Cedarfield LEARNING

FREE SAMPLE

EVERYDAY SKILLS · SKILL PACK

Letters and Sounds

Aa

First letters and sounds in everyday words

Large print · One task per page · Hands-on with real objects · No screen

3 ACTIVITIES · FREE SAMPLE

1 Trace the Letter M

2 Trace the Letter T

3 Trace the Letter A

For teenagers and young adults learning foundational skills · cedarfieldlearning.com

How to Use This Book

For the adult

1. Use one page per sitting. Short and successful is better than long.
2. Gather the objects listed in the green box before you start.
3. Read the "Say" line aloud, calmly, in your own words if you prefer.
4. Let your learner touch, place and move the real objects. Pointing and saying the answer counts as much as writing.
5. If an answer is not right yet, stay calm: show the right answer, then do it again together. Give just enough help, and a little less next time.
6. Name what went well, briefly: "Good counting." Repeat a page as often as you like and stop on a success.
7. When a page goes well two or three times on different days, try the harder idea in the green box.
8. Supervise small objects (coins, buttons) if putting things in the mouth is a concern.
9. These are practice pages, not therapy. Print them again whenever you need.

Each page has two parts. The framed area is for your learner: one task, large print, lots of space. The green panel at the bottom is for you: what to gather, what to say, and how to make it easier or harder.

UNIT 2

Letters and Sounds

This unit practises recognising letters and first sounds through words seen every day.

IN THIS UNIT

Trace the Letter M
Letter M

Trace the Letter T
Letter T

Trace the Letter A
Letter A

UNIT 2

1 Trace the Letter M

Skill: Letter M

About 5 min



M m

FOR THE ADULT

You need A shoelace or string

Say "This is M. M says mmm, like milk and map. Trace the big M with your finger."

Hands-on Your learner traces the M with a finger, then lays the shoelace on top of the letter.

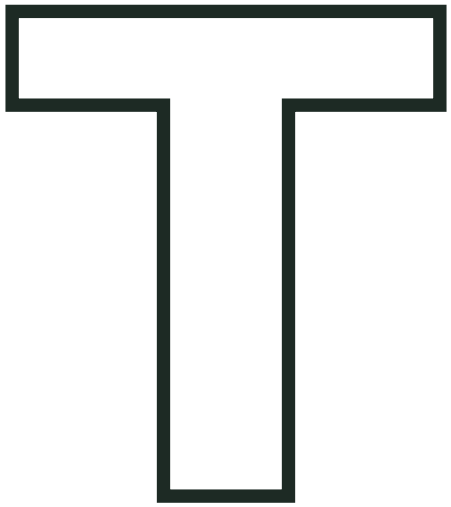
Adjust **Easier:** Trace together, your hand over theirs. **Harder:** Find one more thing at home that starts with mmm.

UNIT 2

2 Trace the Letter T

Skill: Letter T

About 5 min



T t

FOR THE ADULT

You need A towel

Say "This is T. T says t, as in towel and toothbrush. Trace the big T with your finger."

Hands-on Your learner traces the T with a finger, then places the towel next to the page.

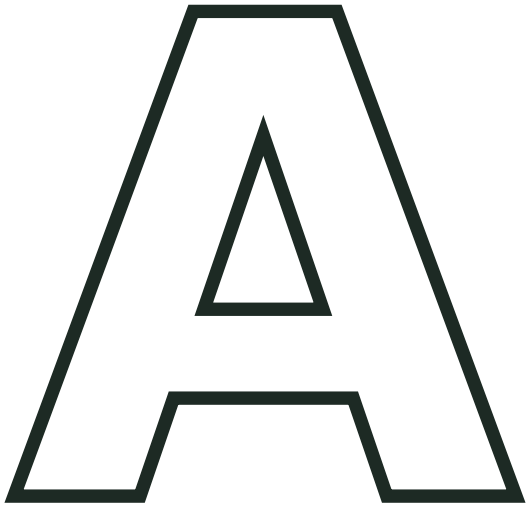
Adjust **Easier:** Trace together, your hand over theirs. **Harder:** Find one more thing at home that starts with t.

UNIT 2

3 Trace the Letter A

Skill: Letter A

About 5 min



A a

FOR THE ADULT

You need An apple

Say "This is A. A says a, as in apple. Trace the big A with your finger."

Hands-on Your learner traces the A with a finger, then places the apple on the page.

Adjust **Easier:** Trace together, your hand over theirs. **Harder:** Find one more thing at home that starts with a.

Progress Notes

Optional

A quick note after each sitting helps you see progress and choose the next page. Print this page again as needed.

Date	Activity	With help / On own	Notes

What Comes Next

This free sample shows 3 activities from **Letters and Sounds**. The full pack has 8 activities, each with the same calm, one-task layout, plus a progress page. Print these pages as often as you like.

The full packs and the complete Level 1 workbook are presented at **cedarfieldlearning.com/everyday-skills.html**. Tell us about your learner and we will suggest where to start.

Cedarfield LEARNING

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