

Mirror Writing Instruction Update

Lists of Letters, Consonant Vowel Blends, Words and Phrases

Check your work. This is very important! For all of the handwriting you do, you need to check your work whether with letters, words or phrases. Note any errors in letter orientation, spacing, size, shape, position in space, directionality, etc., and make any needed corrections. Here is the easiest way to do it. Hold the sheet vertically in front of you. Examine the letters in the upper left-hand quadrant of each cross. Note any errors and make any needed corrections. Rotate your sheet 180° so it is upside down but still facing you. Examine the letters in the upper left-hand quadrant of each cross. Note any errors and make any needed corrections. Flip the paper over so you are looking at the letters through the **back** of the paper. Hold the paper up to a light or window so you can clearly see the letters. Examine the letters in the upper left-hand quadrant of each cross. Note any errors and make any needed corrections. Rotate your sheet 180° and continue looking through the **back** of the paper. Examine the letters in the upper left-hand quadrant of each cross. Note any errors and make any needed corrections.

1. **Alphabet Letters** – Use Worksheets 1 (upper case printing) and 2 (lower case printing, and upper and lowercase cursive). Form the letters VERY CAREFULLY the first 3-4 weeks. These will become your “motor memory” pattern as you work through the rest of the letter combinations.

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

2. **Consonant-Vowel Blends** – Use Worksheet 2 (lower case with lines) for both upper and lowercase pairs. Do one day each of dominant and non-dominant with the uppercase letters and 3 days of non-dominant alternating with 2 of dominant for the lowercase. **Check your work.** Make needed corrections.

-	-	AC	AD	AP
AH	AL	AN	AX	ED
EG	EN	EB	IQ	IF
IM	IK	IP	IT	OR
OJ	OW	OZ	UT	UG
UY	UV	US		
-	-	ac	ad	ap
ah	al	an	ax	ed
eg	en	eb	iq	if
im	ik	ip	it	or
oj	ow	oz	ut	ug
uy	uv	us		

3. **Three-Letter Words** – Do these in sentence case. Use Worksheet 2 with dotted lines. Do all words on one sheet. **Check your work.** Make needed corrections.

-	-	Arm	Leg	Two
Not	His	Key	Fax	Zip
Bag	Cab	Doe	Job	Faq
Tug	Van	Yak	Win	Who
Top	Nod	Jug	Bat	Bed
Axe	Zoo	Que		

4. **Four-Letter Words** – Do these in sentence case. Use Worksheet 3 with dotted lines. Do two columns per sheet (2 sheets). **Check your work.** Make needed corrections.

Sheet 1	
Chin	Care
Good	Fish
Head	Jump
Kick	Quiz
Your	Vast
Bait	What
Deep	Zits

Sheet 2	
Game	Vein
Axon	Buoy
Yarn	Calf
X-ray	Ever
Love	Pine
Lark	Moon
Jack	Ripe

5. **Five-Letter Words** – Do these in sentence case. Use Worksheet 3 with dotted lines. Do two columns per sheet (2 sheets). **Check your work.** Make needed corrections.

Sheet 1	
Price	Xenon
Smart	Quiet
Thick	Diner
River	Imply
Heart	Laugh
Gnome	Zebra
Brain	Under

Sheet 2	
Yates	Squid
Flyer	Mauve
Knife	Venus
Jewel	Where
Owner	Today
Crawl	Never
Eagle	Alpha

6. **Two-Word Phrases** – Do these in sentence case. Use Worksheet 4 with dotted lines. Do one column per sheet (3 sheets). **Check your work.** Make needed corrections.

Sheet 1	Sheet 2	Sheet 3
Brain teaser	Don't quit	Fir tree
Head start	Zoom ahead	Game boy
Ankle deep	Pack rat	Write clearly
Tin ear	Snow storm	Oregon trail
Look alive	Why me?	Jack rabbit
That's life	Jury duty	Down wind
Book worm	Gate keeper	Grape vine

7. **Three-Word Phrases** – Do these in sentence case. Use Worksheet 4 with dotted lines. Do one column per sheet (2 sheets). **Check your work.** Make needed corrections.

Sheet 1	Sheet 2
Young at heart	Seize the day
Up in arms	Steel and velvet
Tooth and nail	King and queen
Tongue in cheek	Be my guest
I love you	Quiet zone please
Rule of thumb	Wash your hands
Word of mouth	You are special

8. **Four-Word Phrases** – Do these in sentence case. Use Worksheet 5 with dotted lines. Do one column per sheet (2 sheets). **Check your work.** Make needed corrections.

Sheet 1	Sheet 2
One of a kind	Quiet in the library
Get ready, set, go	Sly as a fox
Jump up and down	Use your mind wisely
Love at first sight	Read it very carefully
We need more fun	Turn the other cheek

9. **Five- and Six-Word Phrases** – Do these in sentence case. Use Worksheet 5 with dotted lines. Do one column per sheet (2 sheets). **Check your work.**
 Make needed corrections.

Sheet 1	Sheet 2
I did my job quickly	Fax it over right away
Give it your best shot	Just in the nick of time
I choose to be happy	The buzzard circled high overhead
A winner likes to win	Reduce, reuse, recycle, and conserve
It never hurts to try	Your gratitude determines your attitude

10. **Cursive** – Repeat the entire foregoing process using cursive instead of printing. This is actually easier than printing because in most cases, one doesn't have to pick up the pencil or pen point when transitioning from one letter to the next. As some of the uppercase cursive letters go below the baseline, use the worksheets with dotted lines for all the exercises, i.e. use Worksheet 2 instead of Worksheet 1 for the uppercase single letters and consonant-vowel blends.

MIRROR WRITING ALPHABET PATTERNS

Printed Style Letters

Follow is one example alphabet that you can use for the mirror writing. It is not imperative that you use this stroke pattern IF you have another one that you can follow. However, IT IS ESSENTIAL that your stroke order in each quadrant be exactly mirrored to the stroke order in the quadrant across from it (i.e. detailed sequencing).



MIRROR WRITING ALPHABET PATTERNS

Cursive Style Letters

A a B b C c D d E e

F f G g H h I i J j

K k L l M m N n O o

P p Q q R r S s T t U u

V v W w X x Y y Z z