

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

C c

c c c c c c

c c c c c c

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

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

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

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

FFF FFF

fff fff

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

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

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

l i

l l l l l l

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

Jj Jj Jj Jj

jj jj jj jj

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

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 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

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

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

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

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

Ss

sss sss

sss sss

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

Ss

sss sss

sss sss

Words

subject

suddenly

num

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

TTTTTT

ttt ttt

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

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 u

V V V V V V

u u u u u u

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

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

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

Write Your Favorite Growth Mindset Quotes

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

Try Your Signature

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.

If you like this product, I have many other titles available on Amazon - Author Page: Melanin Inspirations



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