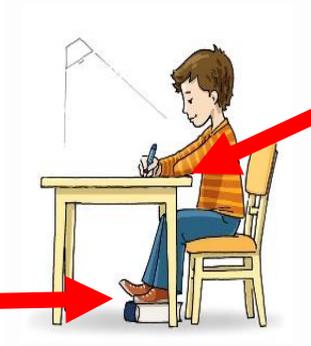


*Mon cahier  
d'écriture  
Moyenne Section*



## Pour bien écrire:

1



Les bras posés sur la table.

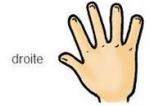
Les pieds posés à plat.

On s'installe correctement à une table

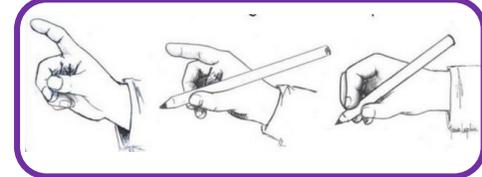
2



gauche

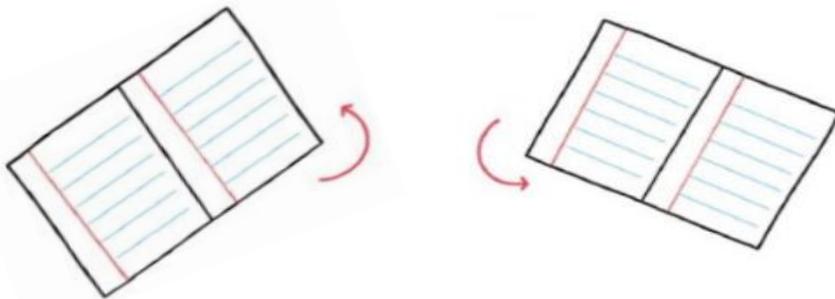


droite



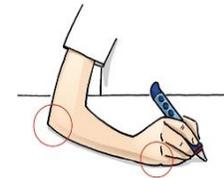
On place bien ses doigts sur son crayon.

3



On oriente son cahier.

4



Vérifie que ta main est sous la ligne d'écriture.



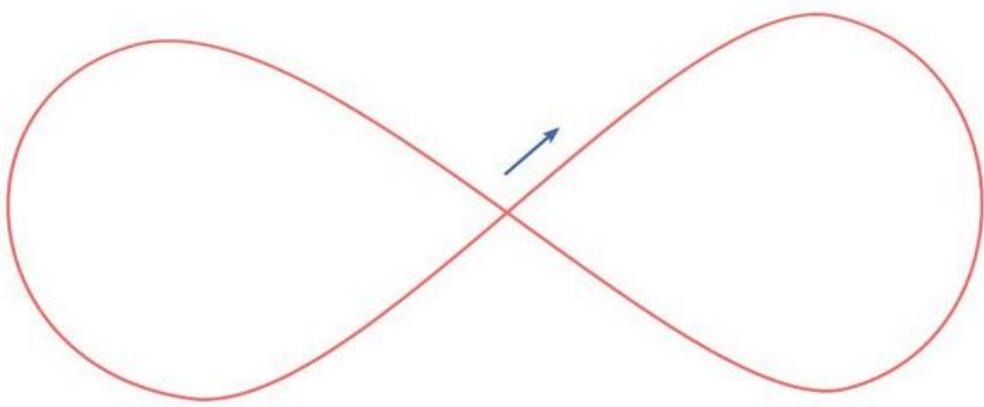
On pose ses bras correctement sur la table dans la continuité du cahier.



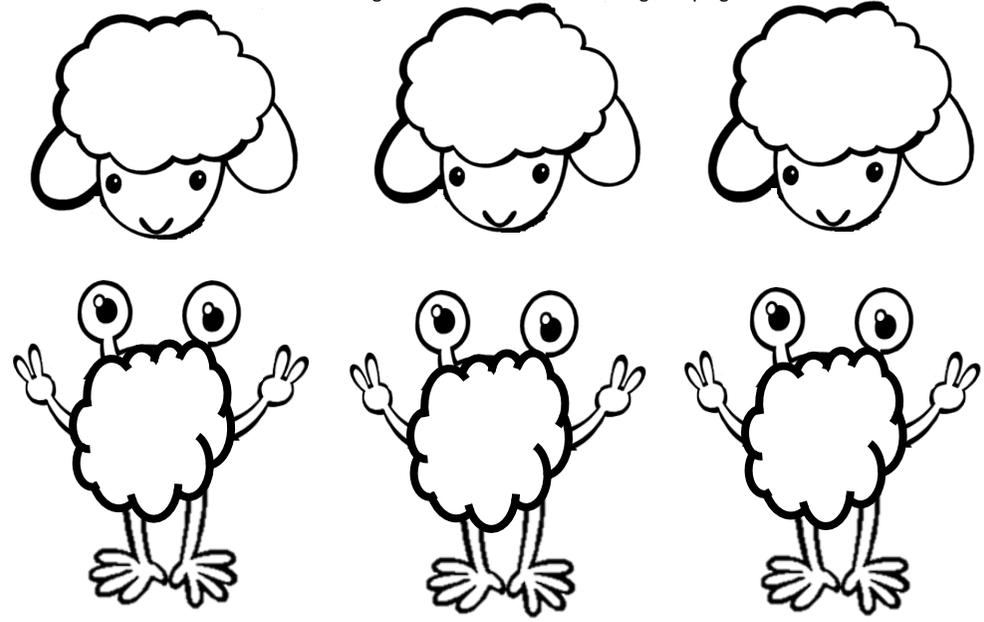
Prends ton crayon et trace un chemin qui traverse la route

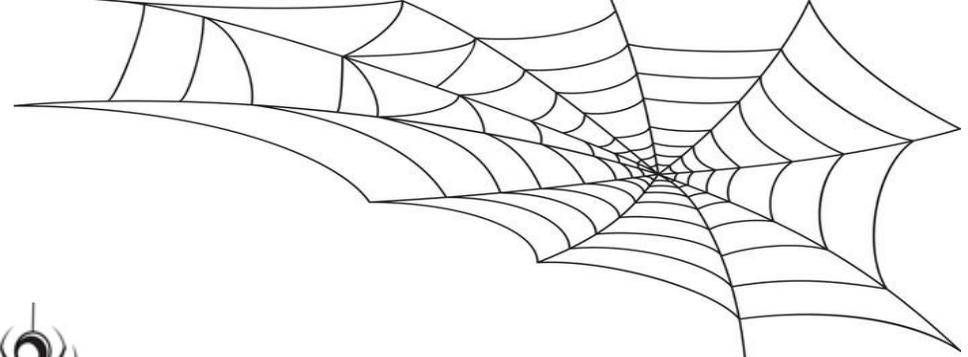
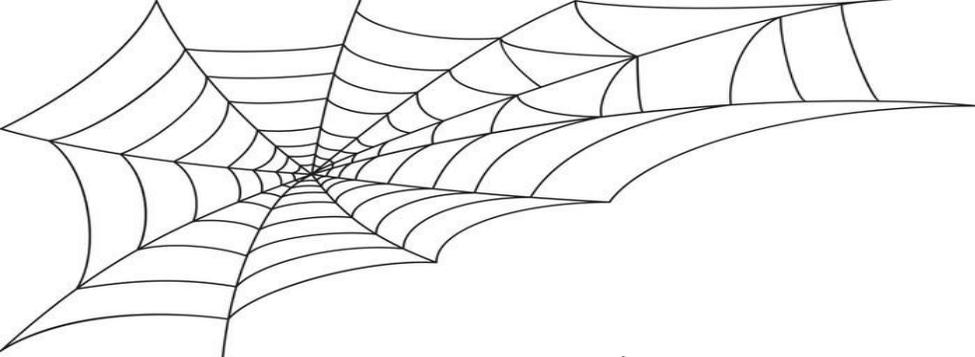
Four horizontal rounded rectangular boxes for tracing practice, each containing a blue dot at the start of the line.

Suis le tracé plusieurs fois en glissant ton bras sans bouger ton poignet ni tes doigts.



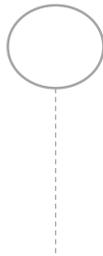
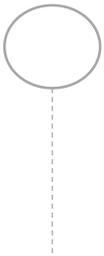
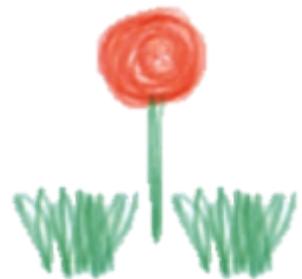
Tourne les doigts dans tous les sens sans bouger le poignet.



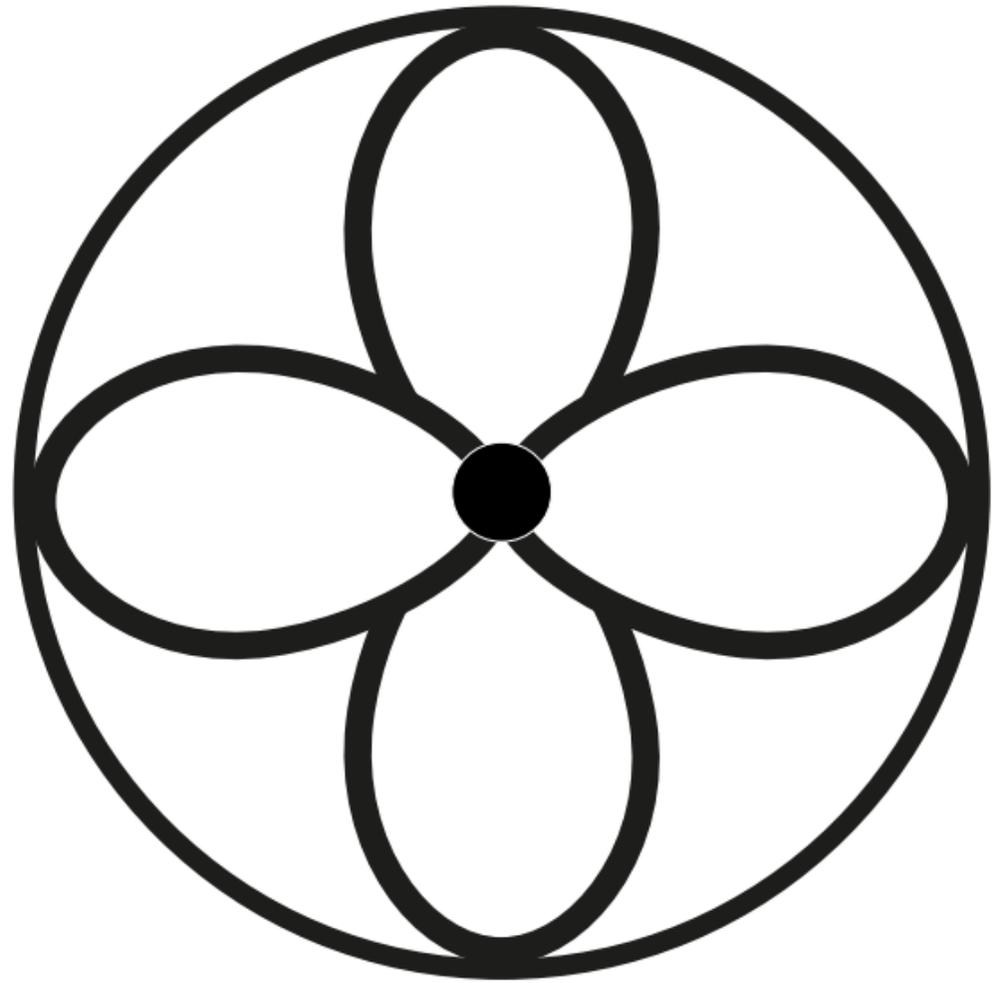
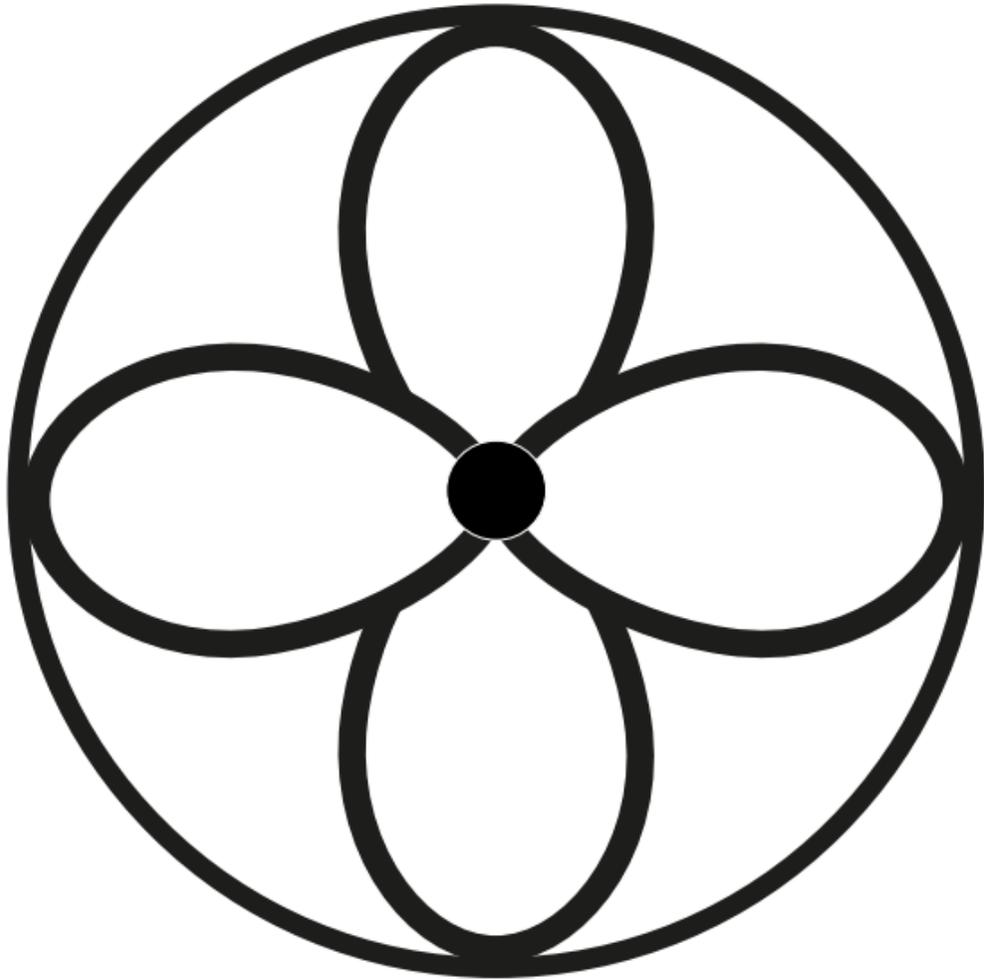


Plie et tends le pouce plusieurs fois pour tracer le chemin des araignées qui montent et descendent de la toile.

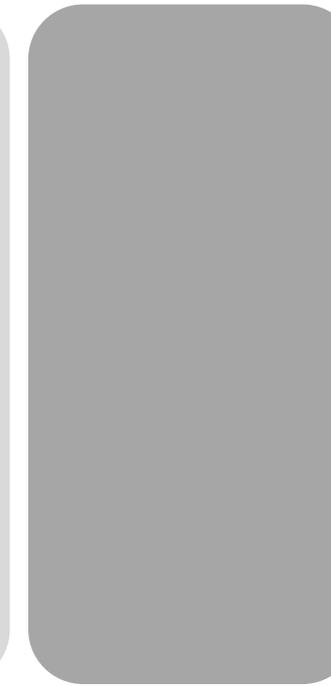
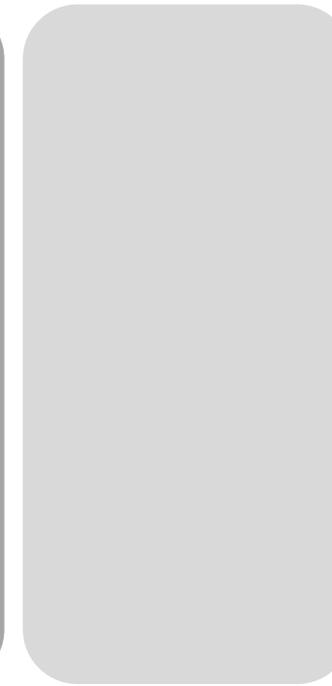
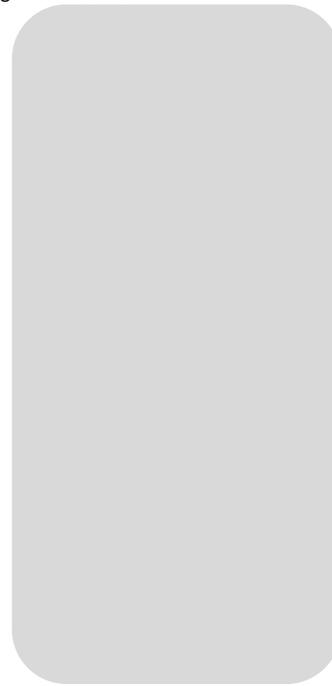
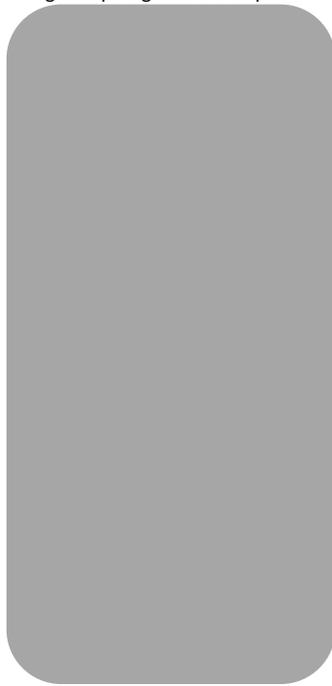
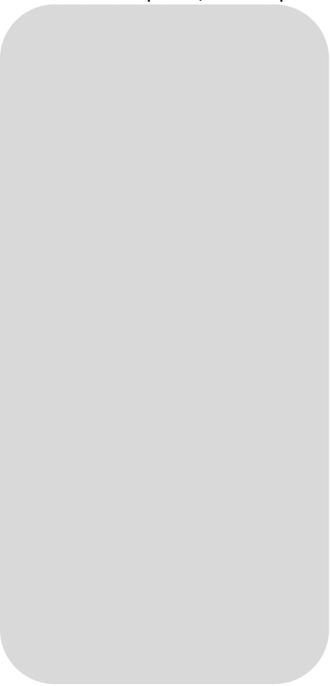
Trace la tige de la fleur en ne faisant bouger que tes doigts, puis pour la fleur tourne plusieurs fois pour faire une boule. Puis fais des touffes d'herbes en faisant un mouvement de va et vient de haut en bas.



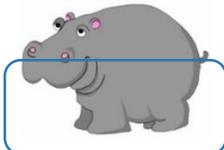
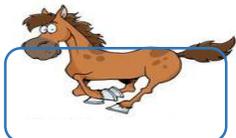
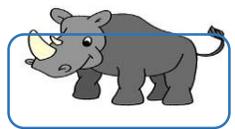
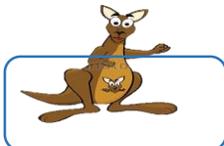
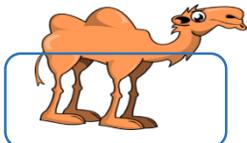
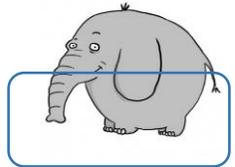
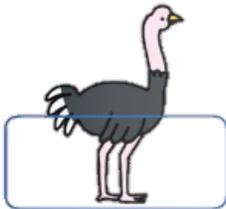
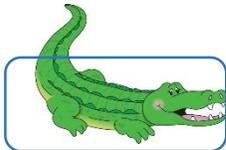
Colorie d'une seule couleur: appuie plus ou moins fort pour créer des nuances.



Plie et tends le pouce, comme pour les araignées puis glisse le bras pour changer de colonne.



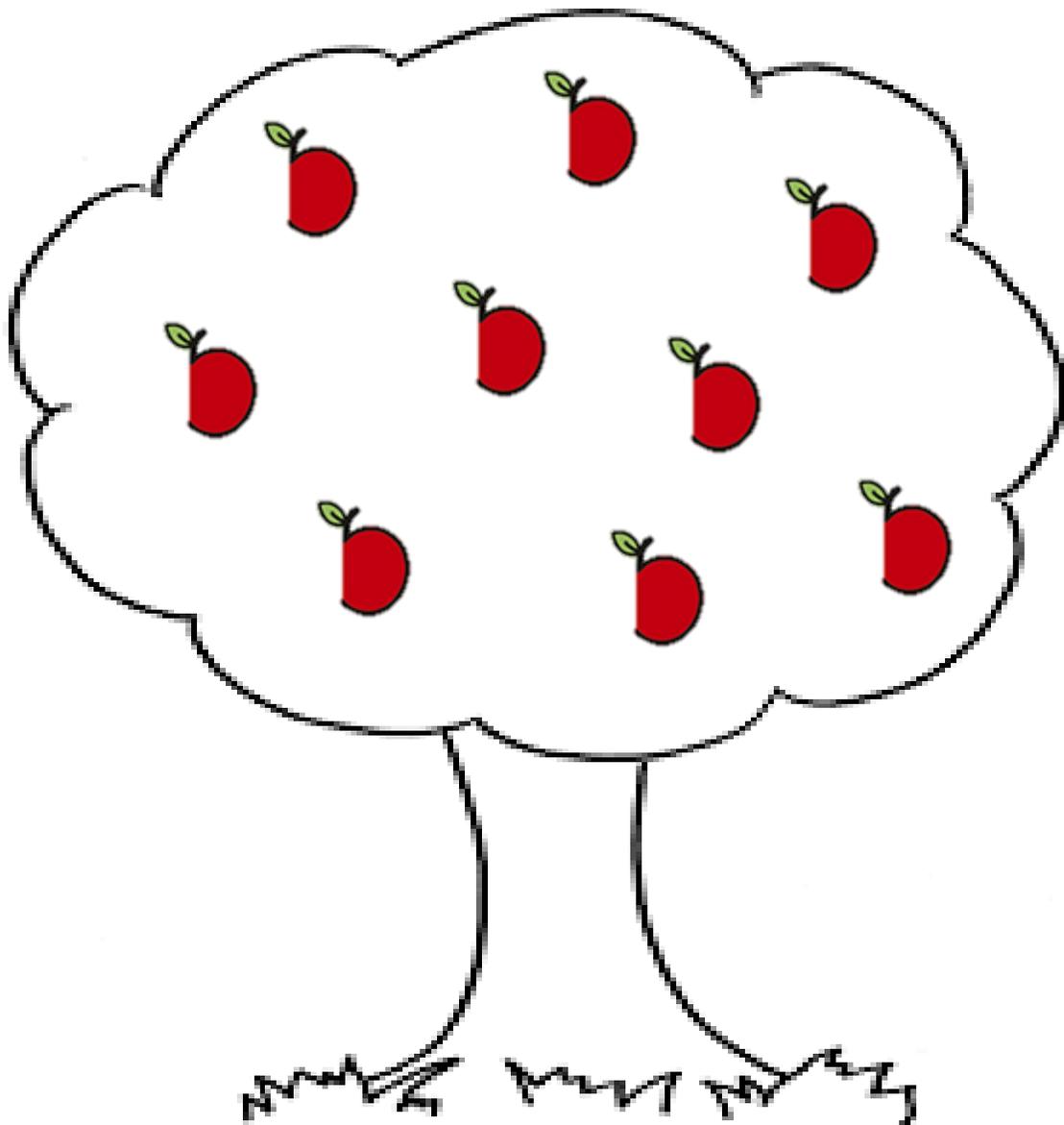
Pose la pointe de ton crayon en haut et plie le pouce pour tracer chaque barreau de l'enclos.



Trace les barreaux des échelles toujours dans le même sens.



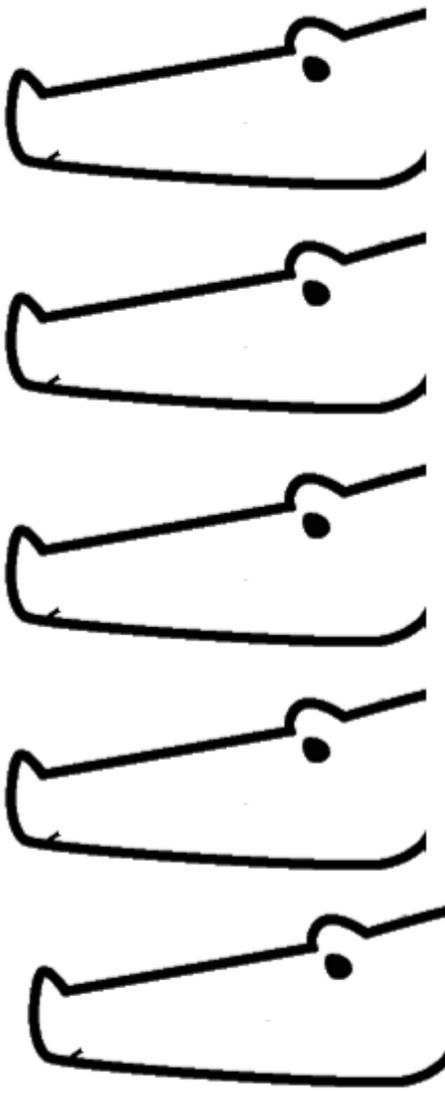
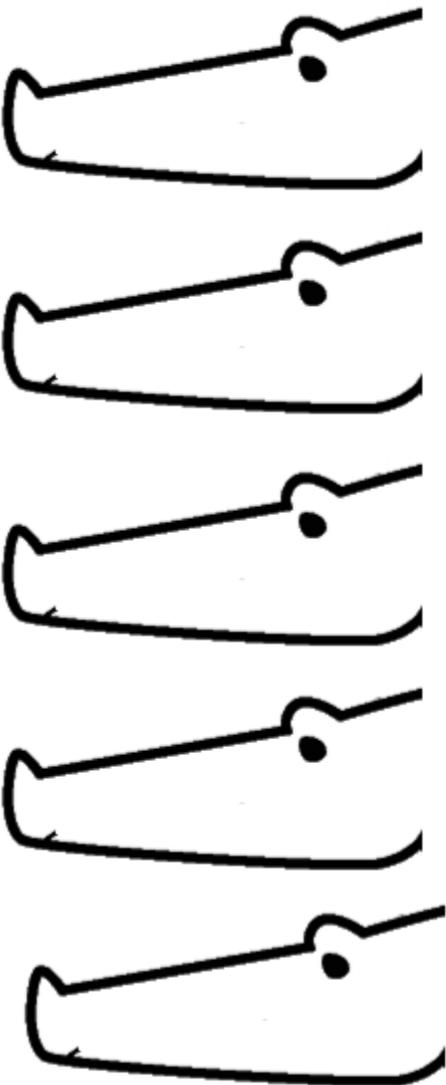
Complète les pommes en partant du haut dans le sens de la feuille.



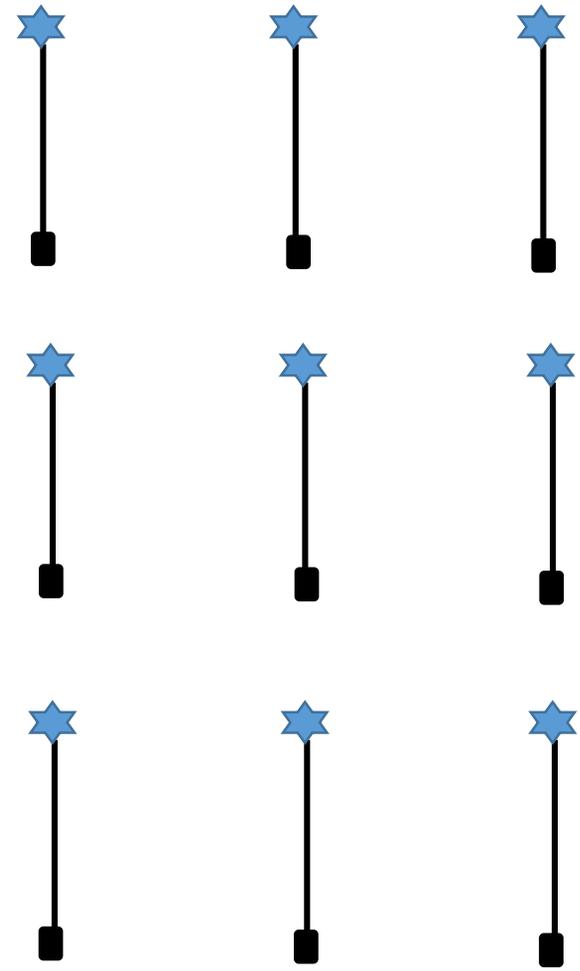
Pose ton crayon sur le point puis tourne, tourne autour des oiseaux pour faire le vent qui souffle.

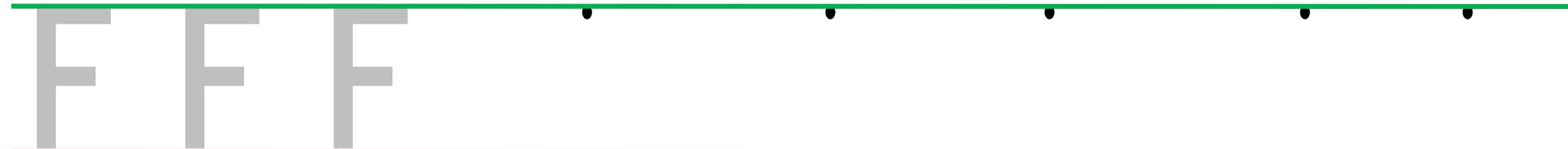
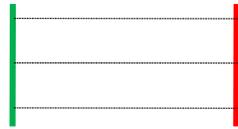
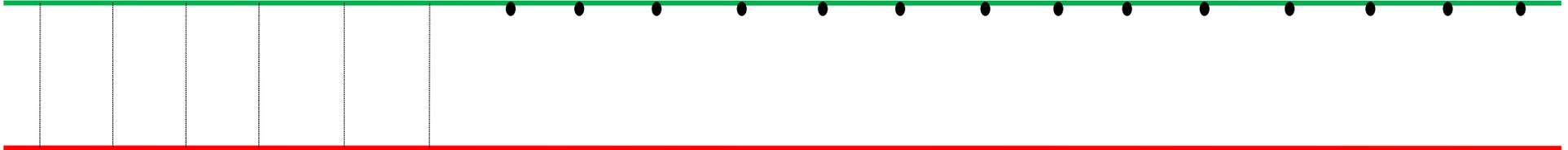
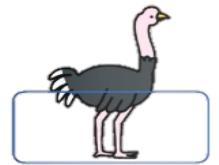
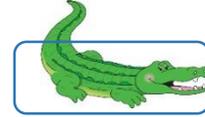
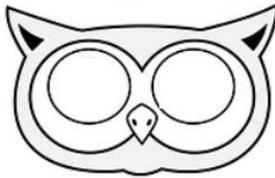
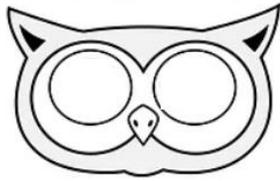
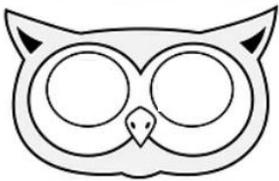


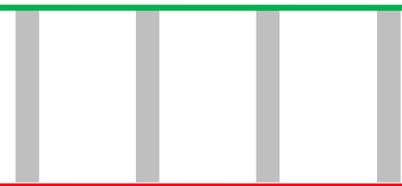
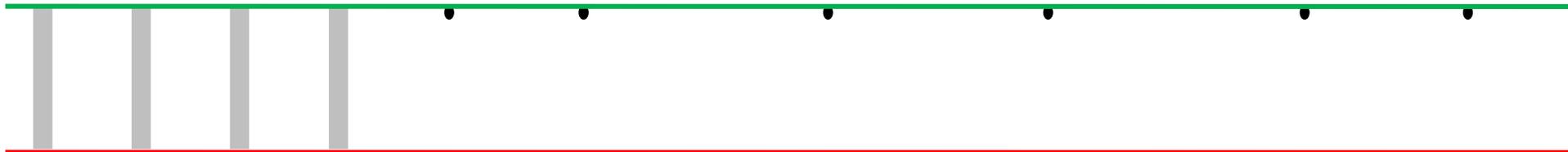
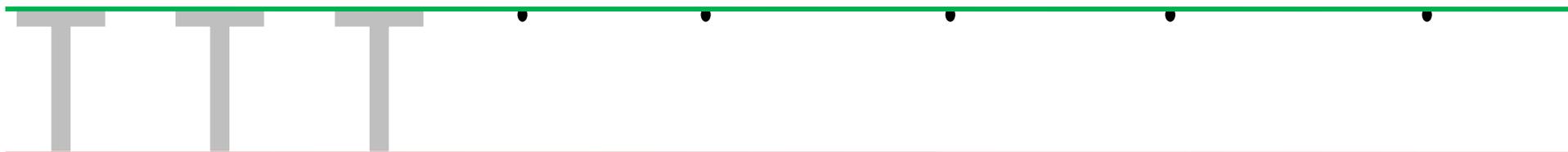
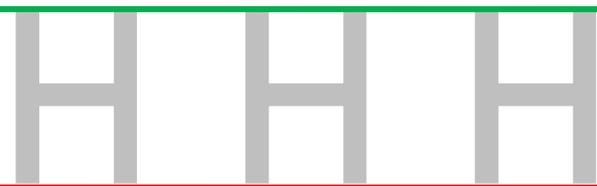
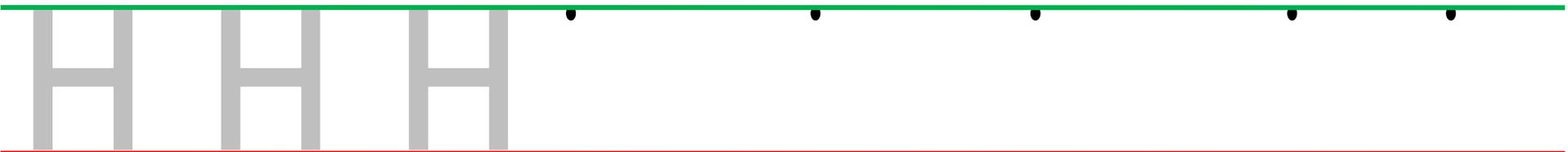
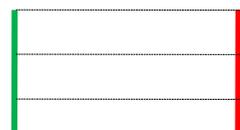
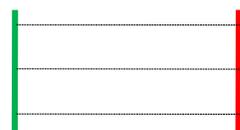
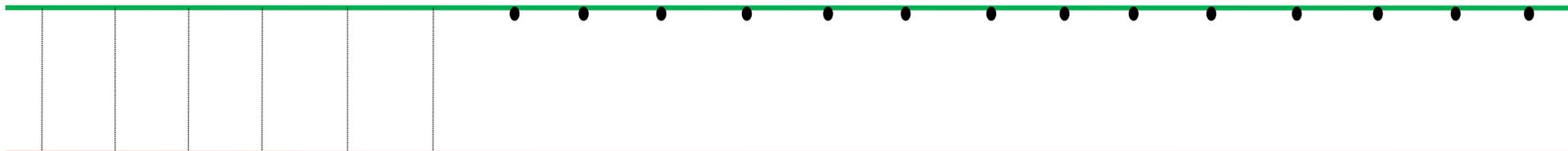
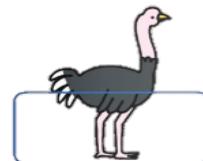
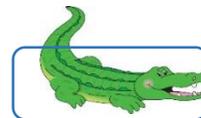
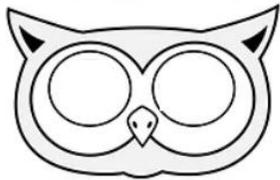
Dessine les dents des crocodiles: déplie et plie les doigts en avançant.

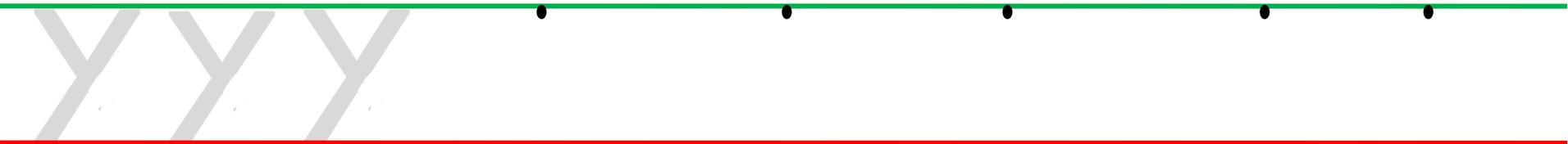
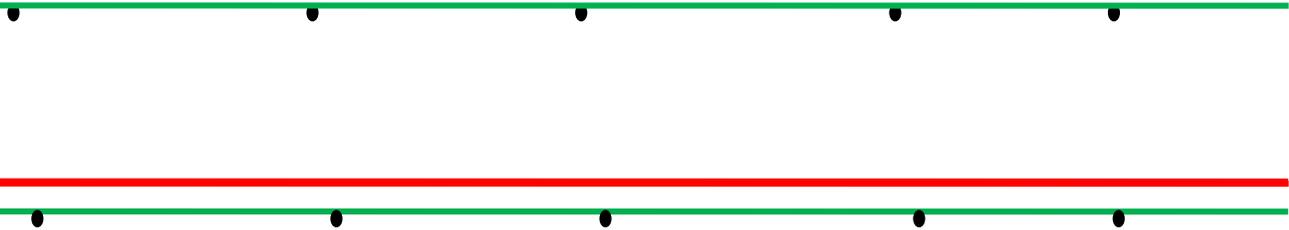
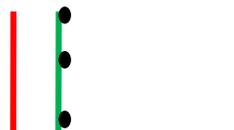
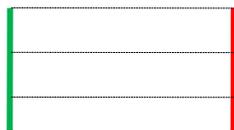
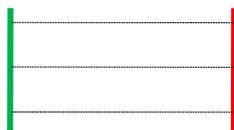
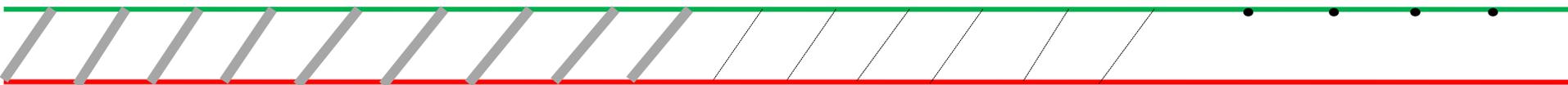
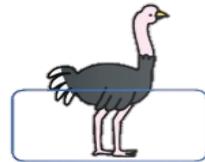
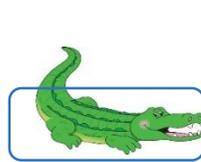
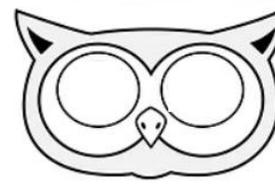


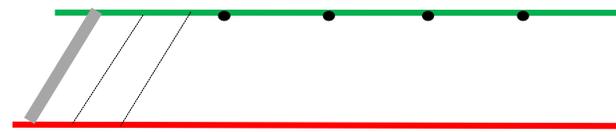
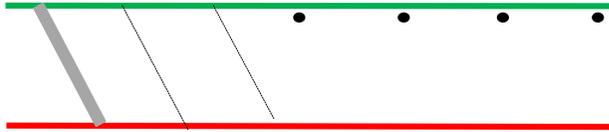
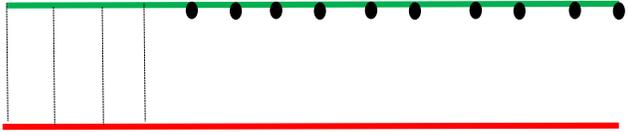
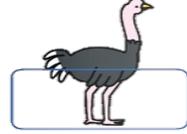
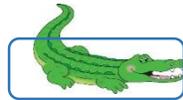
Trace les branches du sapin,  
pose la pointe du crayon sur le tronc puis plie ton pouce pour tracer les traits.











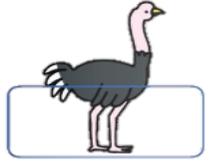
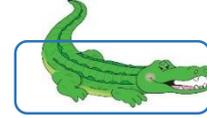
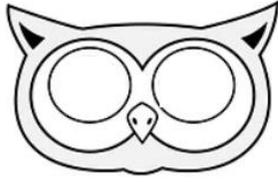
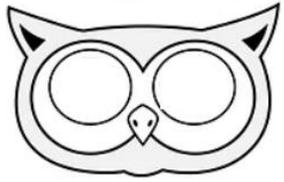
K K K

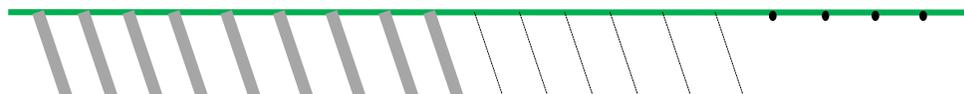
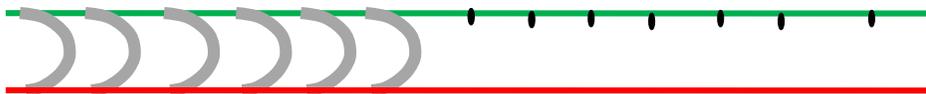
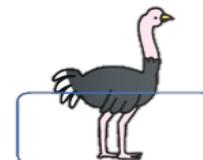
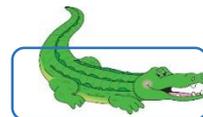
A A A

X X X

V V V

W W W



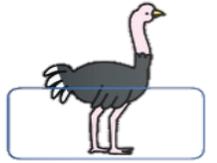
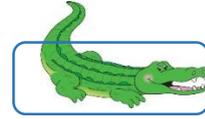
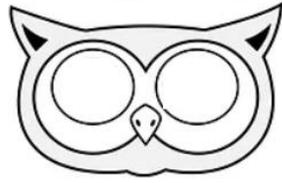


R R R R

P P P

D D D

B B B



A series of seven horizontal lines for handwriting practice. Each line set consists of a top red line, a middle green line, and a bottom red line, providing a guide for letter height and placement.



