

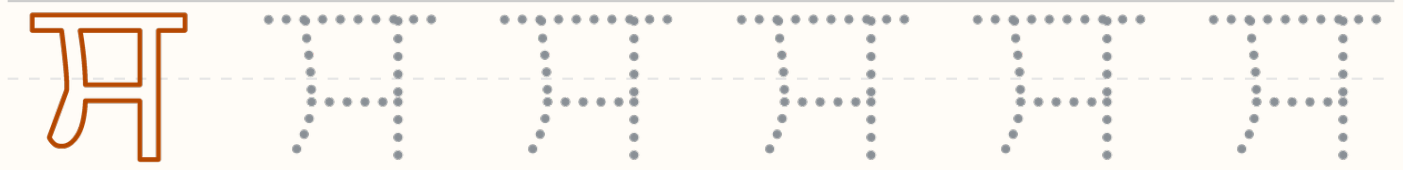
Stripe 1 — ਸਹਮਨਰ

Trace each letter. Say its sound out loud!

Warm up your hand



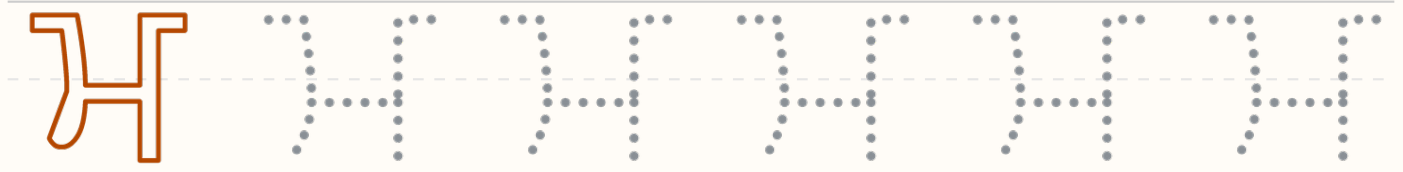
ਸ · sassa (s)



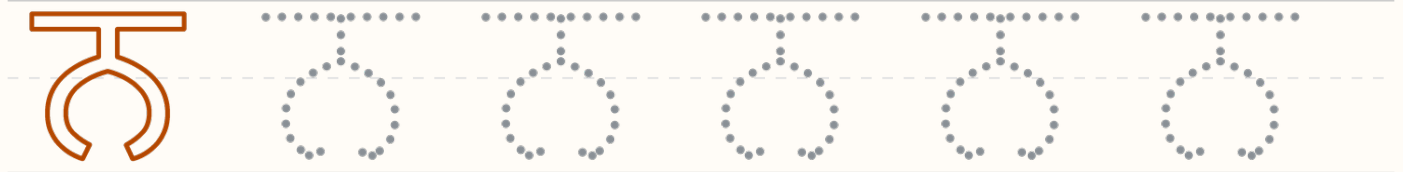
ਹ · haha (h)



ਮ · mamma (m)



ਨ · nanna (n)



ਰ · rara (r)



Stripe 2 — ਕ ਪ ਟ ਗ ਜ ਡ

Trace each letter. Say its sound out loud!

ਕ · kakka (k)

ਕ ਕ ਕ ਕ ਕ ਕ

ਪ · pappa (p)

ਪ ਪ ਪ ਪ ਪ ਪ

ਟ · tainka (t)

ਟ ਟ ਟ ਟ ਟ ਟ

ਗ · gagga (g)

ਗ ਗ ਗ ਗ ਗ ਗ

ਜ · jajja (j)

ਜ ਜ ਜ ਜ ਜ ਜ

ਡ · dadda (ḍ)

ਡ ਡ ਡ ਡ ਡ ਡ

Stripe 3 — ਤਥਦਧਠਢਣ

Trace each letter. Say its sound out loud!

ਤ · tatta (t)

ਤ ਤ ਤ ਤ ਤ

ਥ · thatha (th)

ਥ ਥ ਥ ਥ ਥ

ਦ · dadda (d)

ਦ ਦ ਦ ਦ ਦ

ਧ · dhadha (dh)

ਧ ਧ ਧ ਧ ਧ

ਠ · thattha (th)

ਠ ਠ ਠ ਠ ਠ

ਢ · dhadha (ḍh)

ਢ ਢ ਢ ਢ ਢ

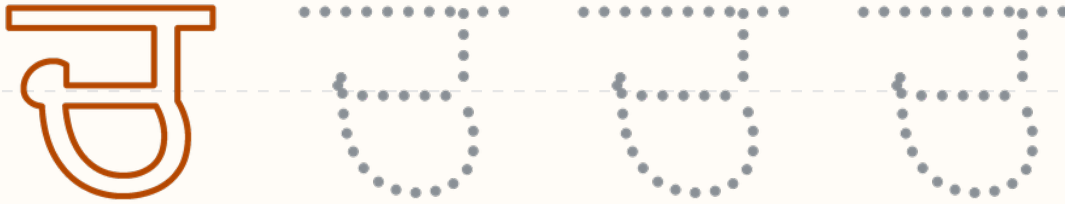
ਣ · nanna (ṇ)

ਣ ਣ ਣ ਣ ਣ

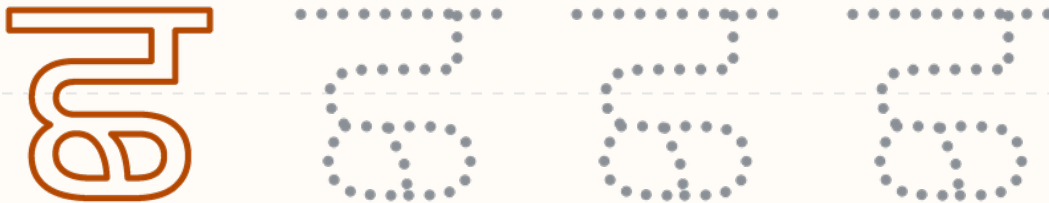
Stripe 4 — ਚ ਛ ਝ ਖ ਘ

Trace each letter. Say its sound out loud!

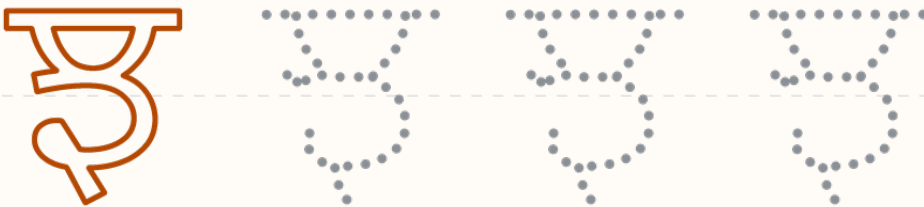
ਚ · chacha (ch)



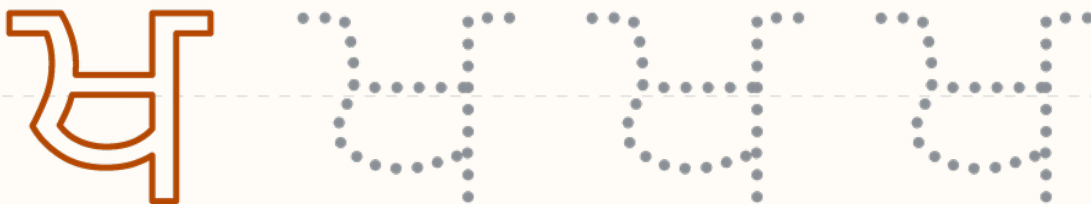
ਛ · chhachha (chh)



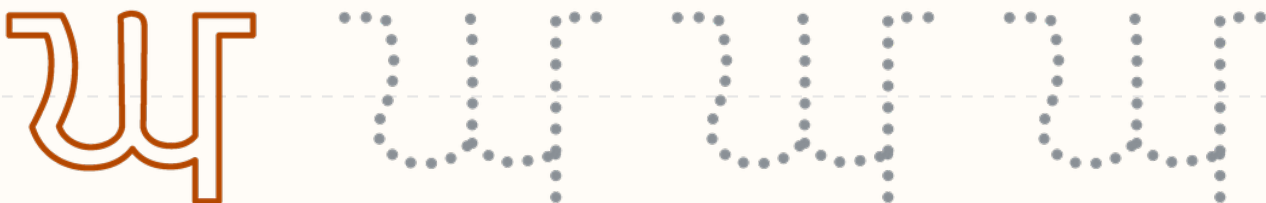
ਝ · jhajja (jh)



ਖ · khakha (kh)



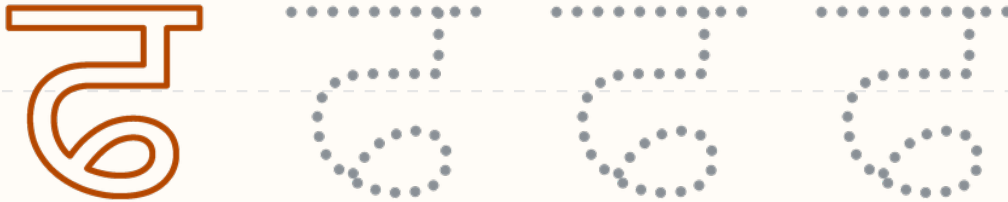
ਘ · ghagha (gh)



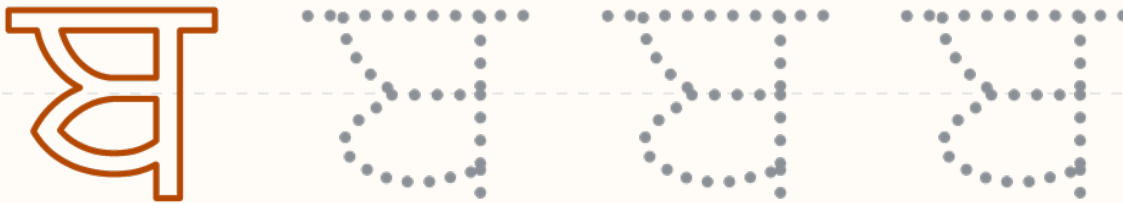
Stripe 4 — ਫ ਬ ਭ ਲ ਵ (continued)

Trace each letter. Say its sound out loud!

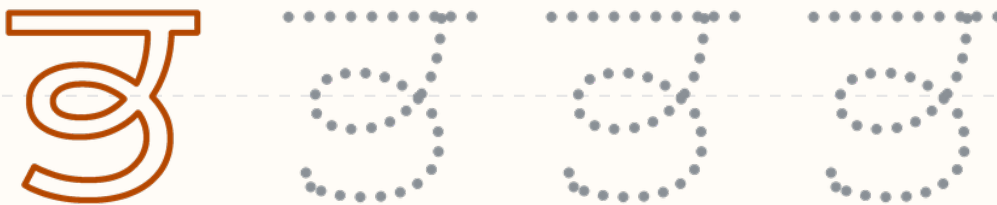
ਫ · phapha (ph)



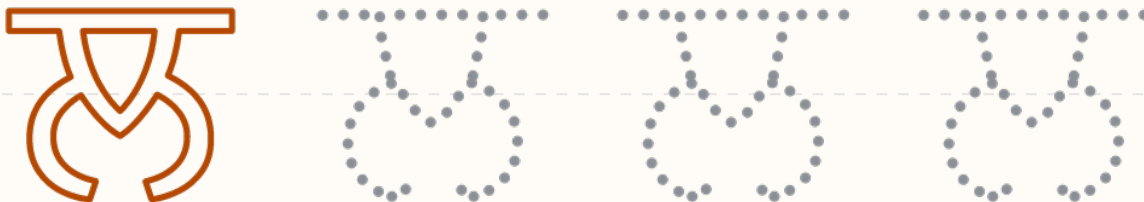
ਬ · babba (b)



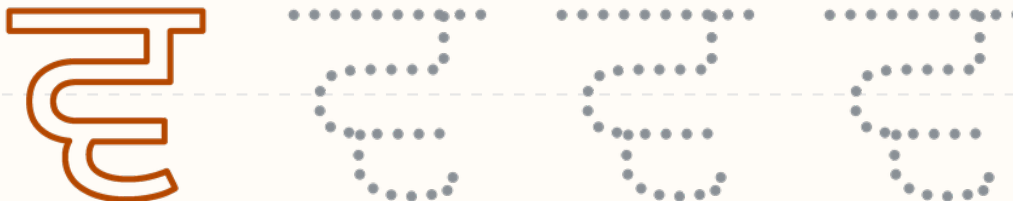
ਭ · bhabha (bh)



ਲ · lalla (l)



ਵ · wawa (v)



Stripe 5 — ੜਯਙਙਵਓਅਏ

Trace each letter. Say its sound out loud!

ੜ · rara (r)

ੜ ੜ ੜ ੜ ੜ

ਯ · yaya (y)

ਯ ਯ ਯ ਯ ਯ

ਙ · nganga (ṅ)

ਙ ਙ ਙ ਙ ਙ

ਵ · nyanya (ṇ)

ਵ ਵ ਵ ਵ ਵ

ਓ · ura

ਓ ਓ ਓ ਓ ਓ

ਅ · aira

ਅ ਅ ਅ ਅ ਅ

ਏ · iri

ਏ ਏ ਏ ਏ ਏ