

# practice creating ascenders and descenders

Practice incorporating swashes with ascenders and descenders by lettering the names of your friends and family.

A large grid of handwriting practice lines. The grid consists of 10 rows. Each row has a solid top line, a dashed midline, and a solid bottom line. The first row is pre-filled with a blue wavy line (swash) that starts at the bottom line, goes up to the top line, and then goes down to the bottom line. The remaining 9 rows are empty for practice.