

CURSIVE HANDWRITING PRACTICE

Fountas & Pinnell High Frequency Words
with Growth Mindset Affirmations

Grade 5

MELANIN INSPIRATIONS



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Why should you learn cursive?

Besides being an attractive writing style, it does have mental, physical, social and practical benefits.

- * It stimulates the brain differently than typing.
- * You will be able to read cursive, too.
- * You will be able to write faster and increase your attention span.
- * Improved fine motor skills, sensory skills, and neural skills.
- * Increased retention of information.
- * Easy to learn. Helps those with dyslexia, dysgraphia, and difficulties with attention.
- * Improves legibility and spelling.
- * Helps develop fine motor skills, hand-eye coordination, and self-discipline.
- * Improves the quality of your signature.
- * Increased self-confidence and self-respect.

How To Use This Book

First, students will trace uppercase and lowercase letters followed by writing them on their own.

**You will see some different looking letters, but this is intentionally done to provide you with the variations of cursive lettering.*

Then, they will read, trace, and write the F&P High Frequency Words for each letter of the alphabet.

Lastly, they will read, trace and write each Growth Mindset Affirmation for that letter.



A a

a a a a a a

a a a a a a

Words

awful

author

attention

among

always

antelope

Growth Mindset Affirmation

I am the author of my own life book.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

B b

B B B B B B

b b b b b b

Words

base

believe

bring

brought

building

built

Growth Mindset Affirmation

I believe in myself.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

Cc

CCC CCC

ccc ccc

Words

cannot

carefully

cause

center

check

clear

command

Growth Mindset Affirmation

I work carefully.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

D d

D D D D D D D

d d d d d d d

Words

dance

dark

deep

developed

difference

direction

Growth Mindset Affirmation

I make a difference.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

D d

D D D D D D D

d d d d d d d

Words

distance

divided

drop

dry

decide

during

Growth Mindset Affirmation

I have decided to do my best.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

E e

E E E E E E

e e e e e e

Words

eggs

energy

equation

example

exercise

explain

Growth Mindset Affirmation

I exercise my mind when I'm working.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

Ff

F F F F F F

f f f f f f

Words

farmers

felt

filled

force

forest

full

Growth Mindset Affirmation

I don't need to force friendships.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

G g

G G G G G G G

g g g g g g g

Words

garbage

game

general

government

ground

gerbil

Growth Mindset Affirmation

Even a game can help me learn.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

H h

H H H H H H H

h h h h h h h

Words

happy

heart

happened

heat

heavy

hot

Growth Mindset Affirmation

I am not what happened to me.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

a b c d e f g h i j k l m n o p q r s t u v w x y z

I i

l l l l l l l

i i i i i i i

Words

include

inside

idea

important

island

it's

Growth Mindset Affirmation

I have good ideas.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

J j

j j j j j j

Words

jam

jet

job

jog

jump

just

Growth Mindset Affirmation

I always do my best job.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

K k

K K K K K K

k k k k k k

Words

keep

knew

know

kind

king

known

Growth Mindset Affirmation

I know how to talk with respect.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

L l

L L L L L L

l l l l l l

Words

language

leave

light

little

listen

less

Growth Mindset Affirmation

I listen closely.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

M m

m m m m m m

m m m m m m

Words

machine

material

matter

members

mind

moon

Growth Mindset Affirmation

My thoughts matter.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

N n

N N N N N N N

n n n n n n

Words

note

never

next

notice

nothing

noun

Growth Mindset Affirmation

Nothing can stop my strong mind.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

O o

O O O O O O O

o o o o o o o

Words

often

object

ocean

order

open

outside

Growth Mindset Affirmation

I am open to change.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

P p
p p p p p p

p p p p p p

Words

paint

pattern

pair

perhaps

picked

plant

Growth Mindset Affirmation

I always do my part.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

P p
p p p p p p

p p p p p p

Words

problems

products

plane

power

probably

produce

Growth Mindset Affirmation

Problems help me learn.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

Q q

Q Q Q Q Q Q Q

q q q q q q q

Words

quietly

questions

quickly

Growth Mindset Affirmation

A quiet mind can do good work.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

R r

R R R R R R R

r r r r r r r

Words

ready

rest

reply

realize

return

round

rule

Growth Mindset Affirmation

I am ready to learn new things.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

S s

S S S S S S

s s s s s s

Words

scientist

shape

simple

size

special

stood

Growth Mindset Affirmation

I am special.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

S s

S S S S S S

s s s s s s

Words

subject

suddenly

sum

summer

surface

syllables

system

Growth Mindset Affirmation

I am good at every subject.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

Tt

T T T T T T

t t t t t t

Words

telephone

test

thought

thousands

tutor

train

Growth Mindset Affirmation

I use my thoughts wisely.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

U u

U U U U U U U

u u u u u u u

Words

under

until

upon

unit

usually

understand

Growth Mindset Affirmation

I understand what I'm taught.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

V v

V V V V V V V V

v v v v v v v v

Words

verb

voice

vowel

view

over

gave

Growth Mindset Affirmation

My voice matters.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

W w

W W W W W W W W

w w w w w w w w

Words

wall

warm

wheels

window

wish

wood

Growth Mindset Affirmation

I can write well.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

X x

x x x x x x

x x x x x x

Your Turn

exit

exercise

explain

exact

Growth Mindset Affirmation

I exercise my brain.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

Y y
y y y y y y

y y y y y y

Words

yell

you're

young

noisy

enjoy

why

Growth Mindset Affirmation

You're the best you.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

z z
z z z z z z z

z z z z z z z

Words

zag

zig

zoo

Growth Mindset Affirmation

I like going to the zoo.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

Words & Numbers

Handwriting Practice!

one

two

three

four

five

six

seven

eight

nine

ten

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

Days of the Week

Handwriting Practice!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

Months of the Year

Handwriting Practice!

January

February

March

April

May

June

July

August

September

October

November

December

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

Colors

Handwriting Practice!

red

orange

yellow

green

blue

purple

brown

black

pink

white

grey

silver

gold

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

Shapes

Handwriting Practice!

square

cube

triangle

pentagon

rectangle

moon

circle

arrow

oval

cross

star

heart

diamond

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Try Your Signature

Handwriting practice lines for signature practice.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n o p q r s t u v w x y z

This book was created by Melanin
Inspirations to help students learn
cursive handwriting while practicing
High Frequency Words and Growth
Mindset.

I sincerely hope it accomplished the
intended objective.

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other titles available on Amazon -
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