How to use this book

The pen

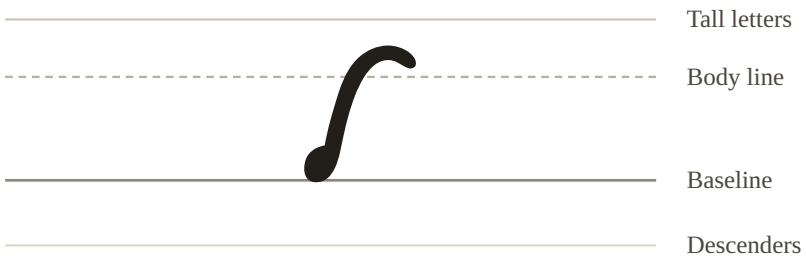
Pinch the pen between the thumb and the index finger. Let it rest on the middle finger. The ring finger and the little finger curl in. They do not grip the pen.

Keep the grip loose. If your hand hurts, you are squeezing. Point the pen back along your arm, not straight up.

Write from the right side of the line toward the left. Lift the pen between letters. You do not need to join one letter to the next.

The lines

Most letters stand on the baseline and stop near the dashed line. Lamed, final pe, and final tsadi rise higher. Tet and ayin also run tall. Final kaf, nun, final nun, qof, and tav drop below the baseline. Gimel dips a little. Yod is small and sits above the baseline.



A page

Trace the dashed letters first. Then trace the grey letters. Then write the letter yourself on the blank lines. Go slowly. One careful page is enough for a sitting.

Alef

PRINT

א

Alef stands on the baseline.



Words

שבת שלום Shabbat shalom





מזל טוב mazal tov



