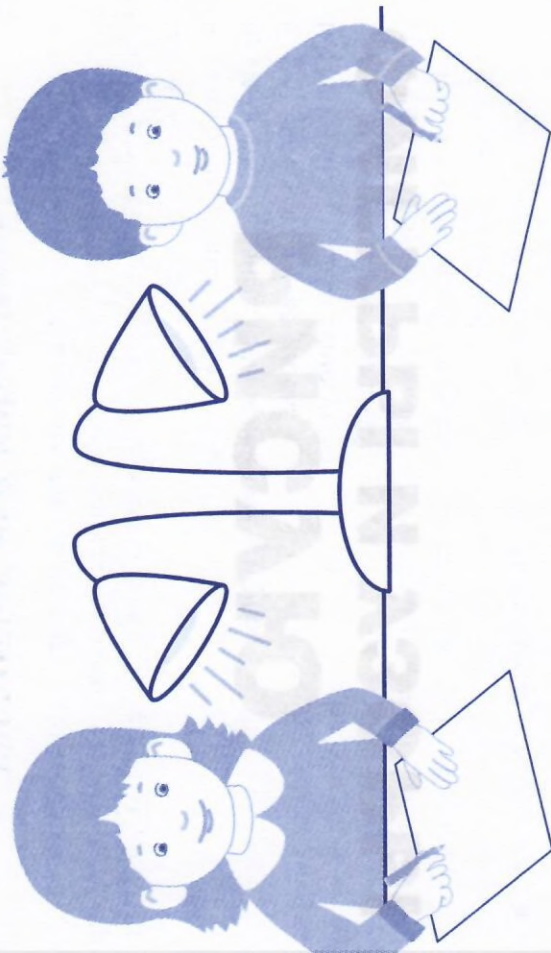


## КАК СИДЕТЬ ПРИ ПИСЬМЕ



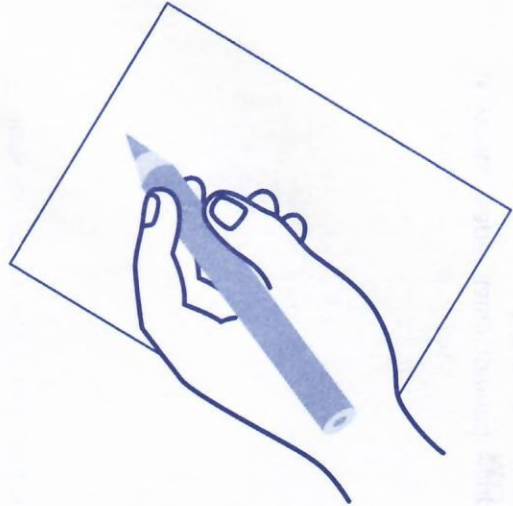
ты пишешь правой рукой

Если ты пишешь левой рукой

## КАК ДЕРЖАТЬ РУЧКУ



Если ты правша



Если ты левша

## Рекомендации для родителей

Наши прописи помогут малышам потренировать мелкую моторику, что способствует улучшению речи, координации, развитию внимания, зрительной и двигательной памяти. Занимаясь всего 15 минут в день, дети быстро и легко научатся:

- ▶ проводить разные типы линий;
  - ▶ рисовать основные геометрические фигуры;
  - ▶ рисовать различные узоры.
- В обучении малышам помогут:

- ▶ образцы выполнения заданий;
- ▶ точки, которые подсказывают, откуда следует начинать писать;
- ▶ стрелочки, которые указывают направление и последовательность написания элементов.

Во время занятий следите за тем, чтобы ребёнок придерживался основных правил при письме:

- ▼ **положение за столом:**
    - ▶ спина должна быть ровной;
    - ▶ расстояние между туловищем и краем стола — 1,5–2 см;
    - ▶ локти лежат на столе;
    - ▶ колени согнуты под прямым углом;
    - ▶ ноги стоят на полу или подставке;
  - ▼ **положение тетради:**
    - ▶ нижний угол страницы, на которой пишет ребёнок, должен находиться напротив середины груди;
    - ▶ расстояние от края стола (слева или справа) — 15–20 см;
    - ▶ угол относительно края стола — 45° (для правши) и 60° (для левши);
  - ▼ **положение карандаша (ручки):**
    - ▶ держать пишущий инструмент нужно тремя пальцами, при этом он должен лежать на верхней фаланге среднего пальца и фиксироваться большим и указательным пальцем;
    - ▶ расстояние от кончика карандаша (ручки) до кончика указательного пальца — 1,5–2 см;
    - ▶ конец карандаша (ручки) направлен на плечо.
- Успехов вам и вашему малышу!



Tracing practice for circles and ovals. The page contains several columns of dashed shapes. The first column has five circles of varying sizes, with the bottom one being solid red and having a blue arrow indicating a counter-clockwise direction. The second column has six circles of varying sizes. The third column has two large ovals, with the bottom one being solid red and having a blue arrow indicating a counter-clockwise direction. The fourth column has five ovals of varying sizes, with the bottom one being solid red and having a blue arrow indicating a counter-clockwise direction. The fifth column has five ovals of varying sizes. The sixth column has one large oval and one small circle. The seventh column has one large oval and one small circle. The eighth column has one large oval and one small circle. The ninth column has one large oval and one small circle. The tenth column has one large oval and one small circle. The eleventh column has one large oval and one small circle. The twelfth column has one large oval and one small circle. The thirteenth column has one large oval and one small circle. The fourteenth column has one large oval and one small circle. The fifteenth column has one large oval and one small circle. The sixteenth column has one large oval and one small circle. The seventeenth column has one large oval and one small circle. The eighteenth column has one large oval and one small circle. The nineteenth column has one large oval and one small circle. The twentieth column has one large oval and one small circle.

Tracing practice for rectangles. The page contains several columns of dashed rectangles. The first column has five rectangles of varying sizes, with the bottom one being solid red and having a blue arrow indicating a rightward direction. The second column has six rectangles of varying sizes. The third column has two large rectangles, with the bottom one being solid red and having a blue arrow indicating a rightward direction. The fourth column has five rectangles of varying sizes, with the bottom one being solid red and having a blue arrow indicating a rightward direction. The fifth column has five rectangles of varying sizes. The sixth column has one large rectangle and one small rectangle. The seventh column has one large rectangle and one small rectangle. The eighth column has one large rectangle and one small rectangle. The ninth column has one large rectangle and one small rectangle. The tenth column has one large rectangle and one small rectangle. The eleventh column has one large rectangle and one small rectangle. The twelfth column has one large rectangle and one small rectangle. The thirteenth column has one large rectangle and one small rectangle. The fourteenth column has one large rectangle and one small rectangle. The fifteenth column has one large rectangle and one small rectangle. The sixteenth column has one large rectangle and one small rectangle. The seventeenth column has one large rectangle and one small rectangle. The eighteenth column has one large rectangle and one small rectangle. The nineteenth column has one large rectangle and one small rectangle. The twentieth column has one large rectangle and one small rectangle.



