



Small practice. Clearer handwriting.

An English practice guide for older students and adults. Younger learners can use selected exercises with a teacher or parent and their usual letter model.

Use any comfortable pen or pencil and ordinary paper. Print at actual size (100%). Try one sheet at a time, take breaks and stop if writing hurts. No sensor pen is needed.

Choose one thing to work on

Clear letter shapes

Choose one letter that changes shape when you repeat it.

Steady letter size

Compare the height of small letters and the reach of tall letters and tails.

Give words room

Find places where two words merge or a word looks split apart.

Stay on the line

Look for letters that float above or fall below the writing line.

Choose a steady slant

Look at the direction of the tall strokes across one line.

Make similar letters distinct

Choose a pair that a reader could confuse, such as a and o.

Comfortable, clear strokes

Look for unintended breaks or retracing that makes a letter hard to read.

Give your page a clear layout

Check the left margin, space between lines and room around a short paragraph.

Look → practise → compare

1. Write a short sample in your usual style.
2. Choose an exercise that addresses something you can see.
3. Trace lightly, copy independently and circle a clear example.
4. Write another sample and compare readability. A scan can offer another view.

These exercises support practice. They are not a diagnosis, treatment or a promise of a particular score. Writing speed, pressure and pen lifts cannot be measured directly from a still photo.

Original Vahini exercises and drawings. Further reading: [NALA, Better handwriting for adults](#). This guide does not reproduce NALA worksheet pages and is not endorsed by NALA.



Clear letter shapes

Name: _____ Date: _____



Shape changes



Repeat one shape

Notice: Choose one letter that changes shape when you repeat it.

Try: Look at the model, trace one row gently, then copy the letters on the empty lines. Circle the clearest example.

a a a a a

o o o o o

c c c c c

Check your own work: Can someone else recognise each letter without the word around it?

One thing to try next: _____



Steady letter size

Name: _____ Date: _____

a a a

Mixed heights

a a a

Consistent body height

Notice: Compare the height of small letters and the reach of tall letters and tails.

Try: Keep small letters near the middle guide. Let tall letters reach the top guide and tails go below the baseline.

a c e o s

b d h k l

g j p q y

Check your own work: Are repeated small letters similar in height? Do tall letters and tails remain distinct?

One thing to try next: _____



Give words room

Name: _____ Date: _____

mynext

-

Words run together

my next

—

Visible word gaps

Notice: Find places where two words merge or a word looks split apart.

Try: Copy the short phrases. Leave a clear word gap and smaller spaces inside each word. Compare the gaps before starting another line.

Small steps help.

I have a new idea.

Make room for words.

Check your own work: Can a reader see where every word starts and ends?

One thing to try next: _____



Stay on the line

Name: _____ Date: _____

p a p e r

Floating letters

p a p e r

Shared baseline

Notice: Look for letters that float above or fall below the writing line.

Try: Rest the body of each small letter on the solid baseline. Pause at the end of each phrase, then start the next row.

a e n o u

Keep a steady line.

One line at a time.

Check your own work: Do letter bodies follow the baseline without forcing an uncomfortable grip?

One thing to try next: _____



Choose a steady slant

Name: _____ Date: _____



Mixed slant



One chosen slant

Notice: Look at the direction of the tall strokes across one line.

Try: Choose an upright or gently sloped style that feels comfortable. Copy a few letters, keeping the direction similar.

l l l l l

h h h h h

little hills

Check your own work: Do tall strokes lean in a similar direction? Your style does not need to match another writer's.
One thing to try next: _____



Make similar letters distinct

Name: _____ Date: _____

o o

Similar-looking pair

a o

Distinct letters

Notice: Choose a pair that a reader could confuse, such as a and o.

Try: Compare the opening, stem or tail that makes each letter different. Copy the pairs, then write the short words.

a o a o

n h n h

cap cop can

Check your own work: Can a reader tell the letters apart without guessing from context?

One thing to try next: _____



Comfortable, clear strokes

Name: _____ Date: _____



Uneven stroke



Steadier curve

Notice: Look for unintended breaks or retracing that makes a letter hard to read.

Try: Trace slowly with a relaxed grip. Copy one short row, pause, then try again. Join letters only if that is the style you use.

u u u u u

m m m m

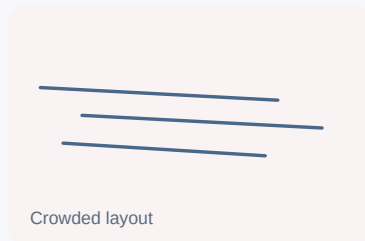
a calm morning

Check your own work: Are the strokes easier to follow? Stop if writing hurts; pressing harder is not the goal.
One thing to try next: _____

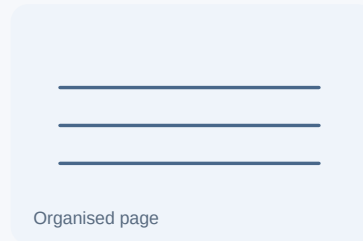


Give your page a clear layout

Name: _____ Date: _____



Crowded layout



Organised page

Notice: Check the left margin, space between lines and room around a short paragraph.

Try: Write a short note inside the guides. Begin each line at the same left margin and leave enough space for the next line.

My plan for today

Read a little.

Write a short note.

Check your own work: Can a reader follow the lines easily? Leave room rather than squeezing in the last word.
One thing to try next: _____



Compare your own writing

Choose a short sentence of your own. Use the same sentence and similar pen, paper and writing conditions for both samples.

Before practice · Date: _____

After practice · Date: _____

What looks clearer? _____

What still needs attention? _____

My next worksheet: _____

Compare letter shapes, spaces and alignment. Keep your own style. Progress can vary between samples.

Optional: [Scan a page with the Vahini analyser](https://vahinitech.com/practice.html), then return to the practice library for another exercise.