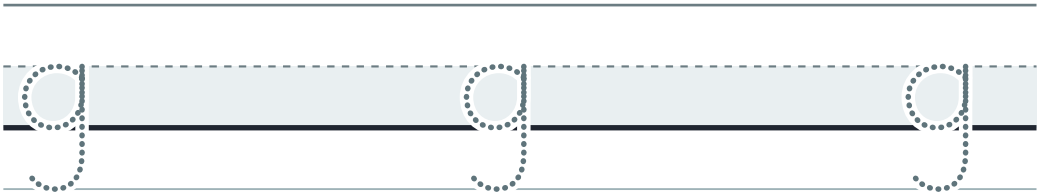
Rest
shake · press · 5



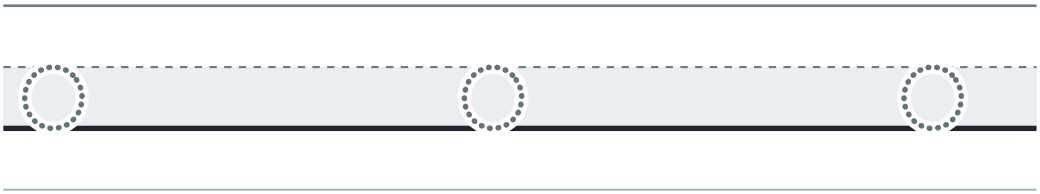
Rest
shake · press · 5



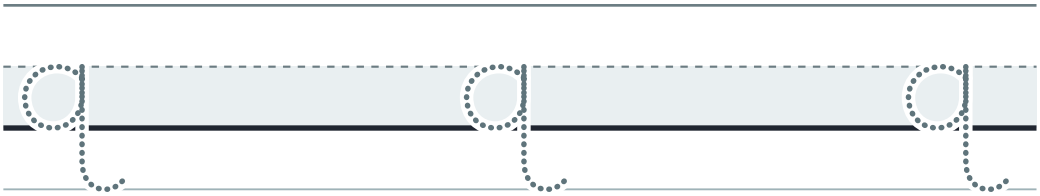
Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5



Rest
shake · press · 5

Thick straight lines

Name _____

Handwriting · Scissor skills

1 **Cut along the dashed lines. Start at the scissors. Turn the paper, not the scissors.**











Straight lines and corners

Name _____

Handwriting · Scissor skills

1 **Cut along the dashed lines. Start at the scissors. Turn the paper, not the scissors.**





