

les chiffres et les lettres

0 1 2 3 4 5 6 7 8 9
0 1 2 3 4 5 6 7 8 9

a b c d e f g h i j k l m
a b c d e f g h i j k l m

n o p q r s t u v w x y z
n o p q r s t u v w x y z

A B C D E F G
A B C D E F G

H I J K L M
H I J K L M

N O P Q R S T
N O P Q R S T

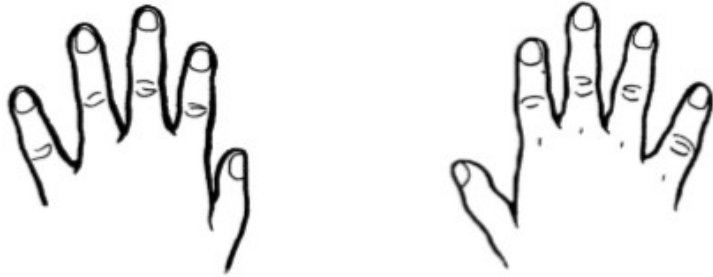
U V W X Y Z
U V W X Y Z

Mon carnet de calligraphie



Pour bien écrire, il faut bien s'installer :

Je suis gaucher :



Je m'assure que je tiens bien mon crayon.



Voici ma position pour écrire.



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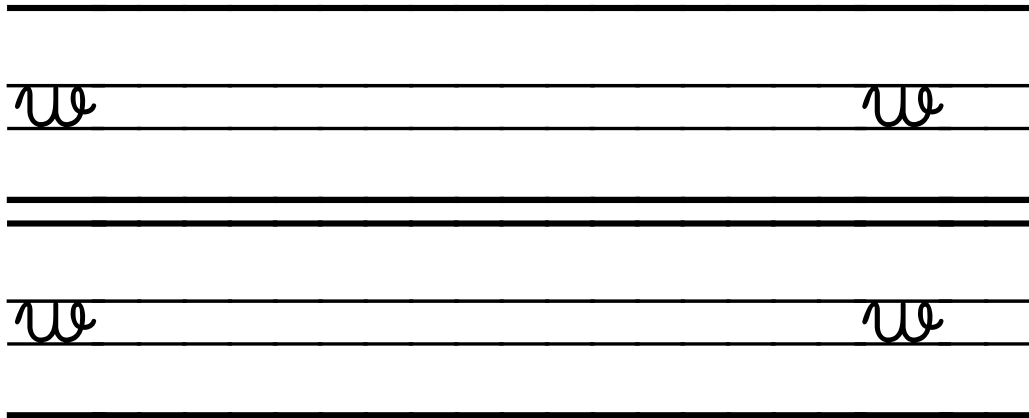
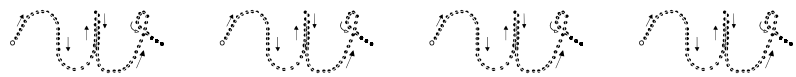
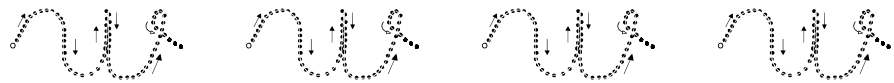
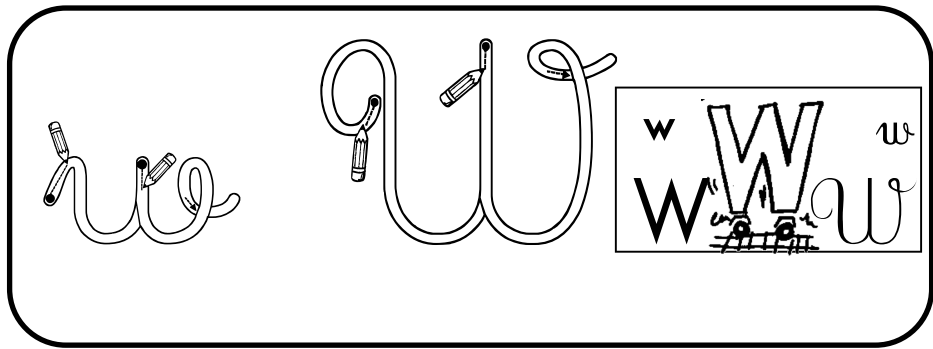
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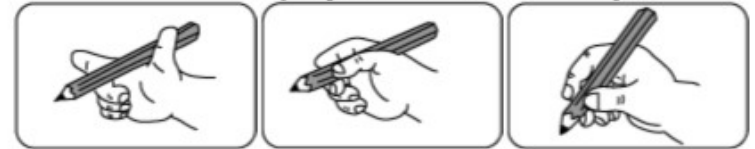


Pour bien écrire, il faut bien s'installer :

Je suis droitier :



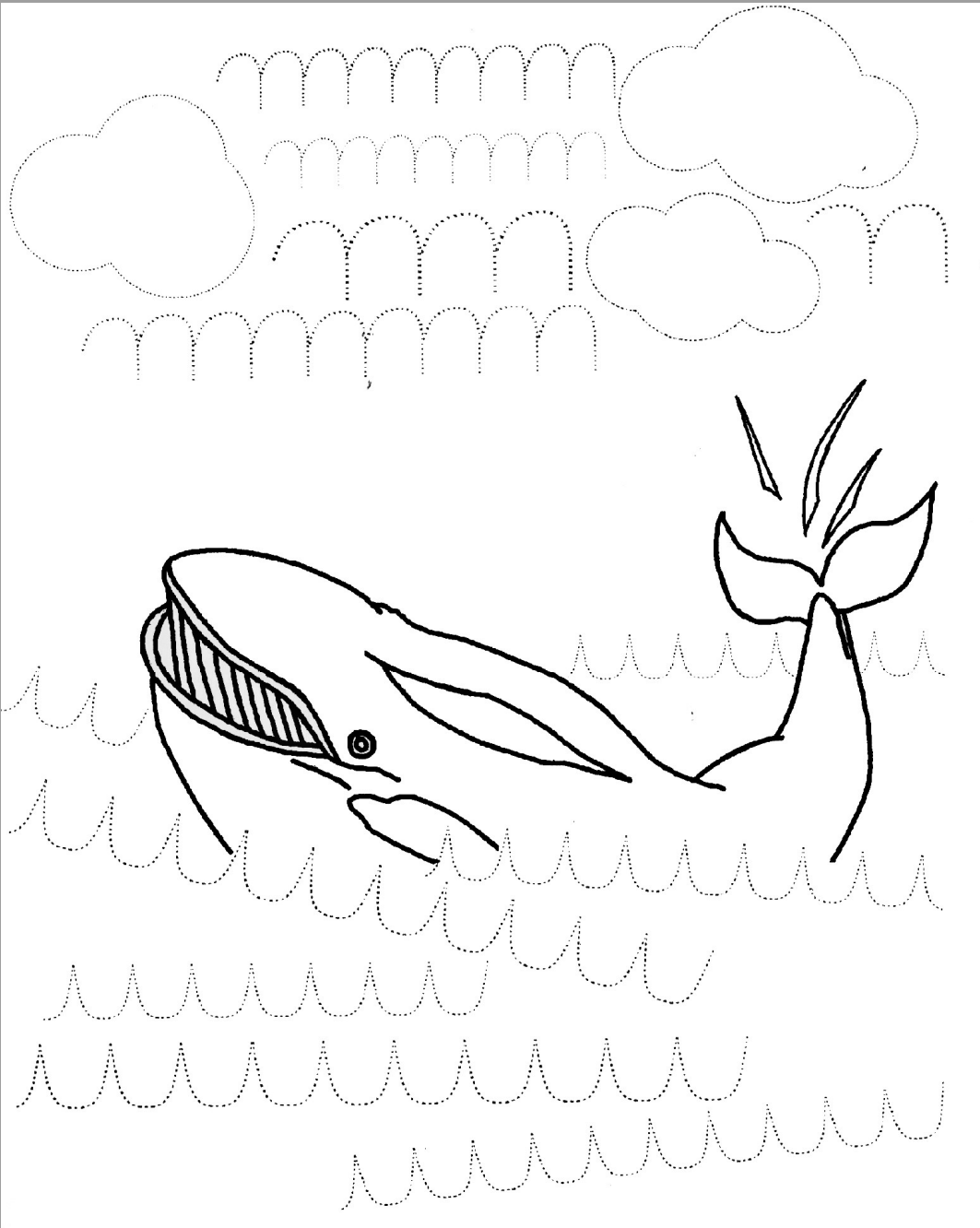
Je m'assure que je tiens bien mon crayon .



Voici ma position pour écrire .



Travaille ton poignet.



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yaourt

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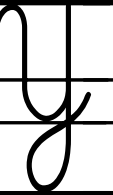
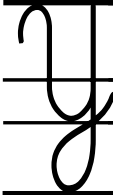
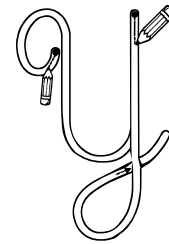
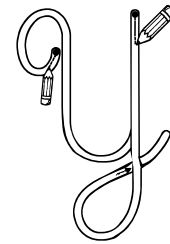
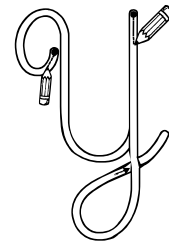
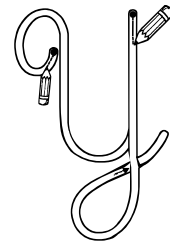
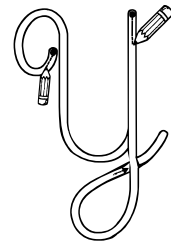
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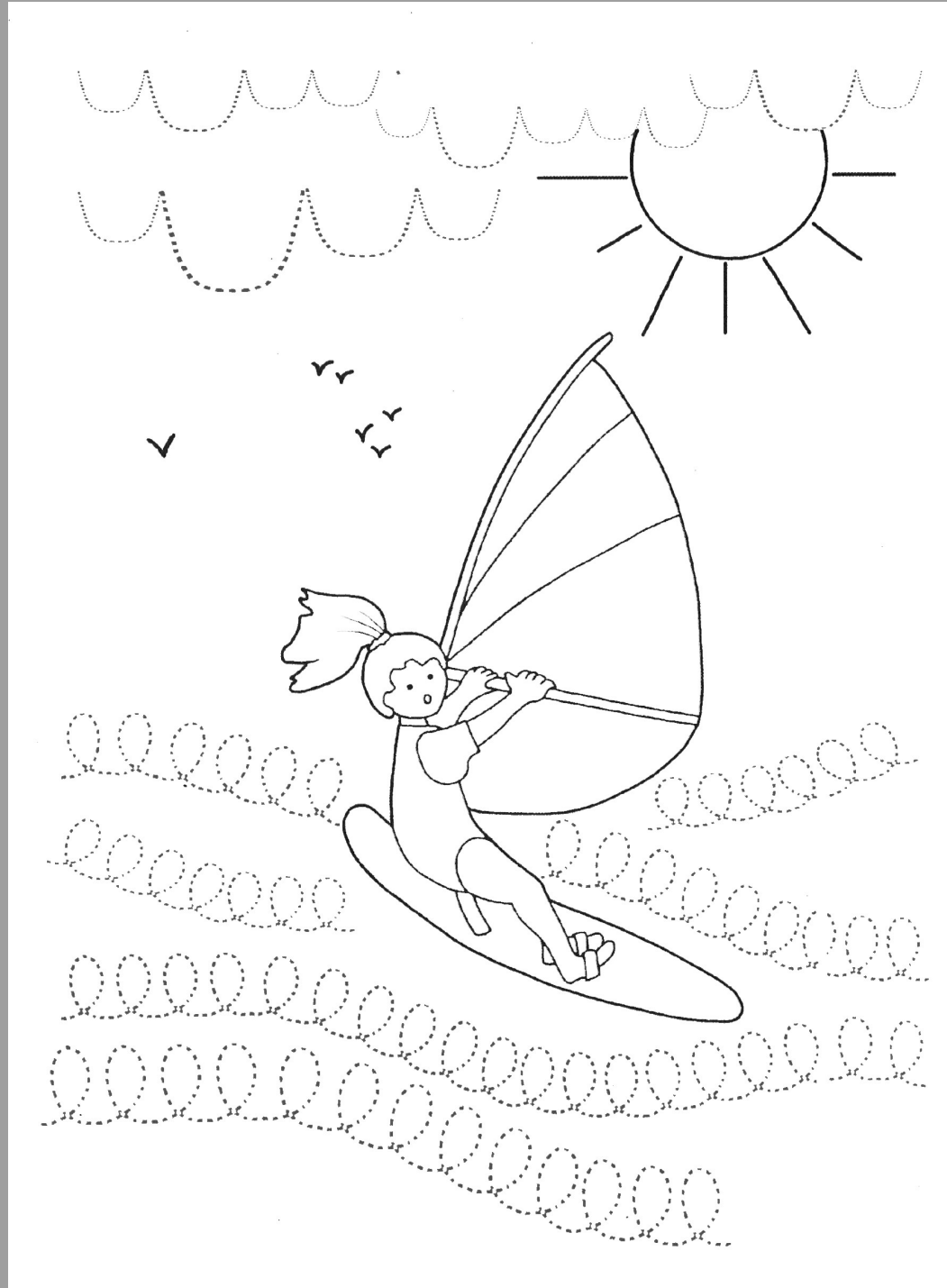
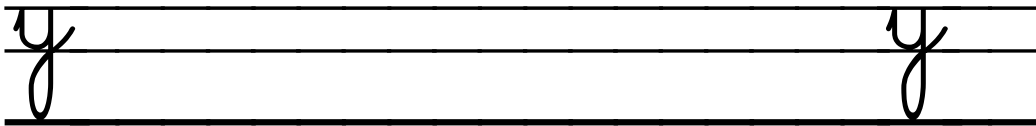
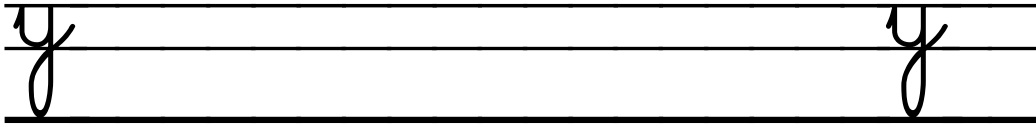
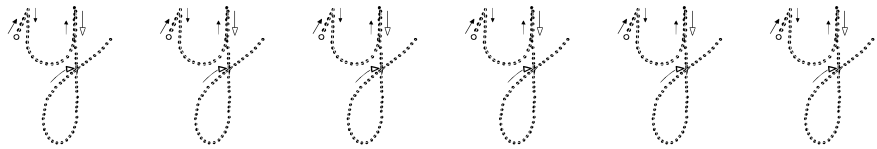
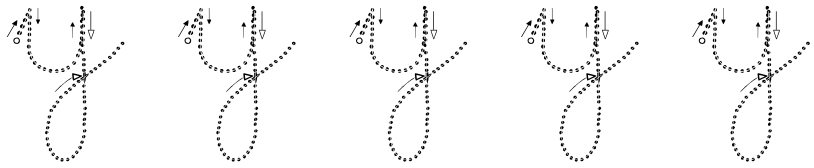
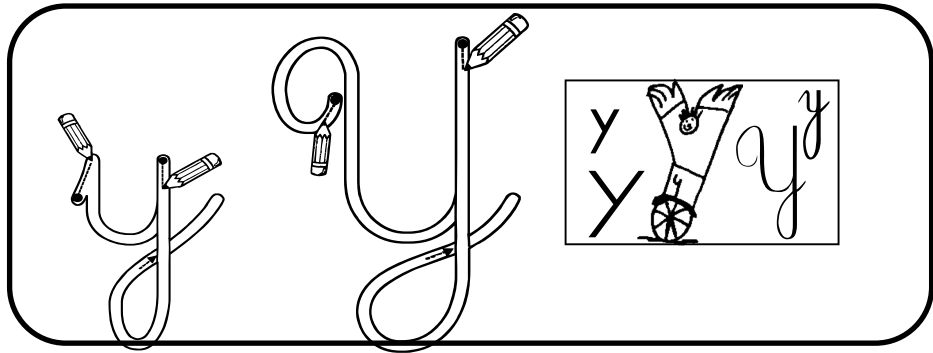
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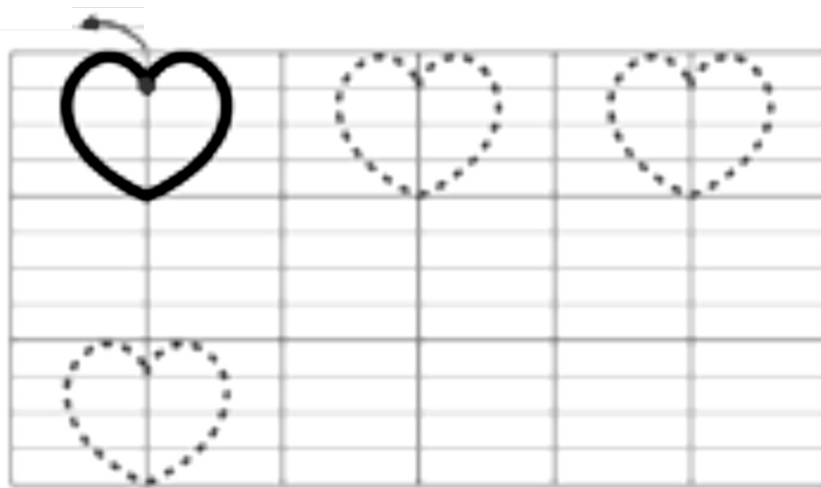
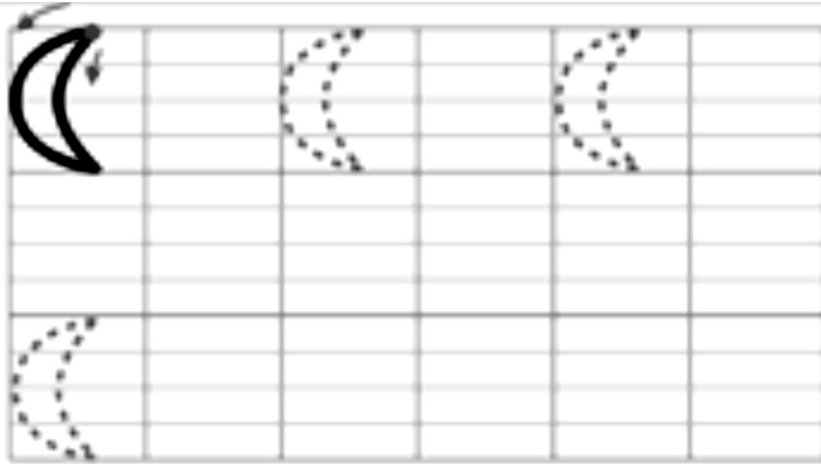
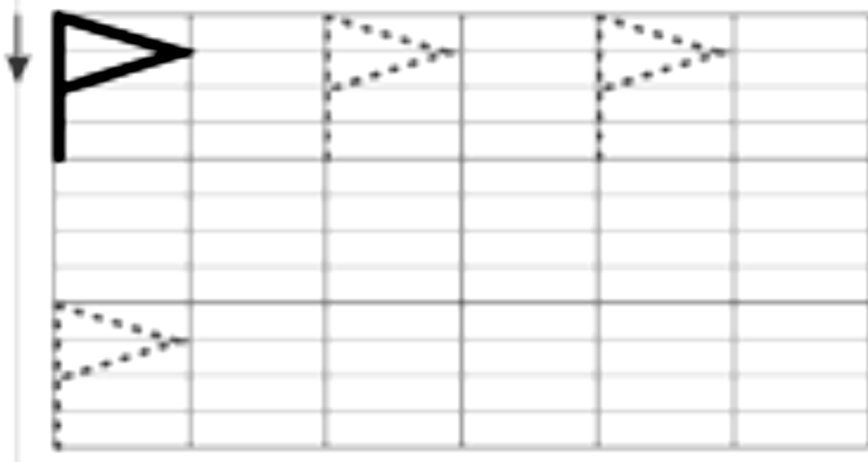
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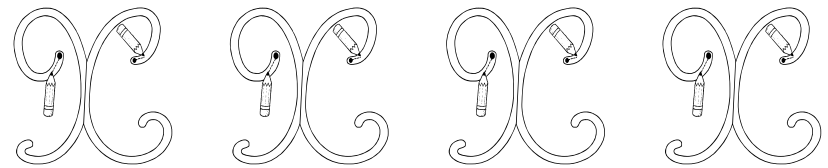


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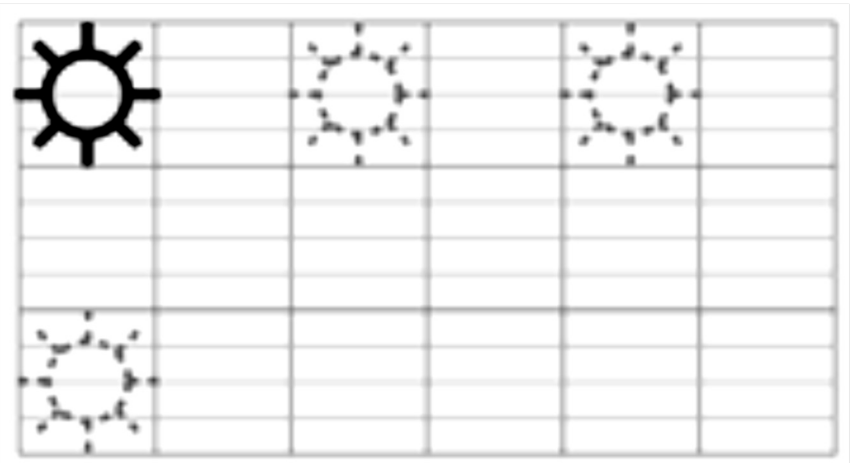
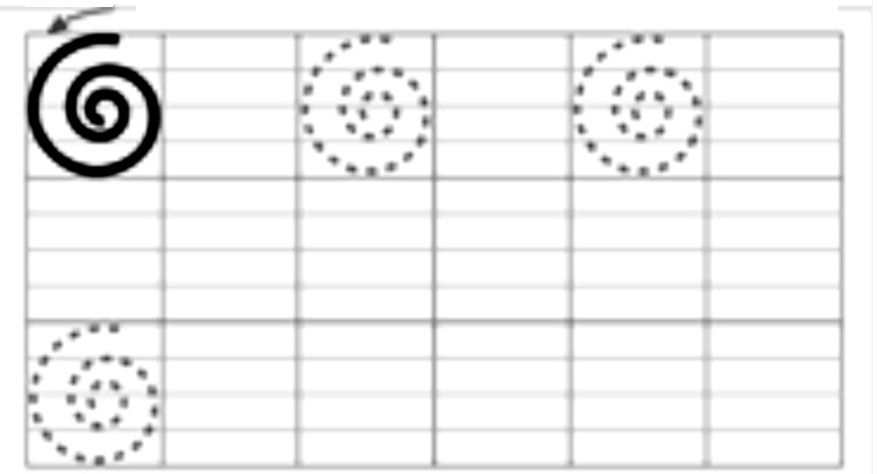
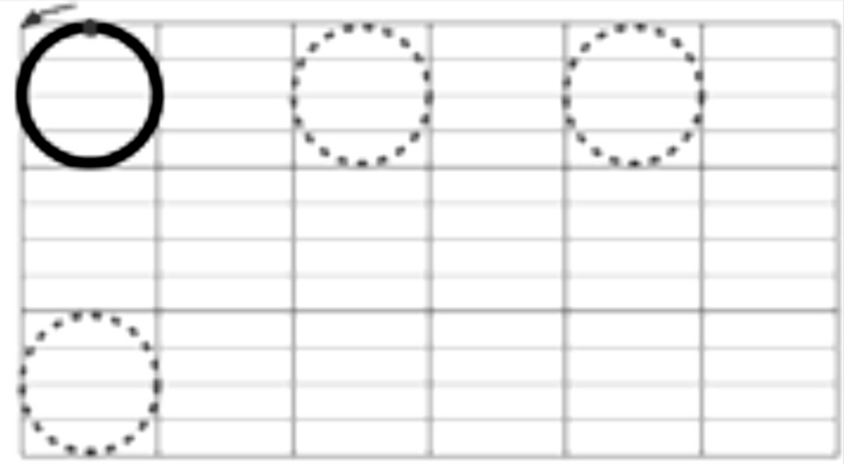
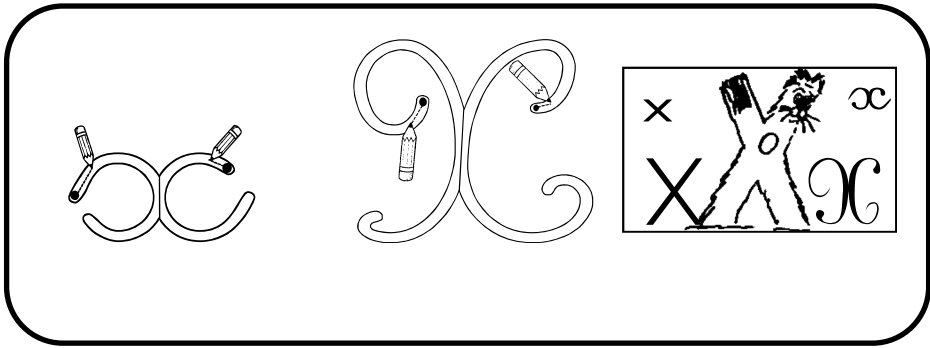
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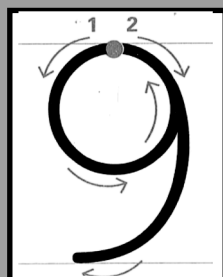
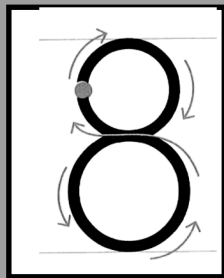
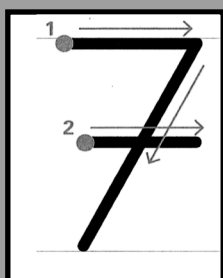
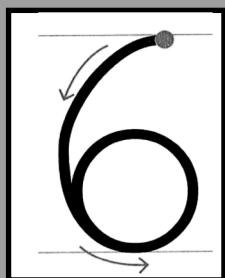
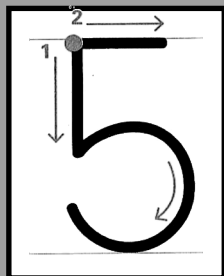
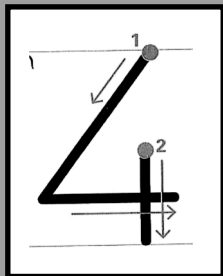
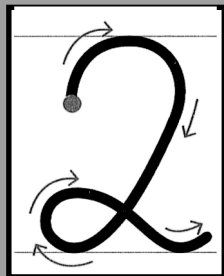
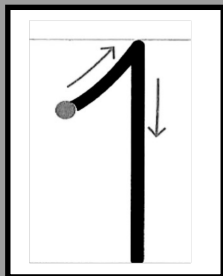
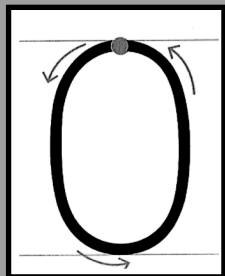
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Les chiffres



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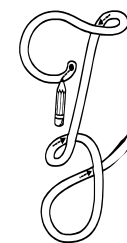
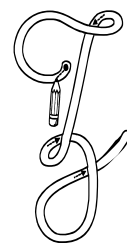
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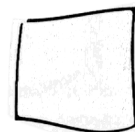
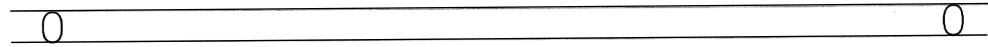
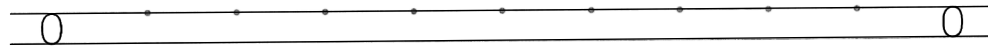
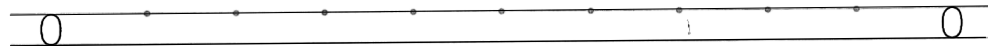
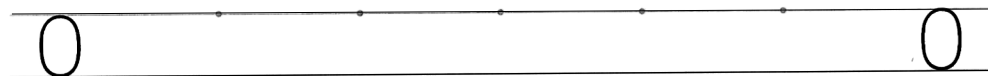
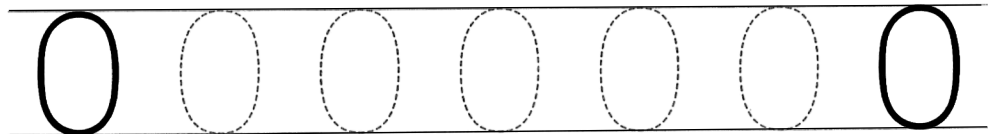
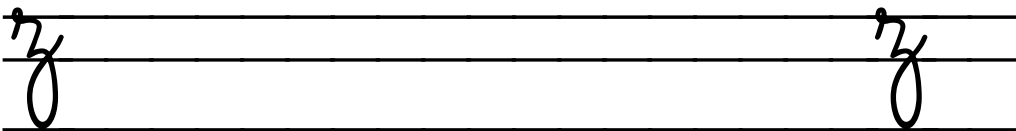
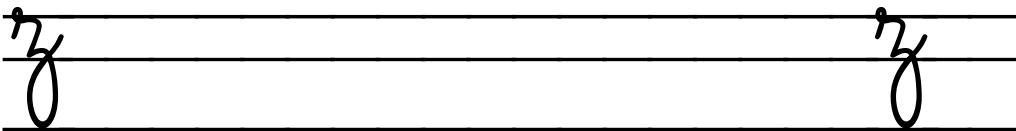
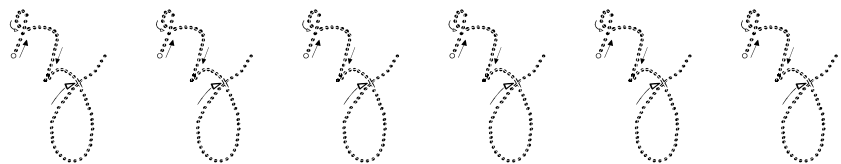
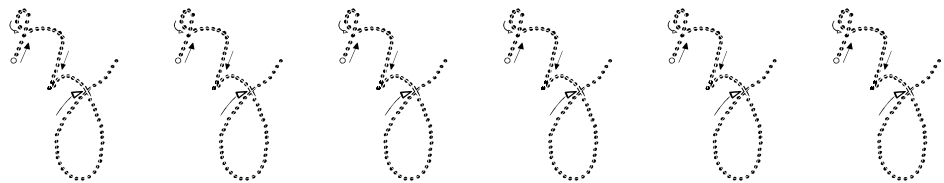
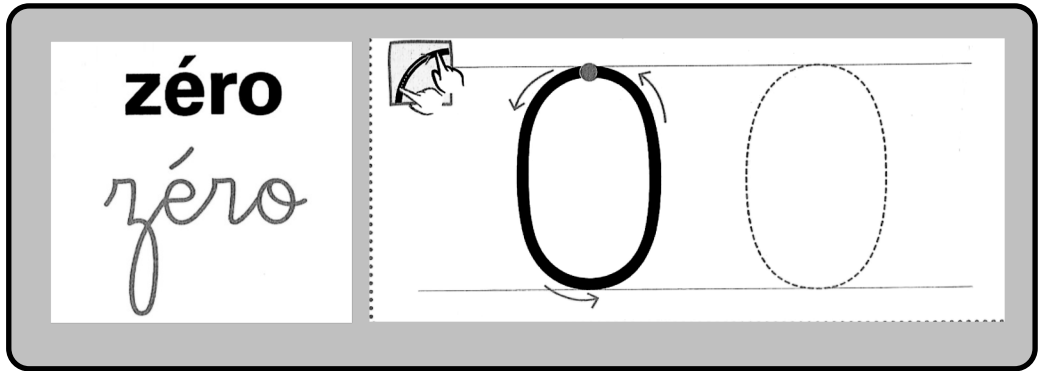
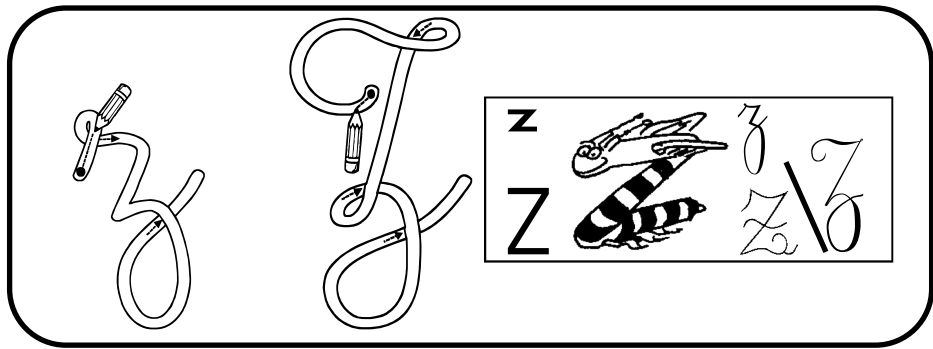
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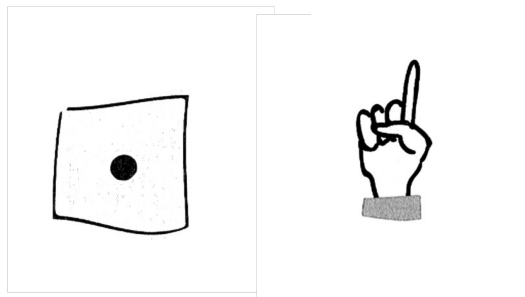
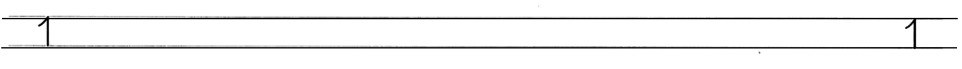
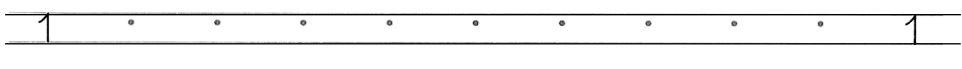
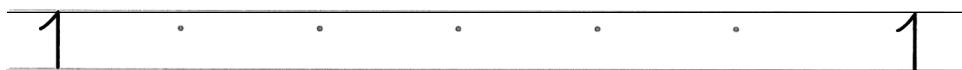
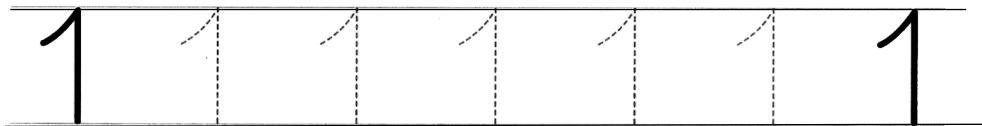
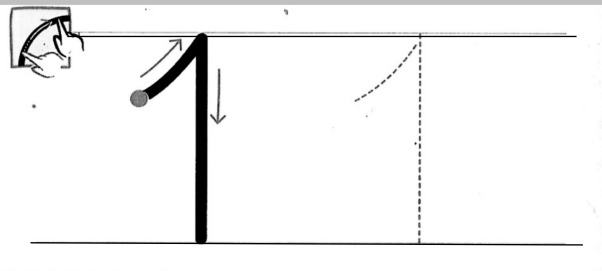
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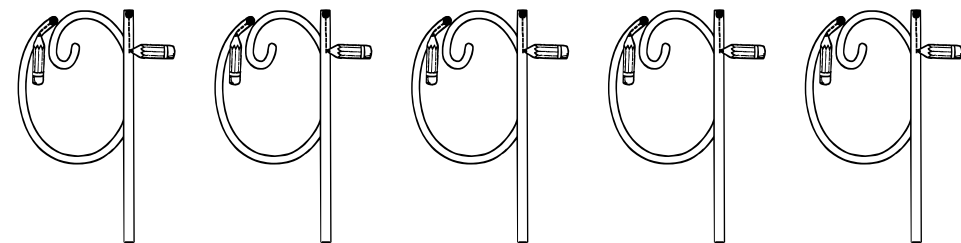
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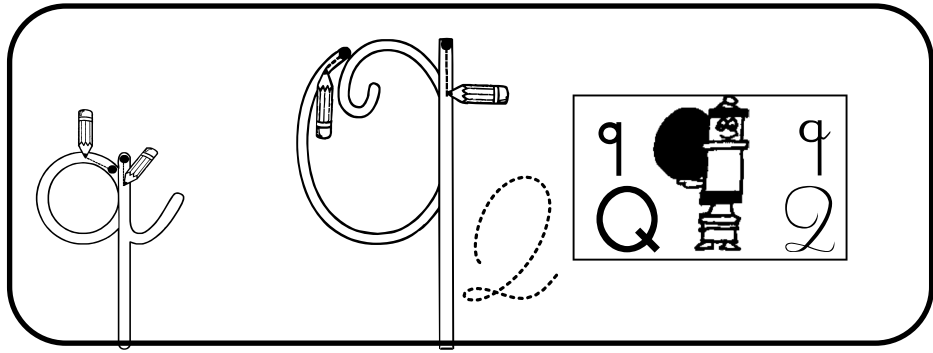
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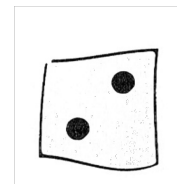
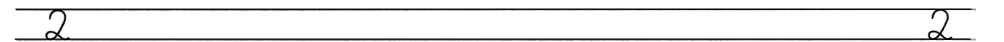
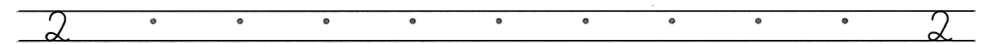
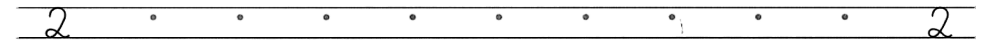
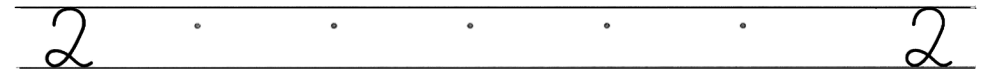
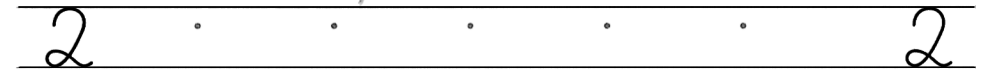
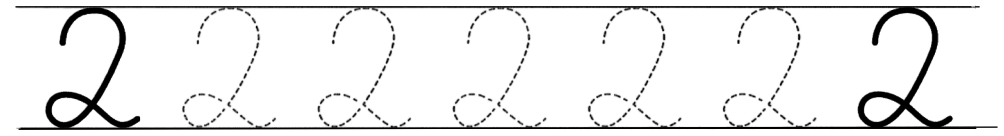
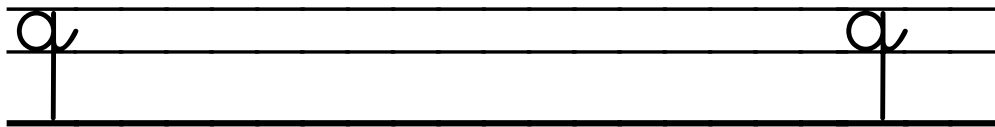
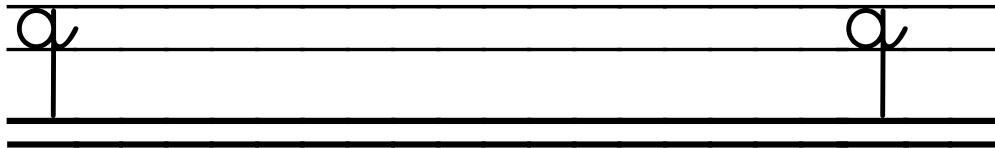
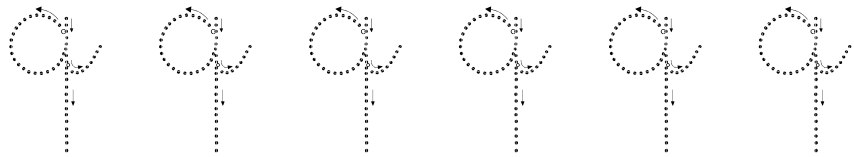
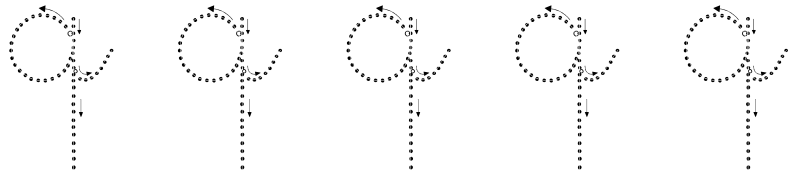


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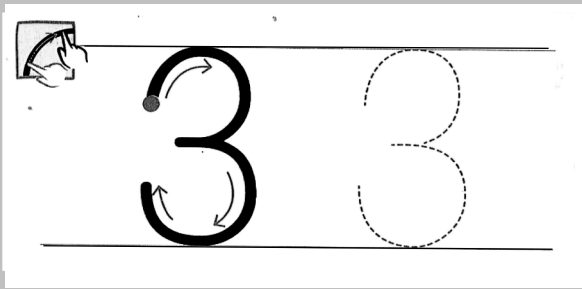
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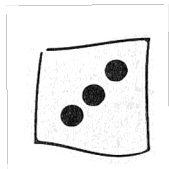
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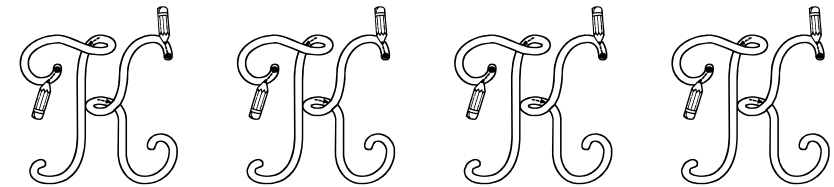


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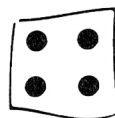
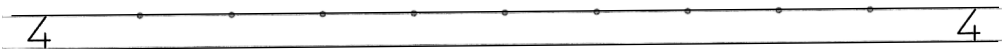
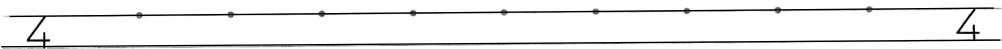
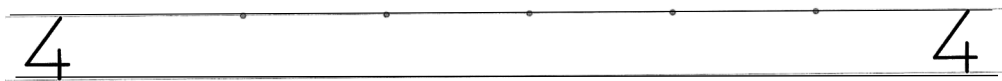
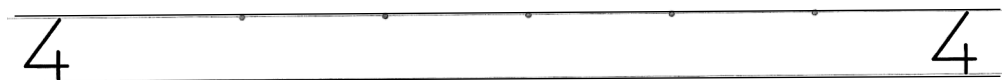
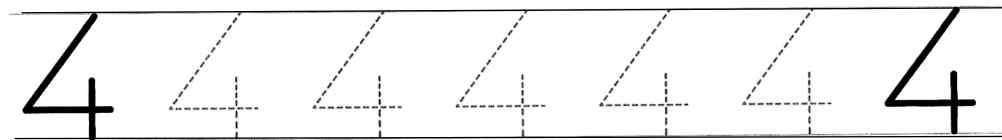
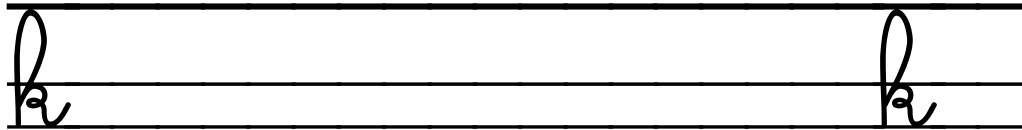
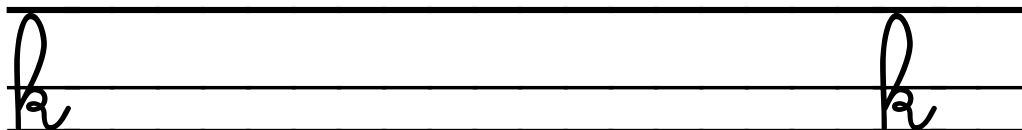
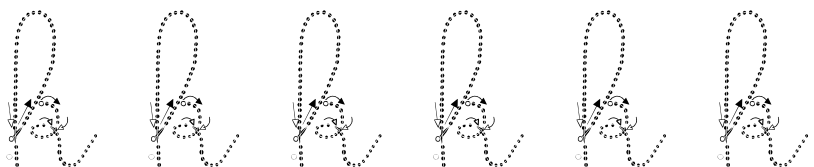
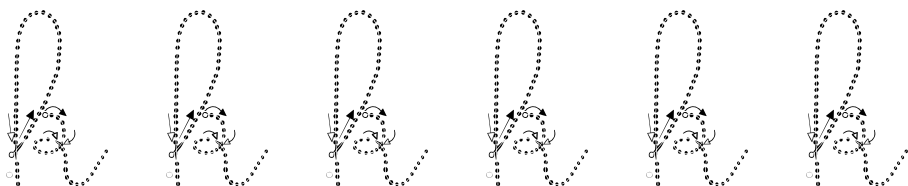
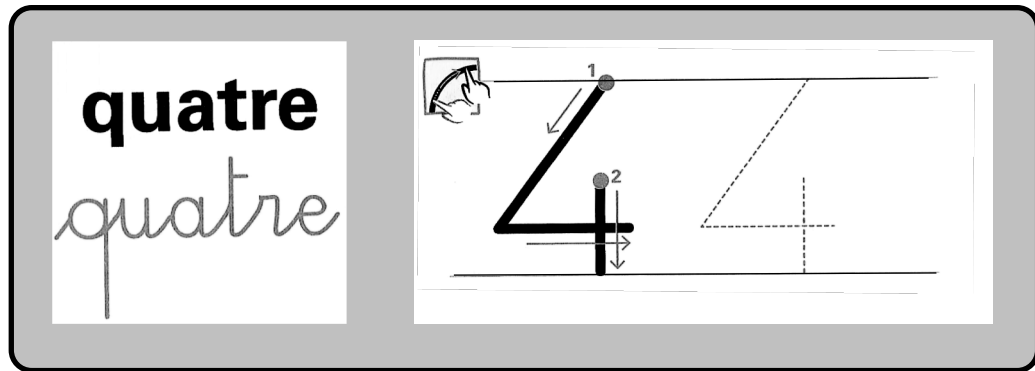
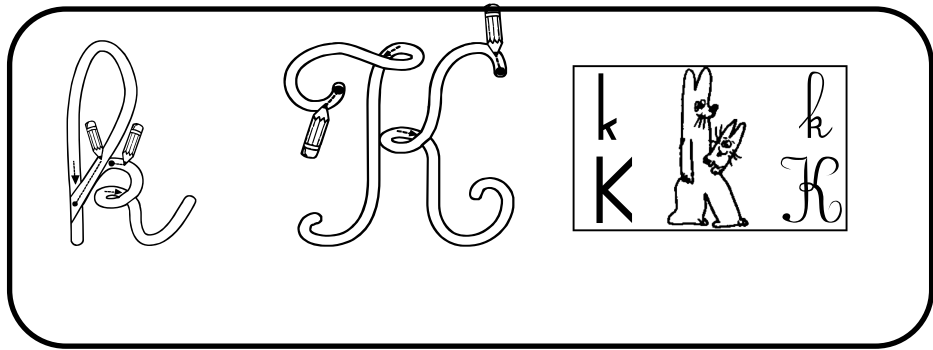
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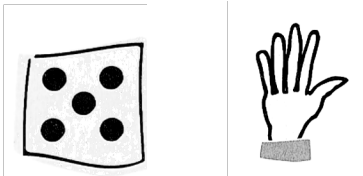
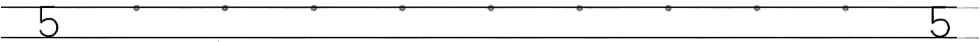
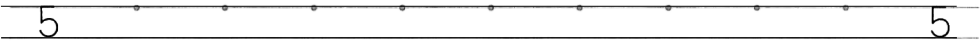
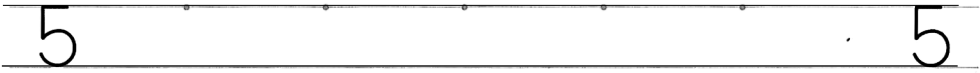
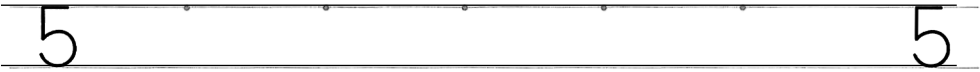
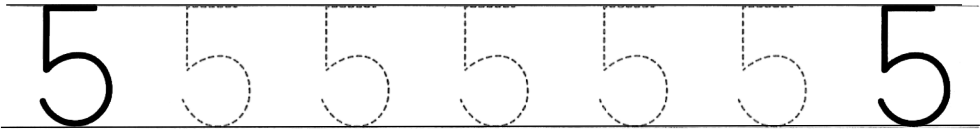
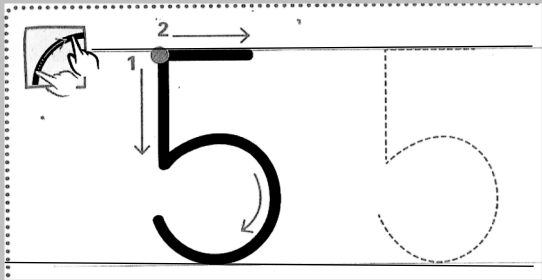


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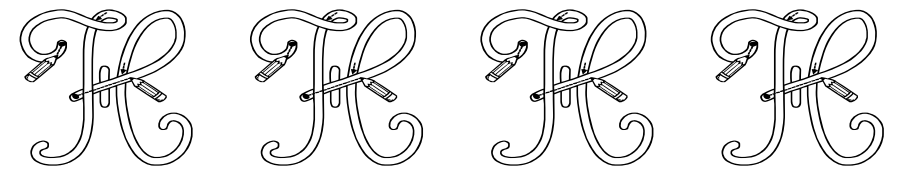


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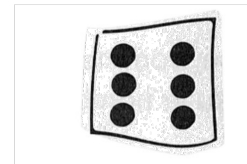
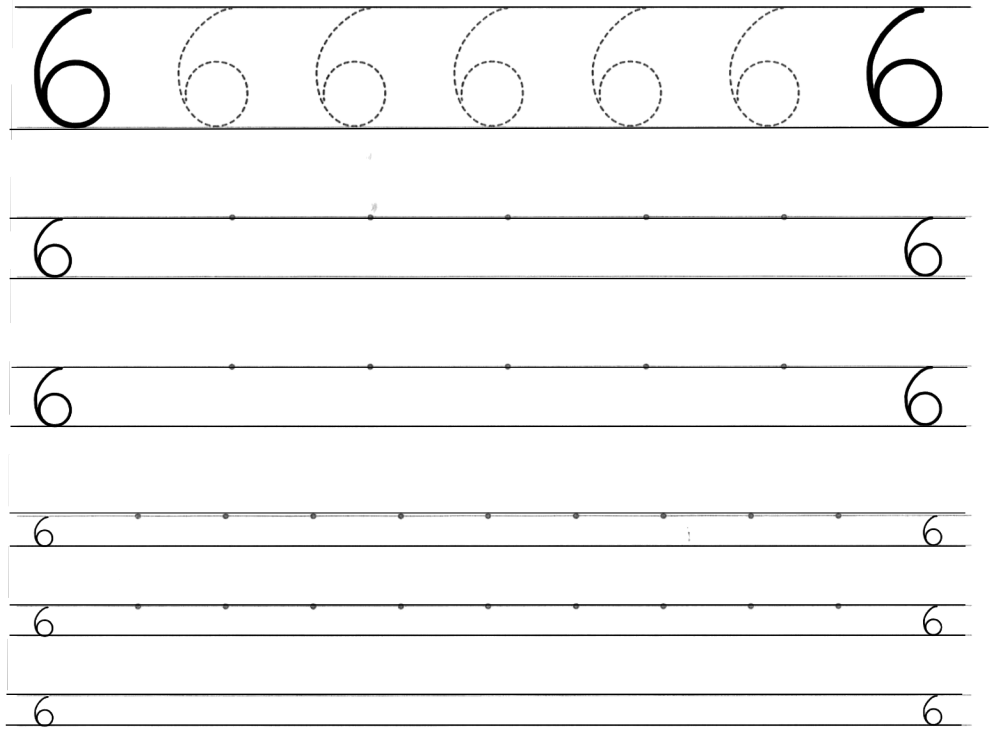
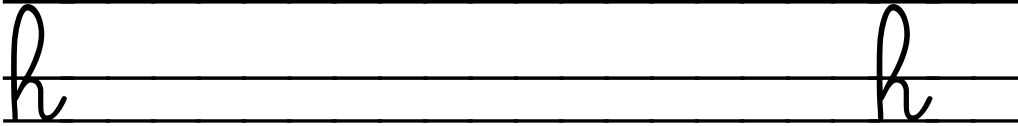
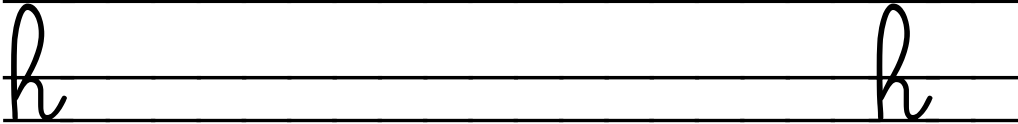
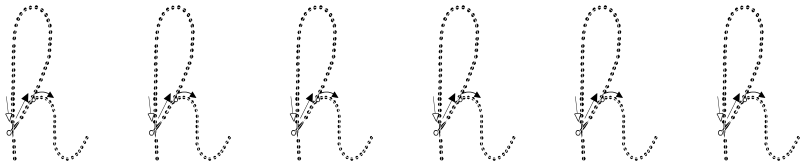
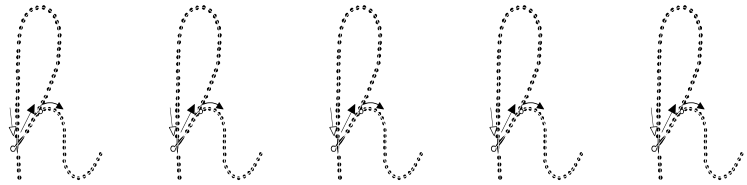
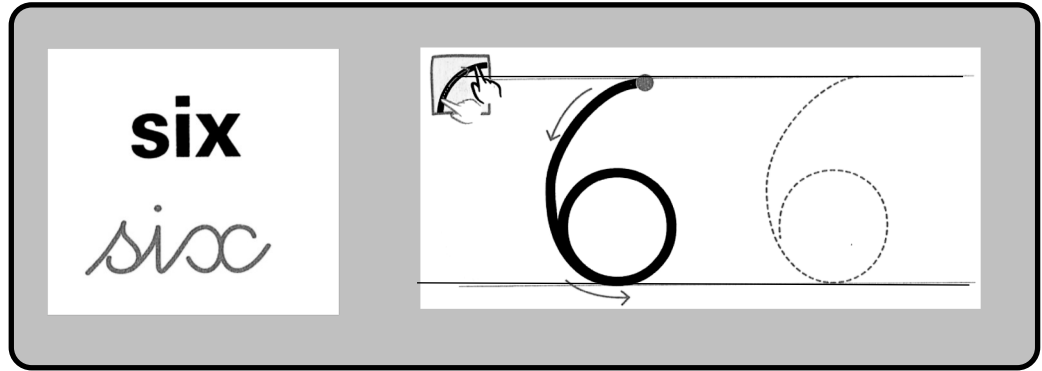
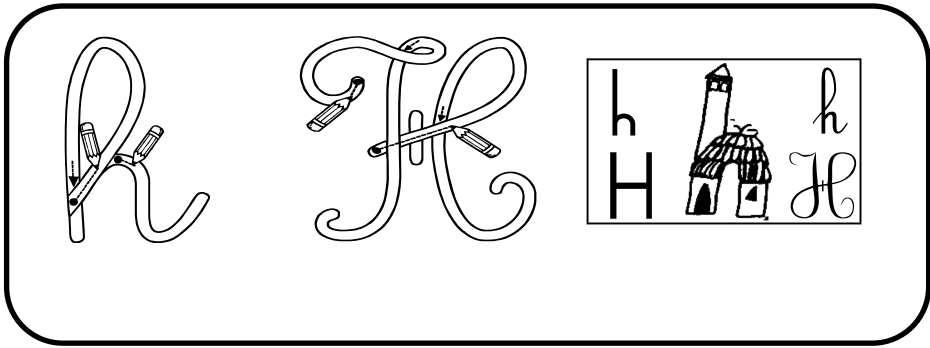
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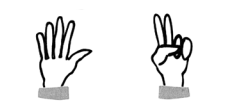
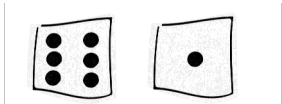
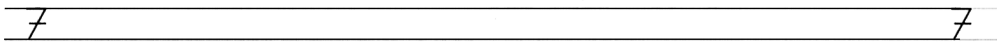
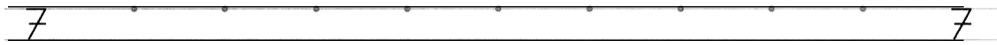
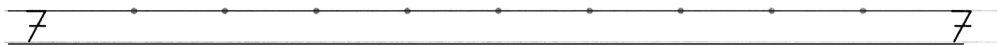
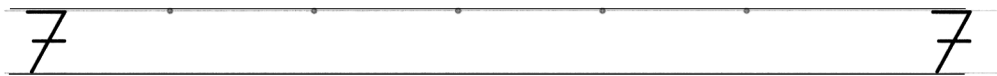
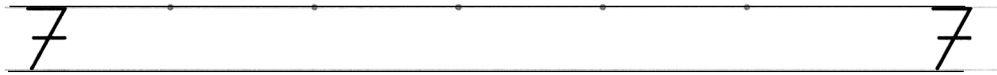
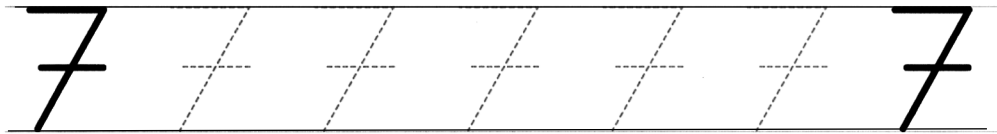
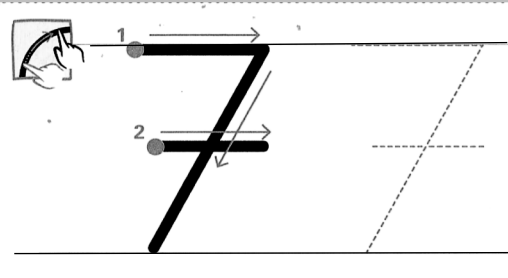


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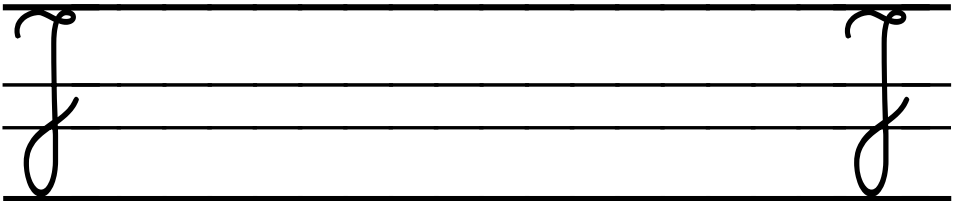
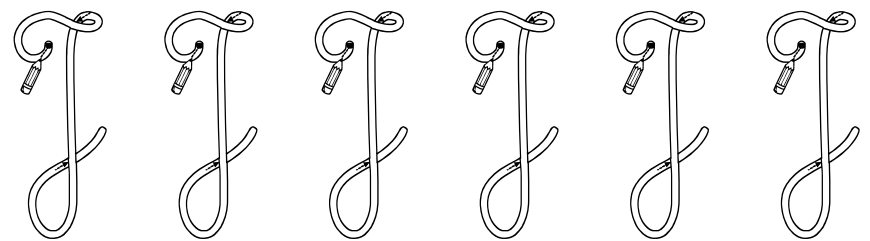


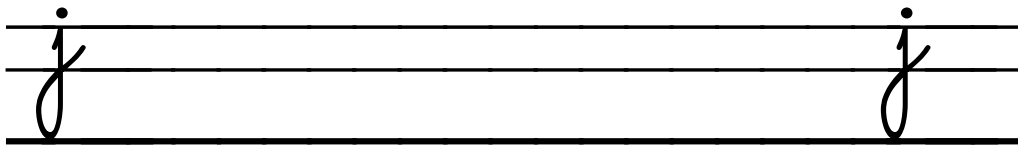
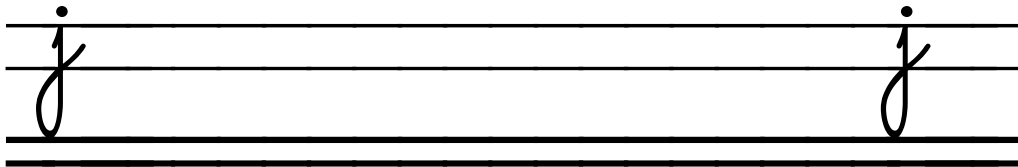
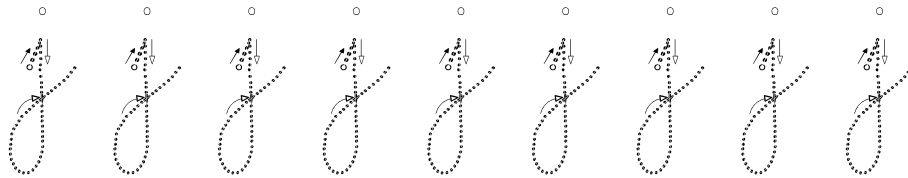
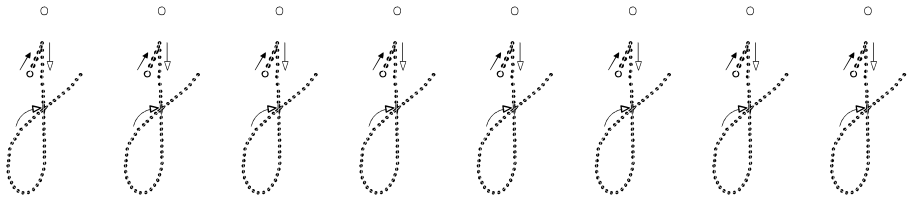
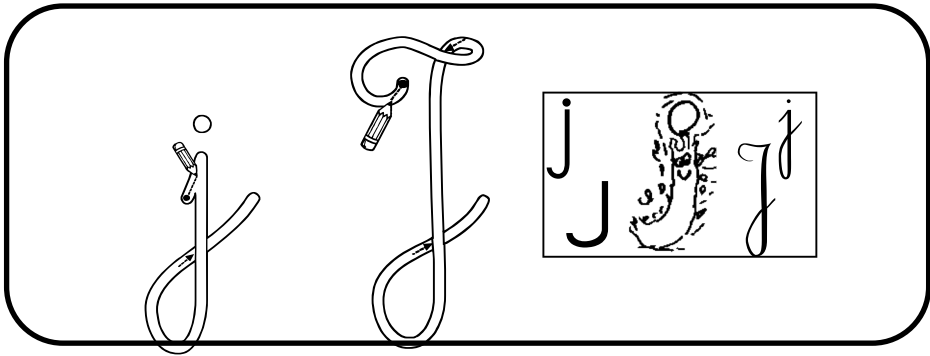
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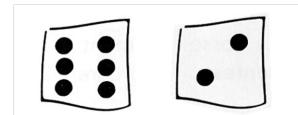
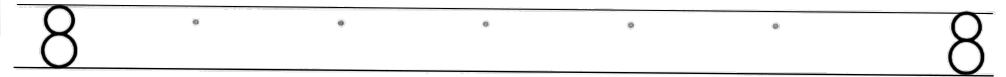
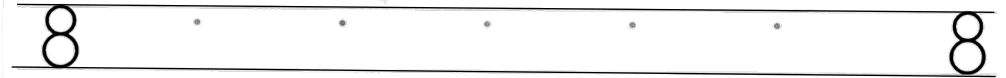
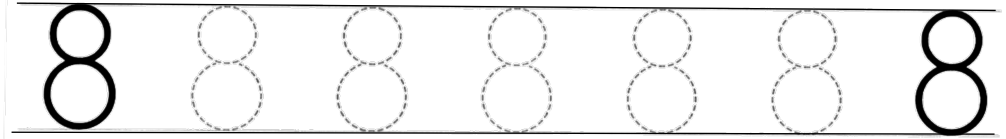
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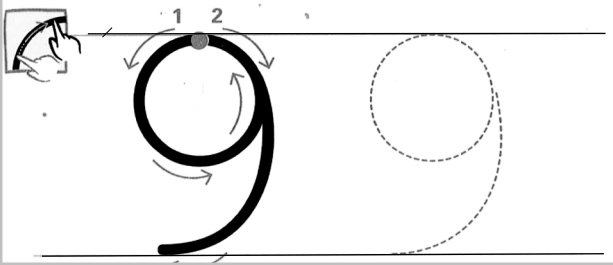


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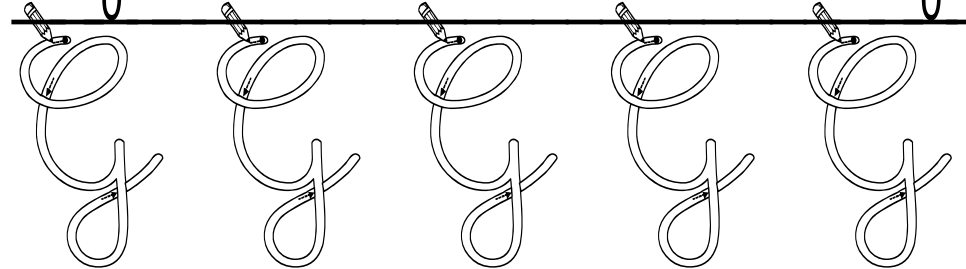
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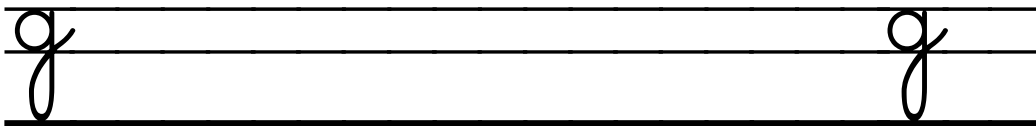
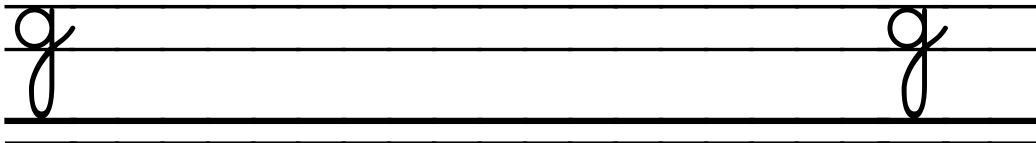
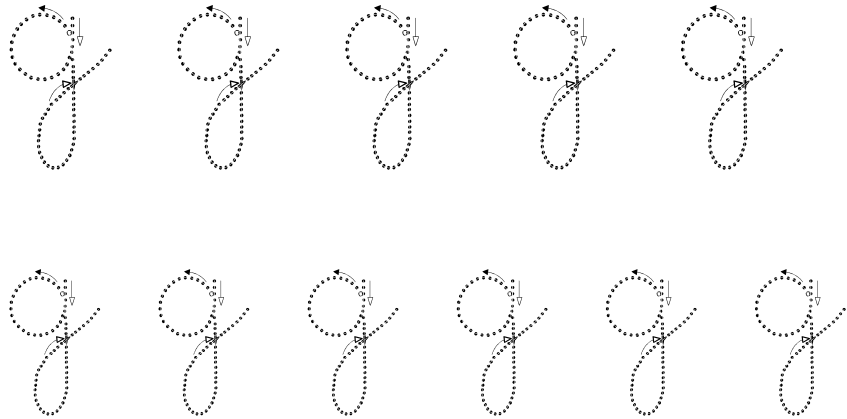
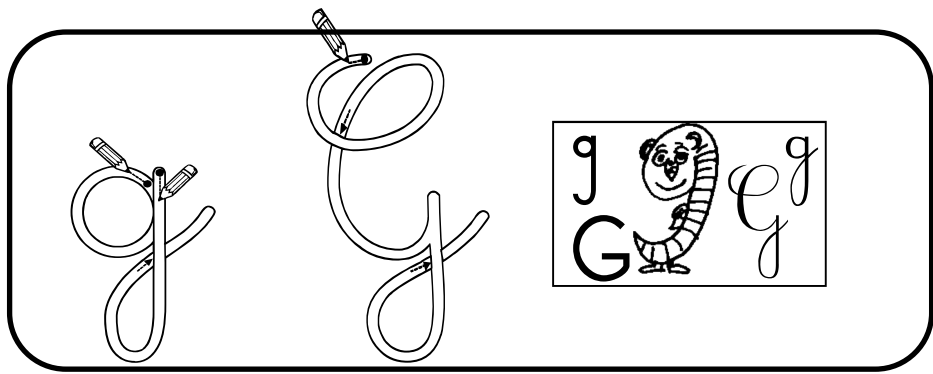
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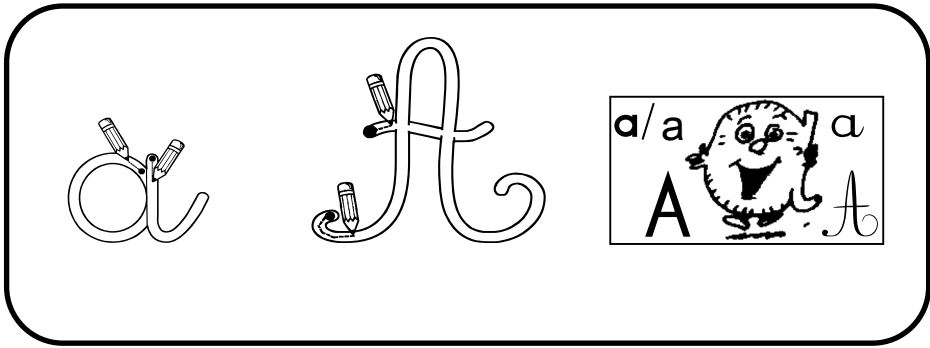
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Les lettres





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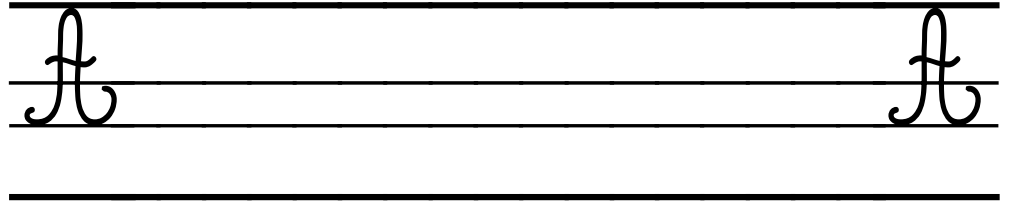
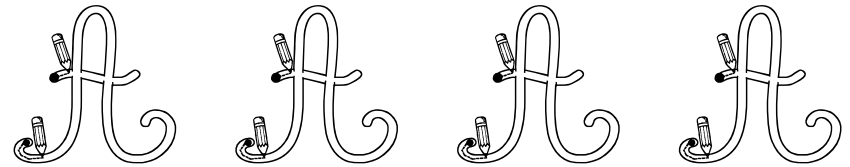
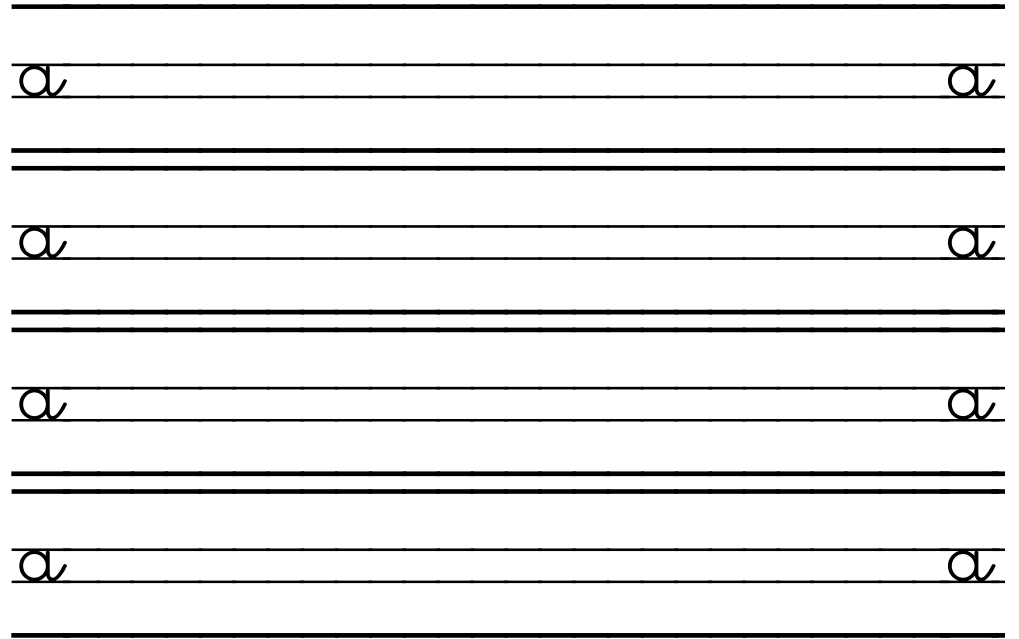
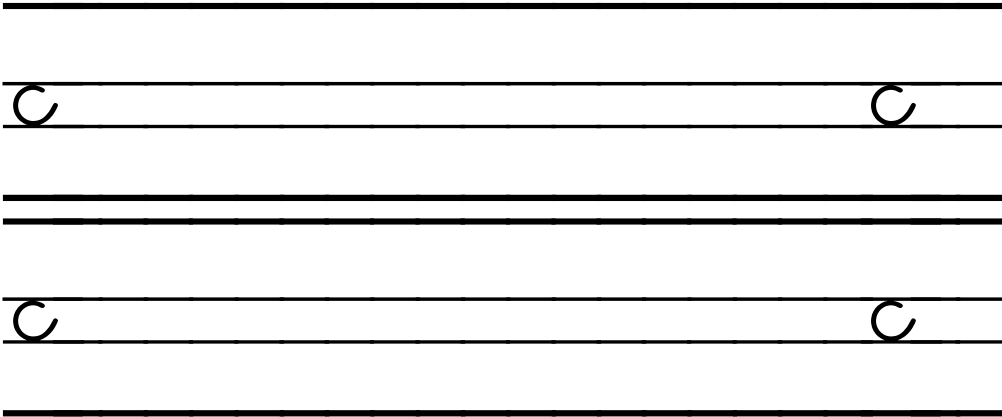
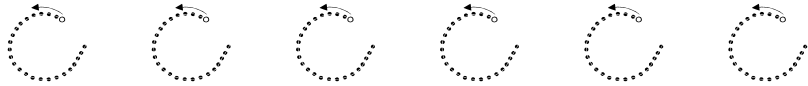
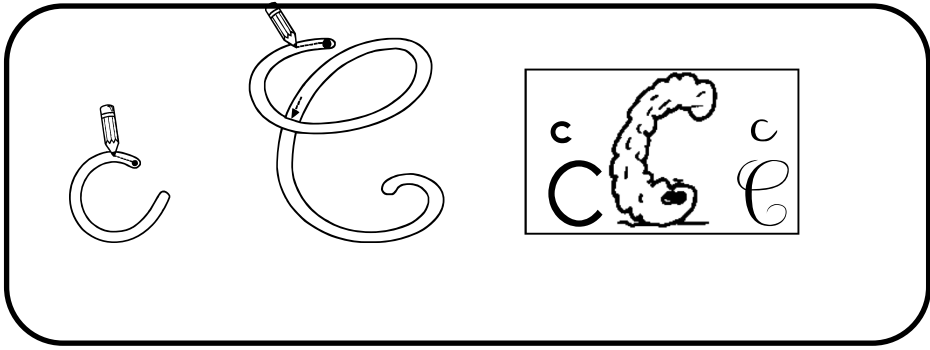
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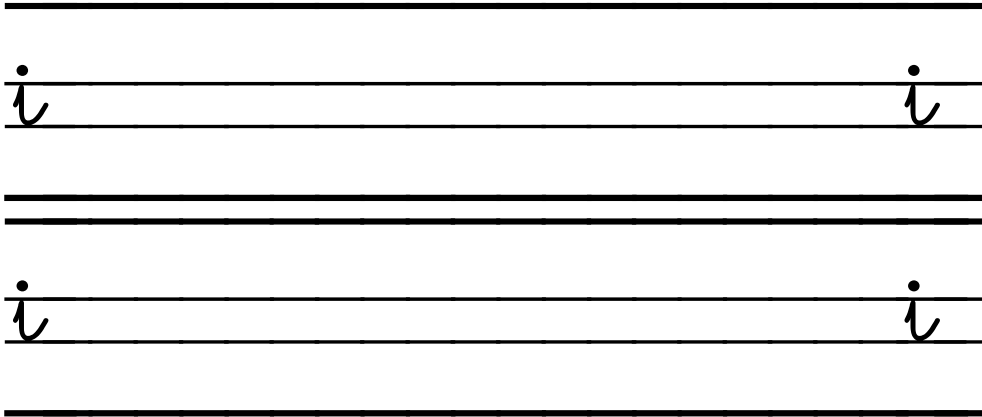
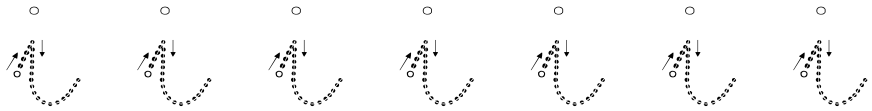
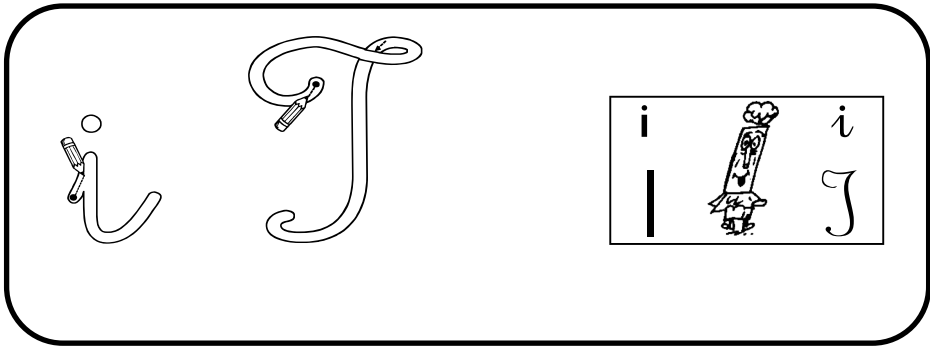
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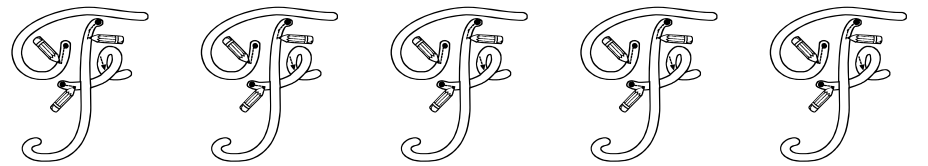


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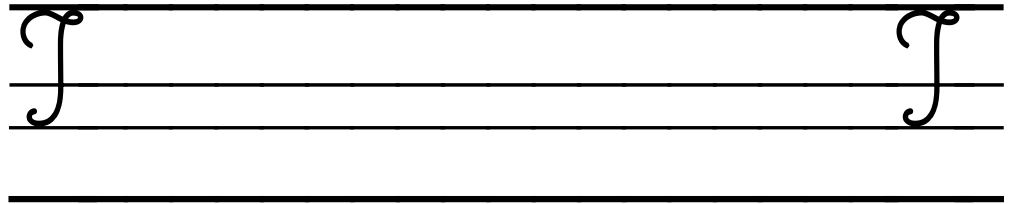
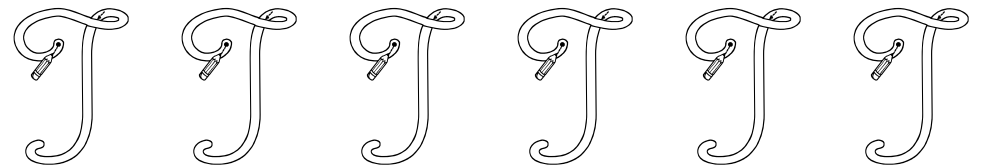
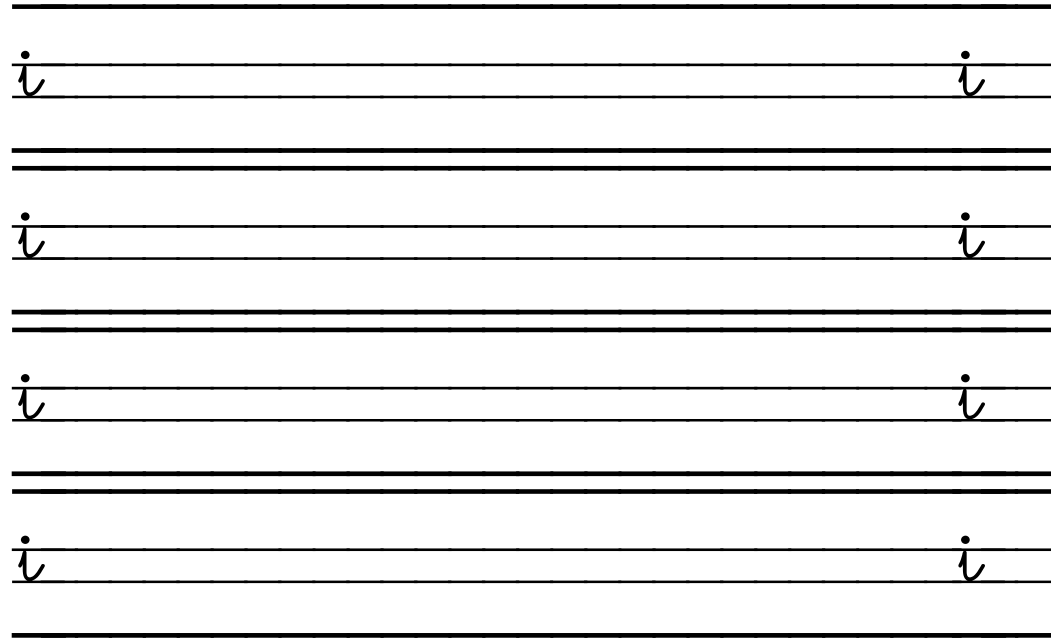
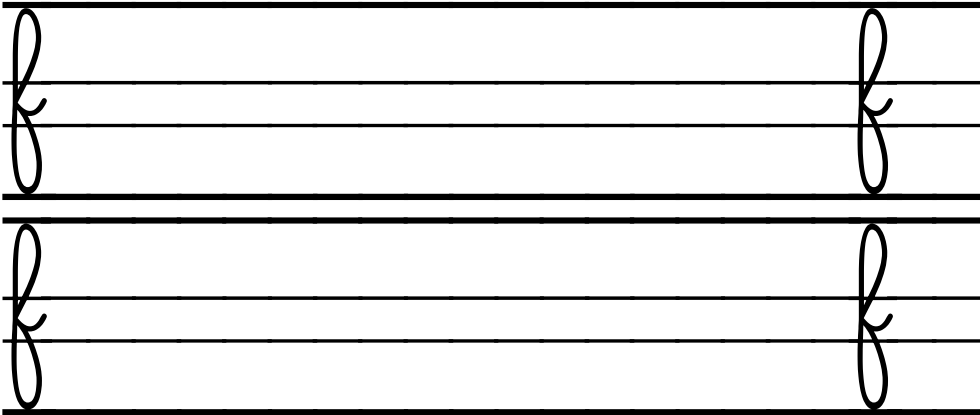
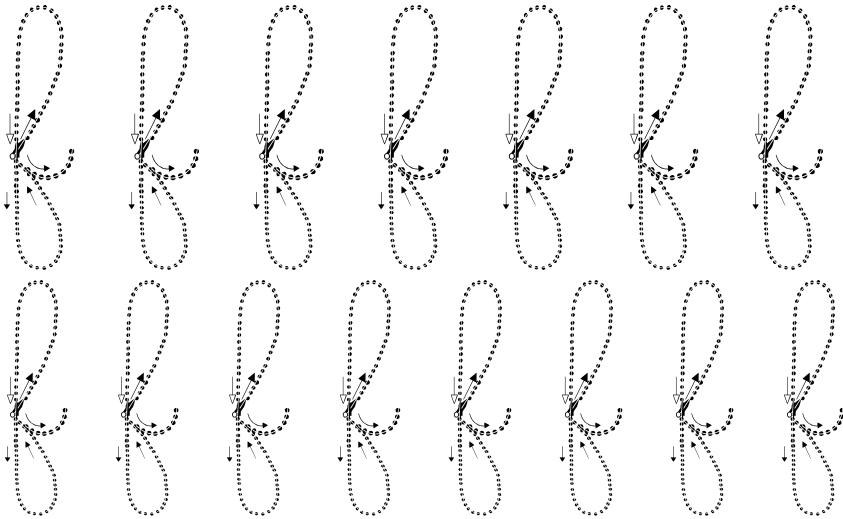
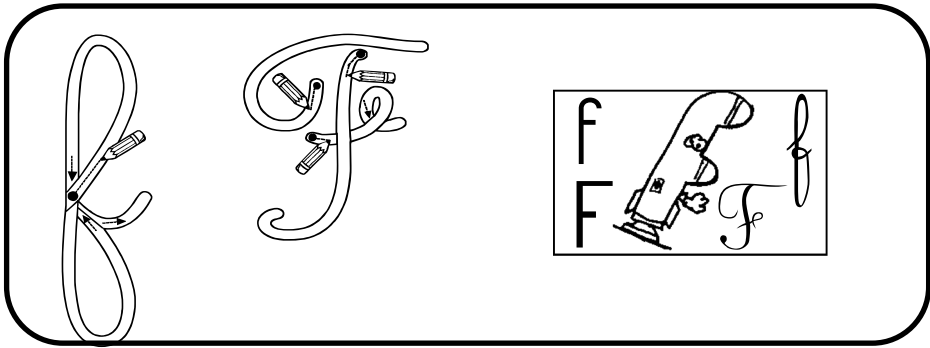
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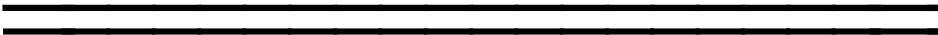
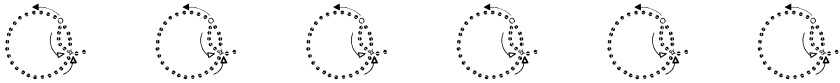
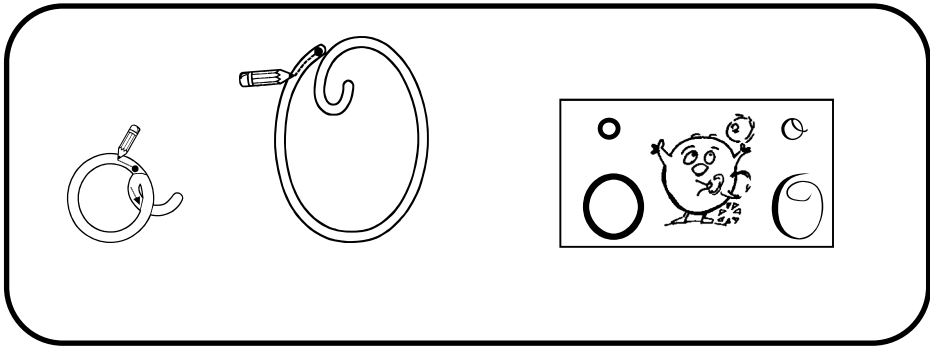
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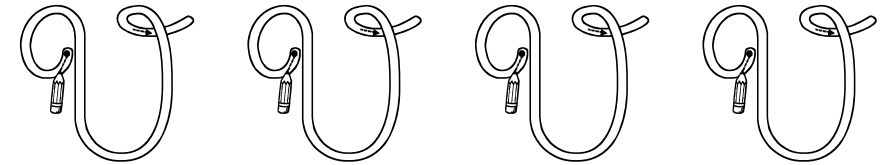


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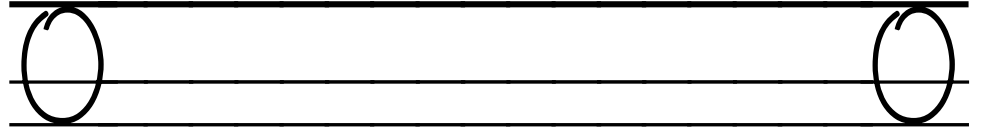
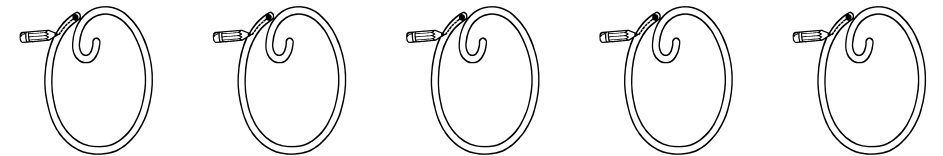
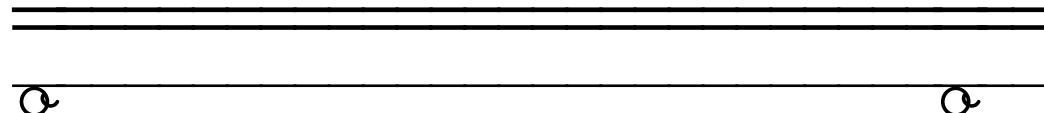
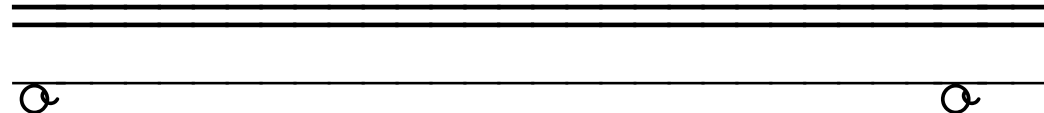
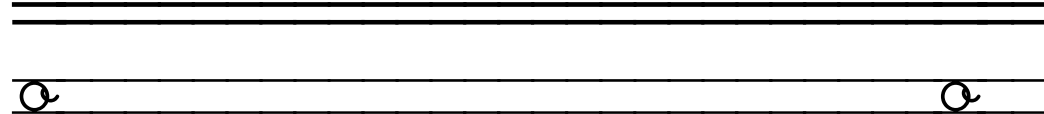
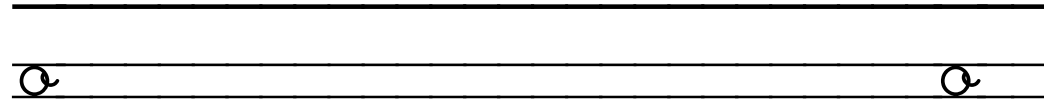
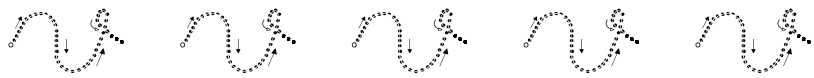
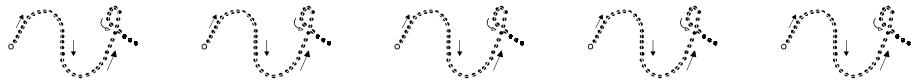
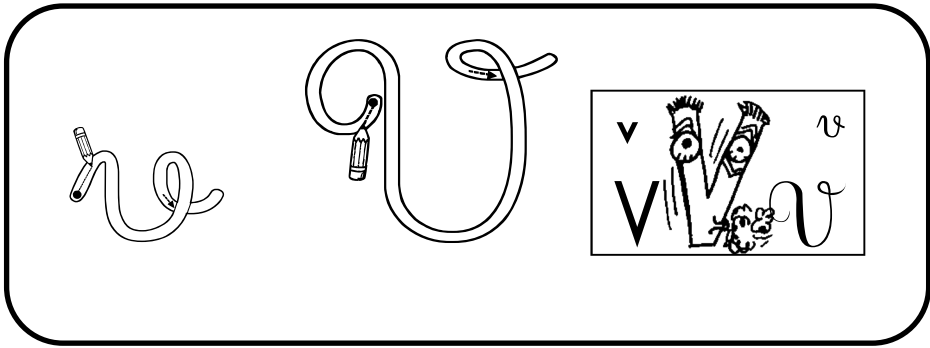
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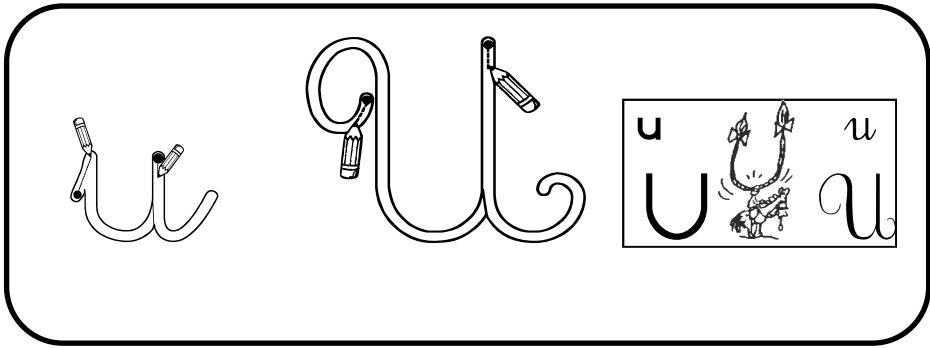
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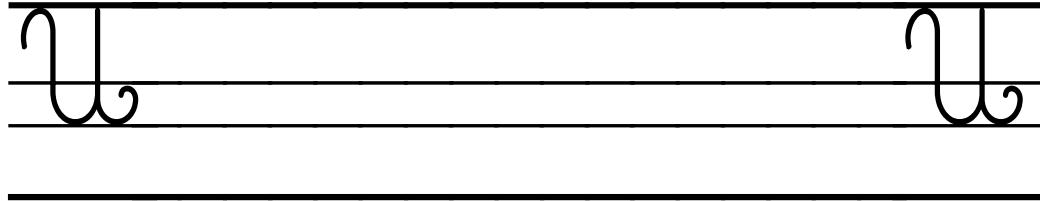
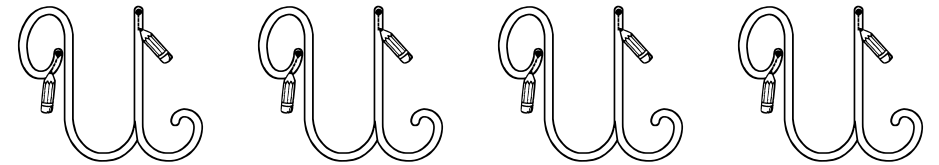
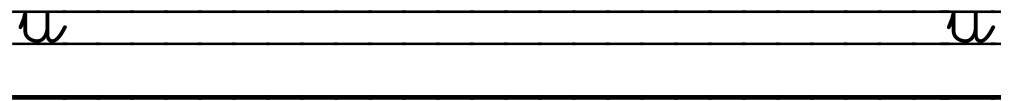
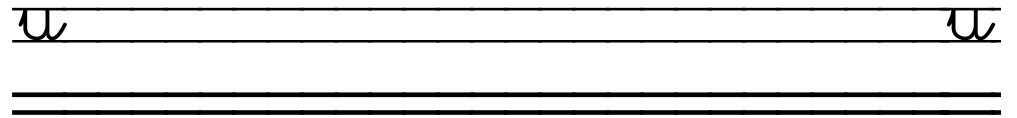
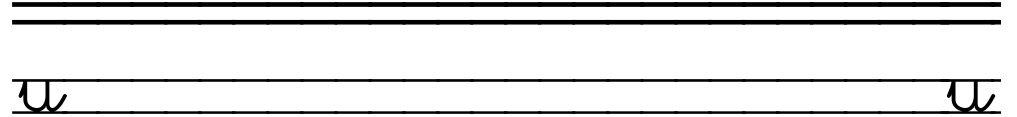
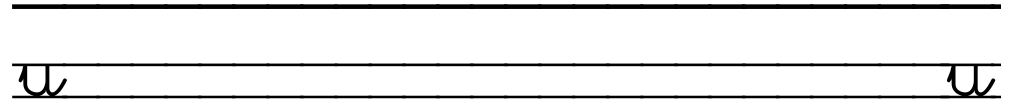
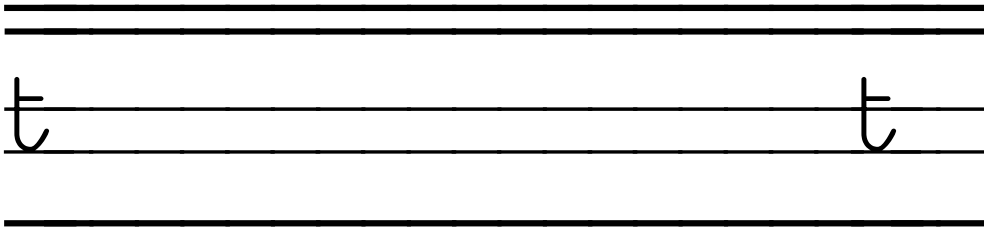
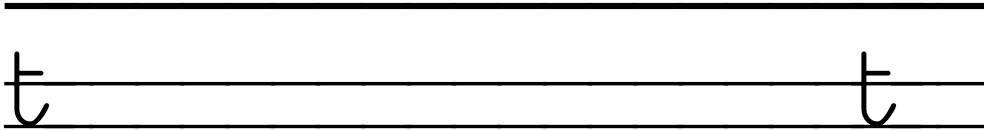
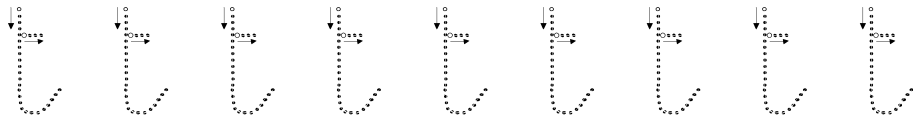
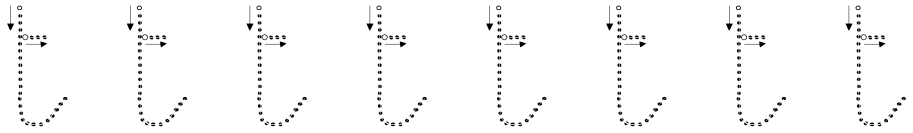
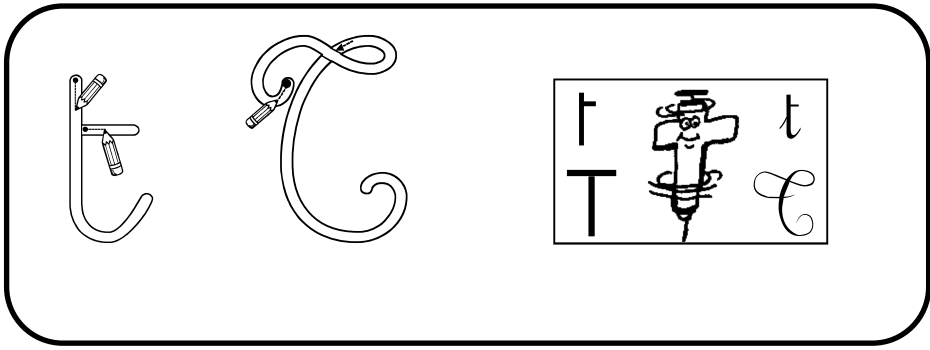
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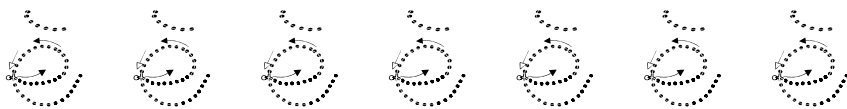
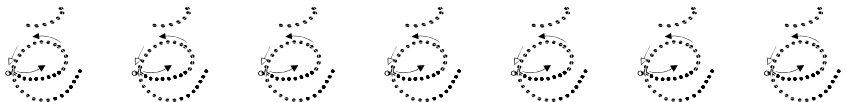
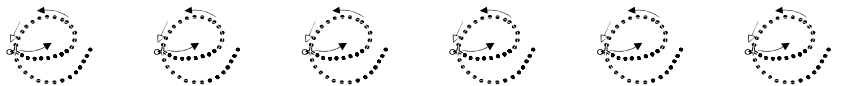
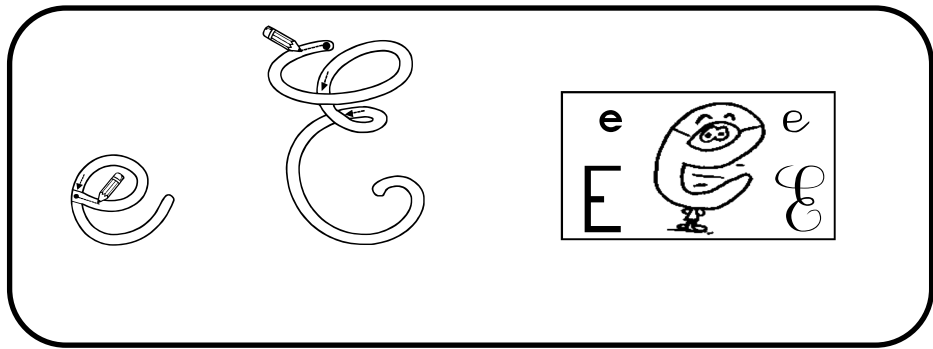
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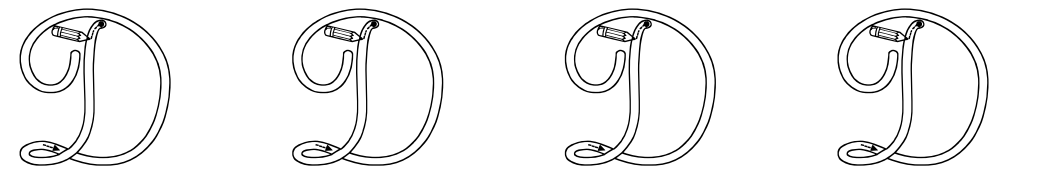
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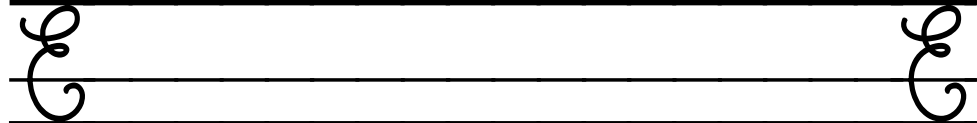
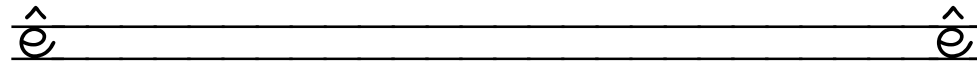
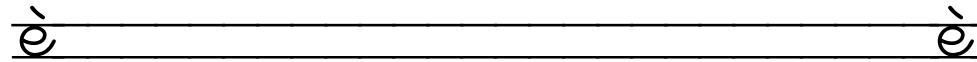
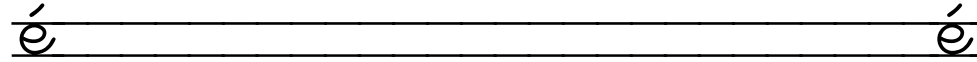
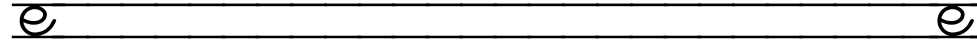
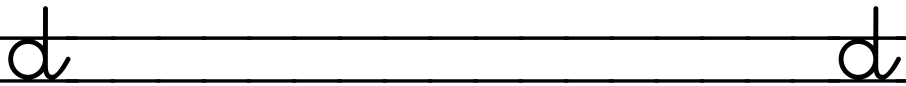
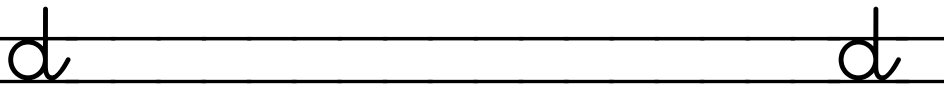
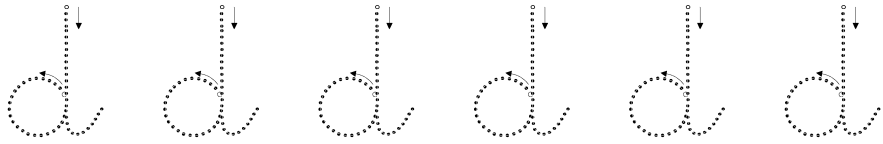
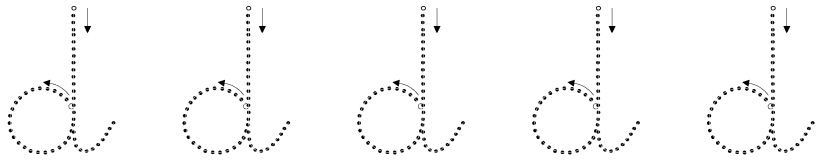
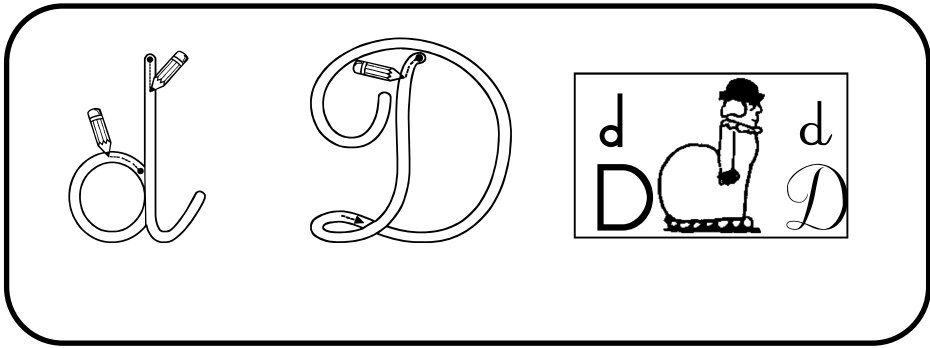
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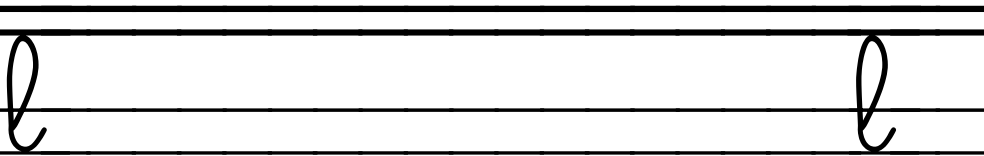
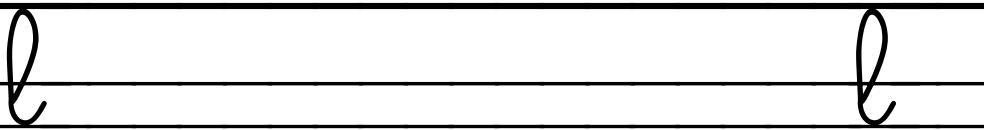
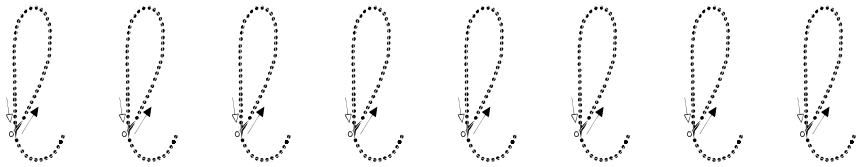
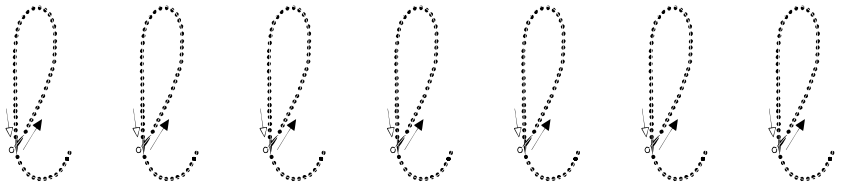
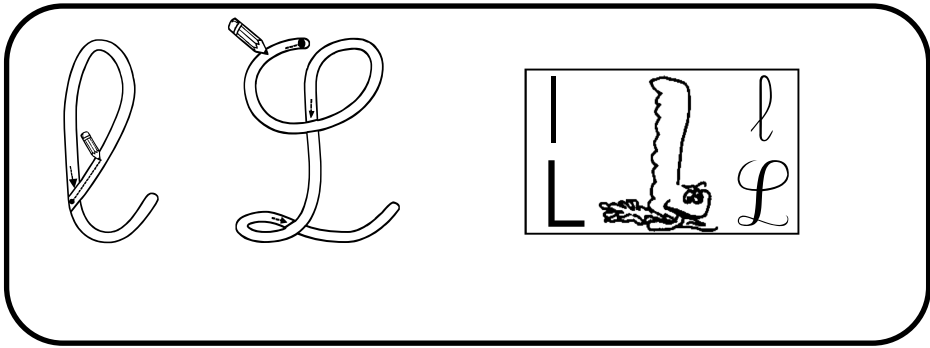
noeud _____ *noeud*

dé _____ *dé*



D _____ *D*



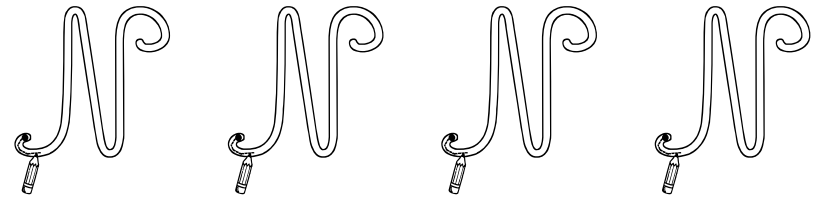


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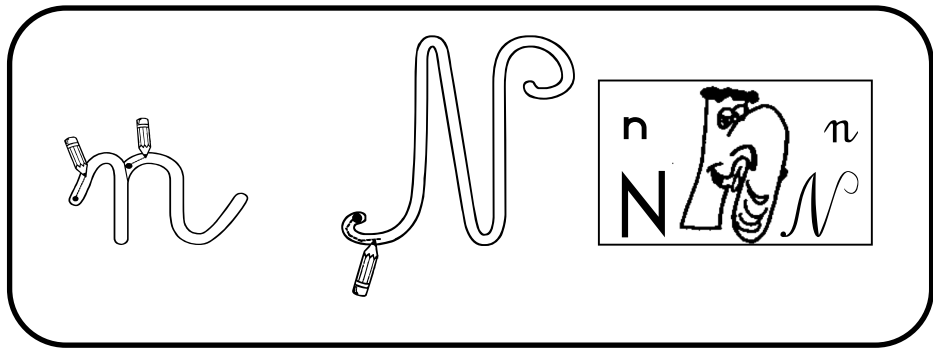
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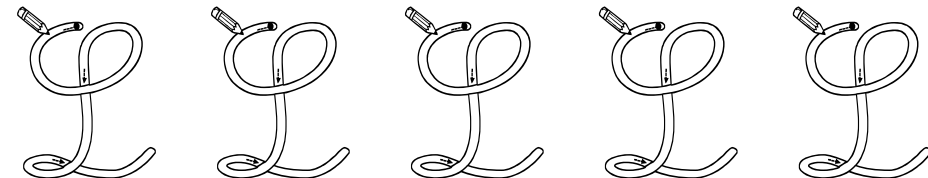
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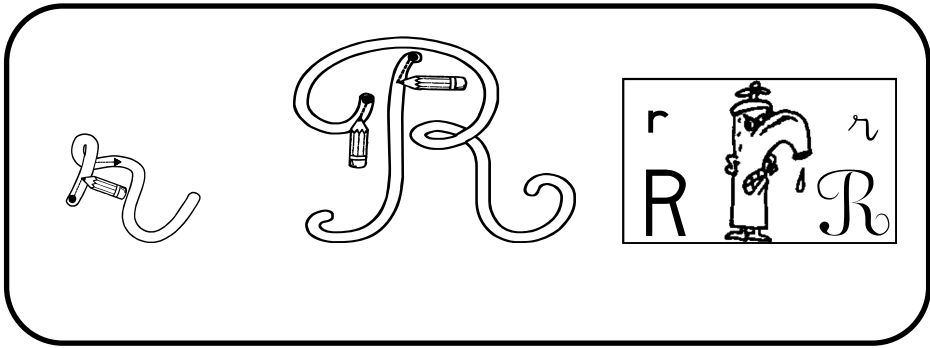
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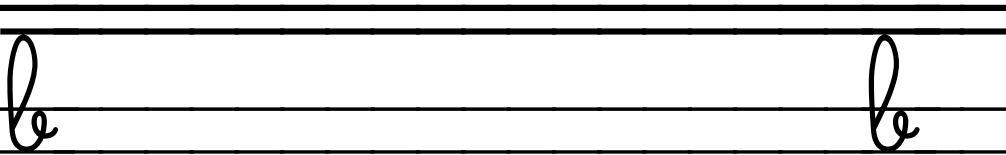
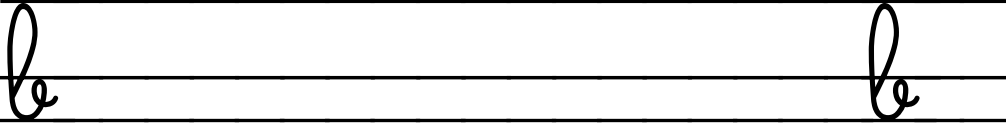
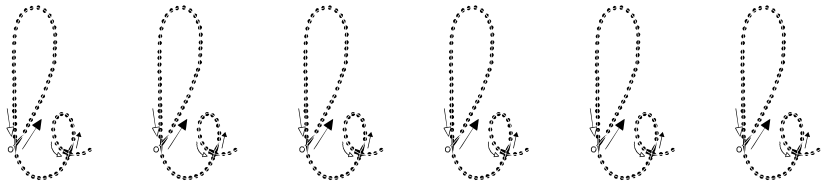
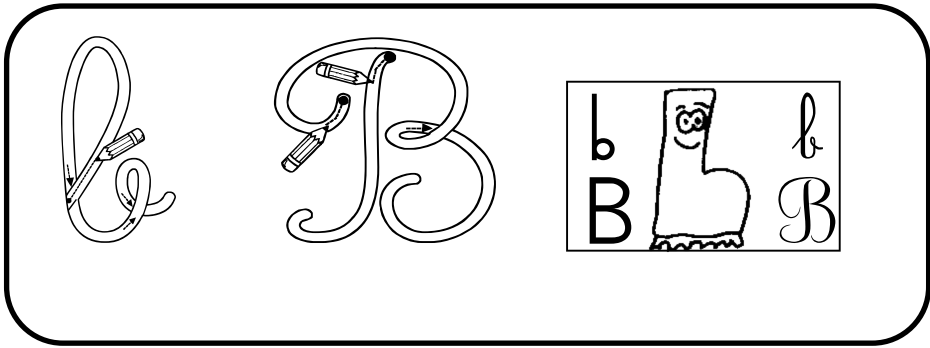
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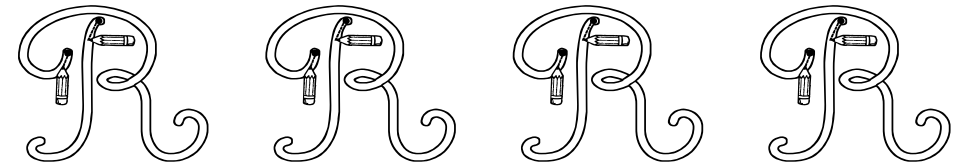
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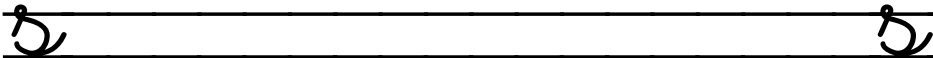
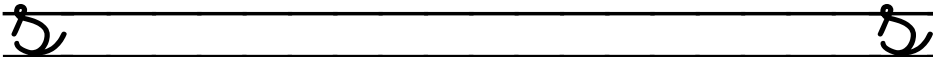
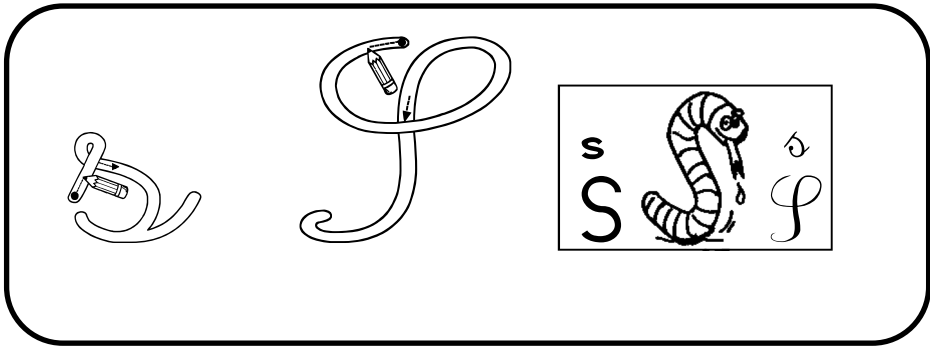
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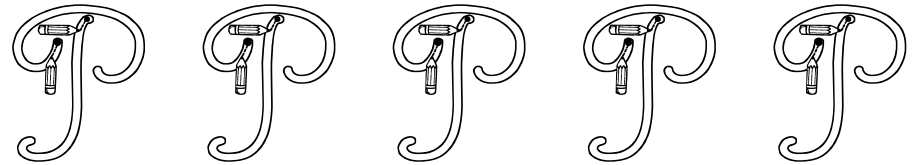


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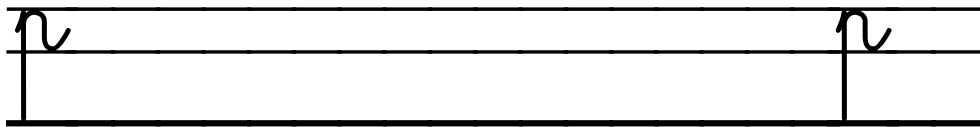
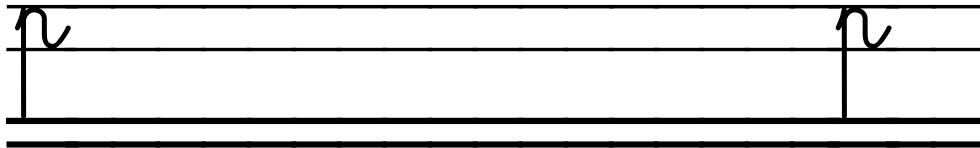
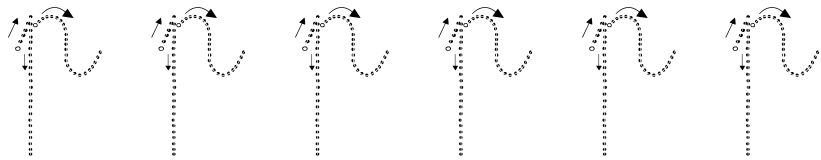
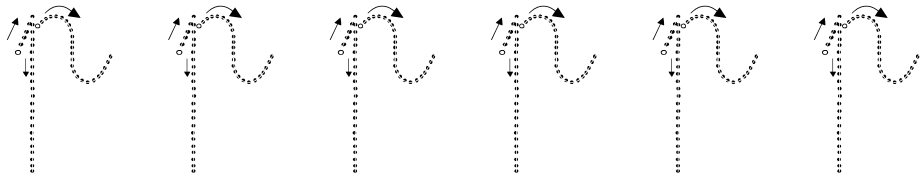
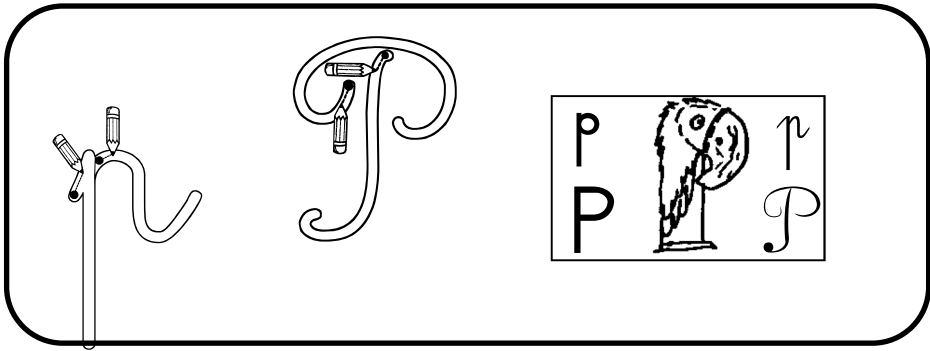
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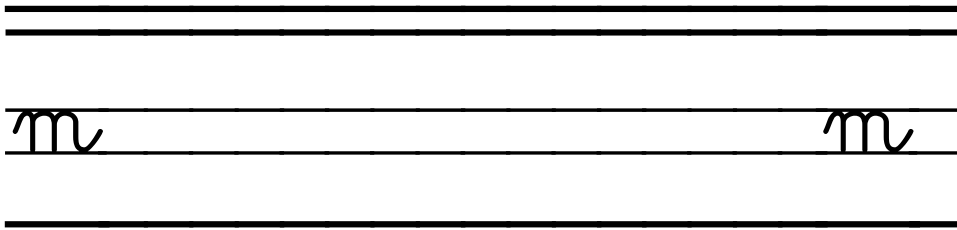
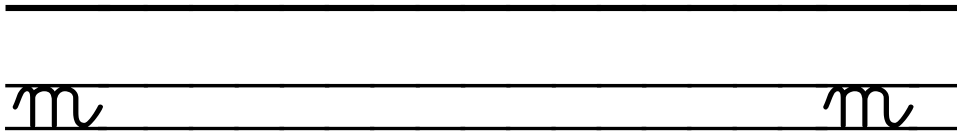
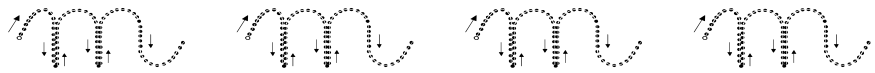
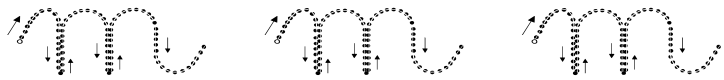
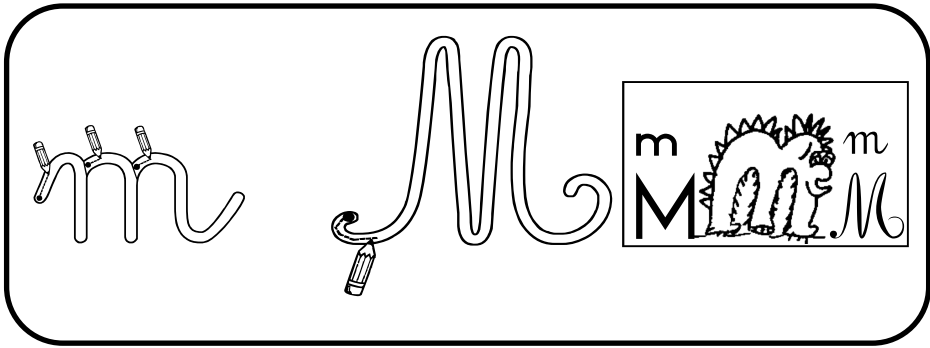
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