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HANDWRITING WORKBOOK 1

BY ROS LUGG

Name _____

Year _____

Group/Class _____

Handwriting Workbook 1

This resource is intended as an individual student workbook with each letter worksheet in the recommended teaching order, which incorporates shape families, as below:

a d c g o s e q	f i t j l	b p r n m h k	u y v w x z
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There are several different teaching recommendations and, as long as the order is logical, minor variations aren't that important. This order has been compiled with several factors in mind:

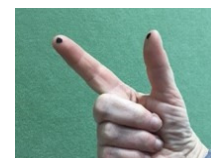
- Shape family
- Importance of that letter for making common words

Many teachers recommend teaching the 'easier' stick-like letters first (i, t, j, l, f). This is logical from the point of view of fine motor coordination. However, it does restrict the number of high frequency words which can be introduced in the early stages. If a learner is having difficulty with the order in this student workbook, it is perfectly acceptable to copy individual sheets and re-arrange the workbook into the preferred order.

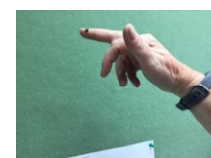
Things to check

Pencil grip

It's quite easy to teach a correct pencil grip by drawing a dot on the end of the thumb and first finger, and another dot on the side of the third finger in the middle of the end segment. Tell your learner that, if all three dots are covered up, the grip is correct.

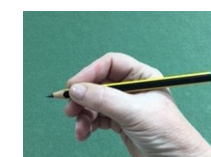


Pressure should not be excessive. Teach learners to hold the pencil reasonably firmly, but loose enough that you could draw it out from their grip with no great difficulty. A tight grip or excess pressure will cause discomfort.



Correct formation

Make sure your learner follows the guide for letter formation. It's a good idea to encourage them to sound out the movement. Example: For the letter 'a', it would be 'Around, up, down'. Saying the movement aloud develops an auditory memory for that letter formation.



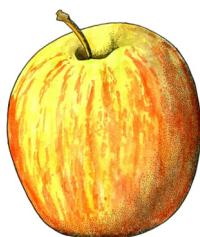
For learners who struggle to remember the movement, you can encourage them to stand up and do the movement with the whole arm as a gross motor movement, while saying the movement aloud.

Letter Tracking

Letter tracking is important for fine motor coordination, letter identification and tracking skills. Encourage your learners to draw a line under the letters, looping around each target letter.

i y b c l m t o q b u a v w m b y q e o w o a t q w v n x b
t g b a c t b d y a w m p r s i v y t i c v h a w t e r k b t
b y a c d i t w k p a x t y w j s o v m t d a z b g r b a e w
o v p t i d m b y e b a d o t q w y e b a v j w i g u w t d

Date: _____



a

A

a a a a a a a a a a a a

A A A A A A A A A A

an an an an an

Circle the pictures which **start** with the short vowel 'a' sound (as in 'ant').



Date: _____

and and and and

at at at at at at

cat cat cat cat

ant ant ant ant

A fat cat

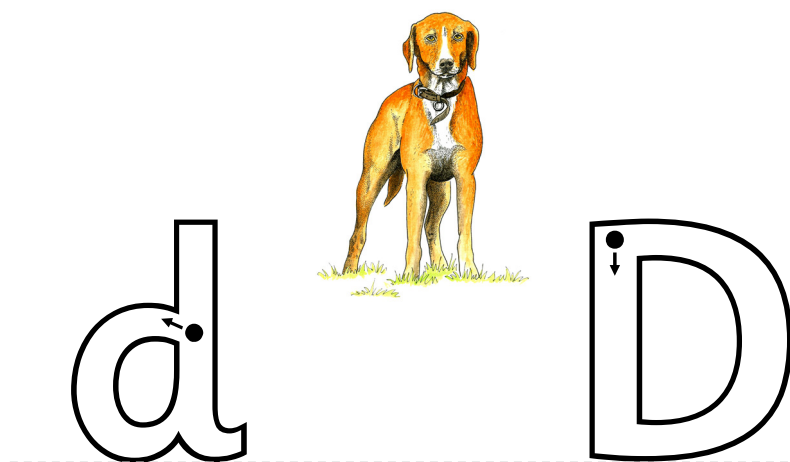


Letter Tracking

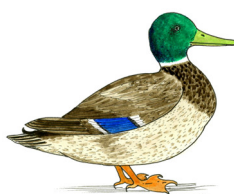
Draw a line under each row of letters, circling the letter 'a' when it appears

i y b c l m t o q b y a v w m b y g e o w o a t q w v n x b
t g b a c t b d y a w m p r s i v y t i c v h a w t e r k b t
b y a c d i t w k p a x t y w j s o v m t d a z b g r b a e w
o v p t i d m b y e b a d o t q w y e b a v j w i g u w t d
u t b o t u a v w d m p a t o e r z y t p a x v m w s o d x
w j a b t w o p t q w m r p b a b o r w m j t a p l m i a p

Date: _____



Circle the pictures which **start** with the 'd' sound (as in 'dad').



Date: _____

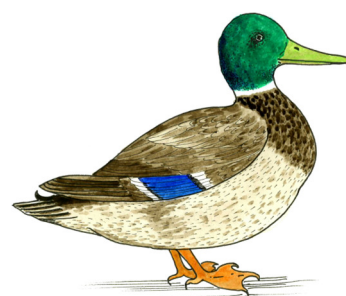
dog dog dog dog

and and and and

do do do do do

don't don't don't

A sad duck

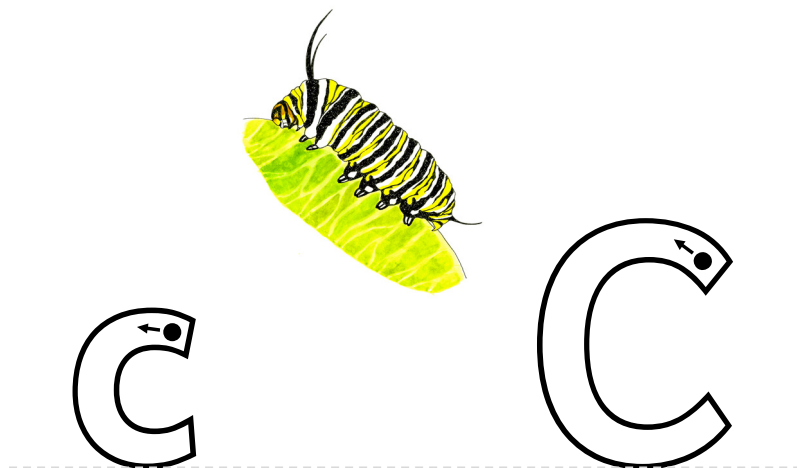


Letter Tracking

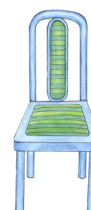
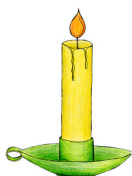
Draw a line under each row of letters, circling the letter 'd' when it appears.

m t y d e o m p i d u t c m y b c l a x t y w j s d v m t x c
v h a d a z b c r s i v y g r b a e w d o q b y a v w m b m
w c d t q w v n x b t g d c t i b t b y a c d i t c k p t w s
o d c w j a b d b a d o c q b a v v p t i d c w i y a w c t u
a v w d b y e w y c g u d t p a t o e r c y t d a i v n x b t
g d c t i b t b y a c d c r s u v y g r b u d t p c d e l p b h

Date: _____



Circle the pictures which **start** with the 'c' sound (as in 'car').



Date: _____

cat cat cat cat

cup cup cup cup

car car car car car

come come come

A new car



Letter Tracking

Draw a line under each row of letters, circling the letter 'c' when it appears.

t w s o d c w j a b d b a d o c q b a e v p t i d c w i y a
w c t u a v w d m p i d u t c m y b c l m t o q b y a v w
m b y g e o w c a t q w v n x b t g b c t i b t b y a c d i t
c k p a x t y w j s o v m t x c v h a d a z b c r s i v y g r b
a e w c m b y e w y c g u w t p a t o e r c y t p a w t e r
c k v m b t w o p c t q w m r p b a b c o r w m j t c l r t

Date: _____



g

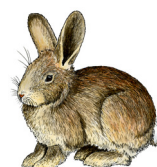
G

g g g g g g g g g g g g

G G G G G G G G G G

go go go go go

Circle the pictures which **start** with the 'g' sound (as in 'go').



Date: _____

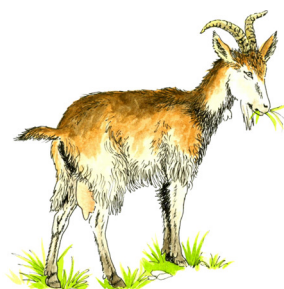
got got got got

get get get get

goes goes goes

girl girl girl girl

An old goat

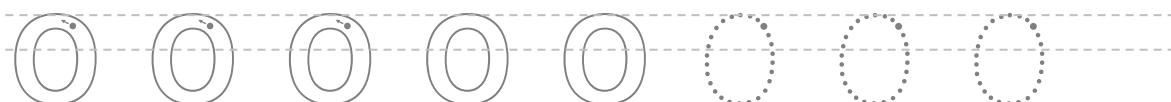
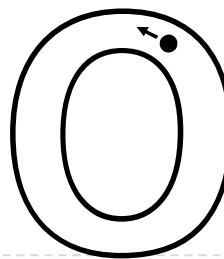
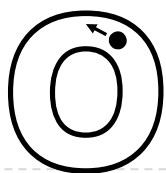


Letter Tracking

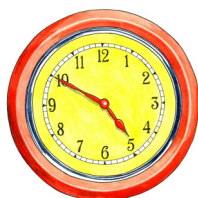
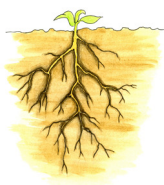
Draw a line under each row of letters, circling the letter 'g' when it appears.

w v n x t d c w j a b g y w d b a d o c q g a v v p t i d c
w i y a w c t u a g w d m p i d u t g m y b c l m t o q g y
a v w m b y g e o w c b t g b w s g c t i b t b y a c d i t c
k p g x j s o v m t x c v h g d a g b c r s i v y g r b a e w
c g b y e w y c g u a t q w t p a t o e r c y t p g a t e r g
m v l c b t w o p c g q w m r p b a b c o g w n p e w g h

Date: _____



Circle the pictures with the short vowel 'o' sound in the ***middle*** (as in 'hot').



Date: _____

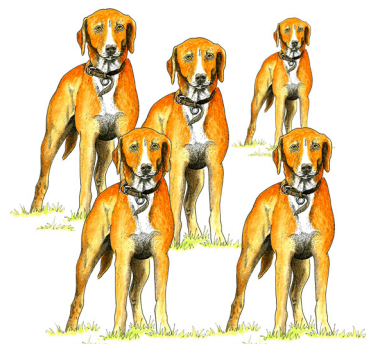
of of of of of of

for for for for for

go go go go go

onto onto onto

Lots of dogs

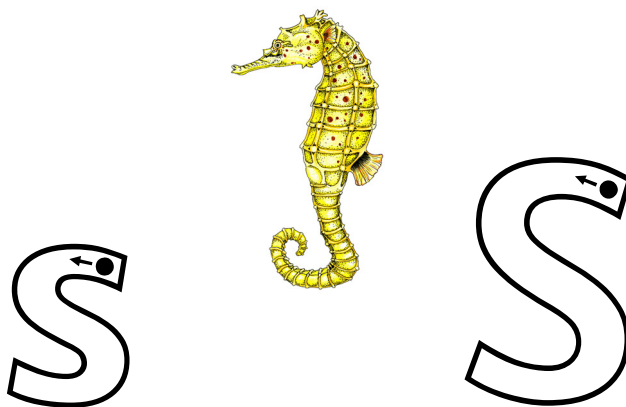


Letter Tracking

Draw a line under each row of letters, circling the letter 'o' when it appears.

e a o d t w s q b o d y b c l m t o q t i b t b y a c d i t c
k p a o t y w j s o v m t x c v h a d a z b c r a o v p t i a
o c t a v w b y a v w m b y g c o s i o d b a d o c w c a t
q w o n v y g m p i d u t c m r b a o x b t g b y e w y c o
u e w c m b w j o t p a d c w i y t o e r c y t p a w t e a
c k v m b t w o p c t q w m l a p b a b c o r w j a p e l d

Date: _____



Circle the pictures which **start** with the 's' sound (as in 'sit').



Date: _____

sit sit sit sit sit

is is is is is is

see see see see

was was was was

A scary spider

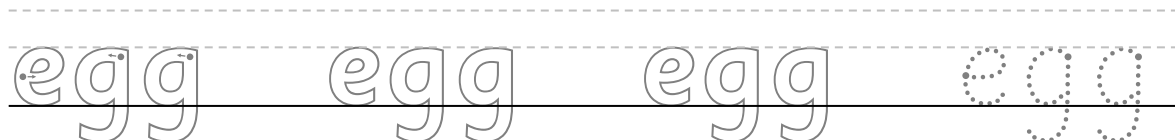
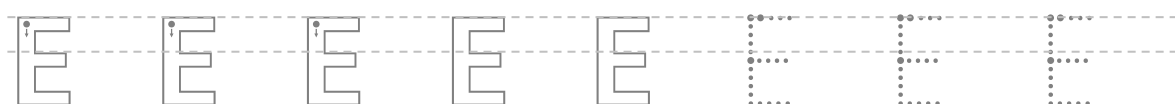
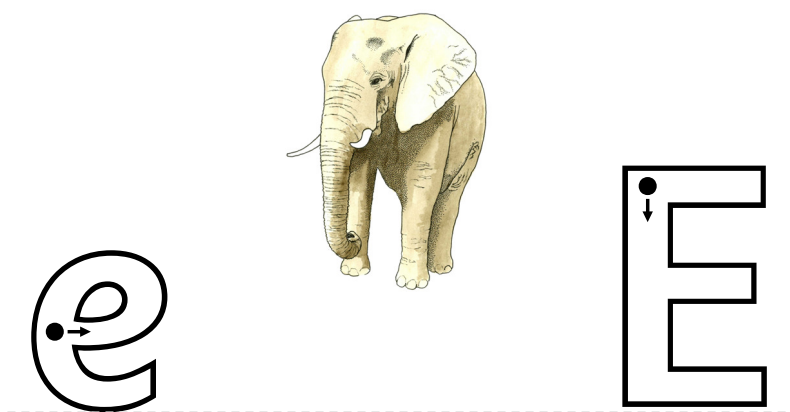


Letter Tracking

Draw a line under each row of letters, circling the letter 's' when it appears.

b g u w s o d c w j a b d b s d o c q p t i d c w s y a w c
t u a s w d m p i d u t c m y b s l m t o q b y a v w m b
y g s t q w v n x b t s b c t i o w c a b t s y a c d i t c k s
a x t y w j s o s m t x c v h a d a z b c r s i v y g r b a e
w s m w t a e v b y e w y c p a t o e r s y t p a w t s r c
k v m b t w o p c s q w m r p b a b c o r w m s t j d o t l

Date: _____



Circle the pictures **with** the short vowel 'e' sound (as in 'Ben').



Date: _____

end end end end

we we we we we

wet wet wet wet

me me me me me

Sit on the bench.

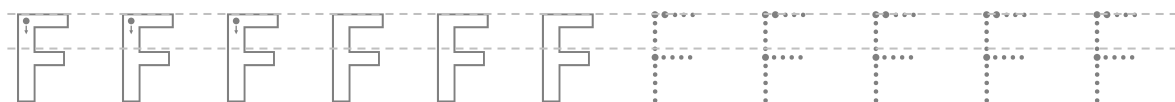
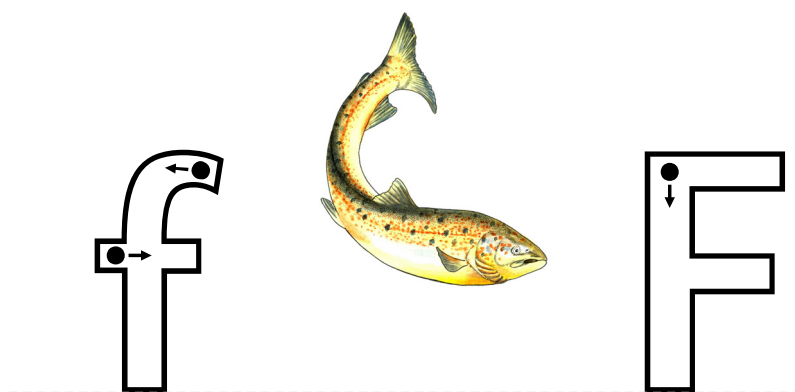


Letter Tracking

Draw a line under each row of letters, circling the letter 'e' when it appears.

v h a d p e b c t i b t b y a z t e q b y a v w m b y g e o
w c a t q w x b t e b c r s i v y g r b a c d e c q b a v v a
c e i t c k p a x t y w e s o v m t x v n c e w y c t i e c w i
y a w c t u a v w e m p i d u t c m y b c l e w c m b y t e
s o k v d c w e a b d b g u w t p w m a t o e r c y t p a w
t e r c m b t w o p c e p b a b c o r q r e t f i s x q e t b r

Date: _____



Circle the pictures which **start** with the 'f' sound (as in 'for').



Date: _____

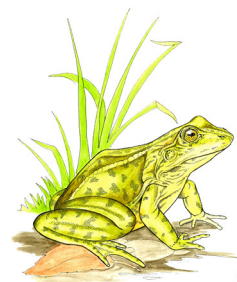
for for for for for

if if if if if if if

from from from

off off off off off

A friendly frog

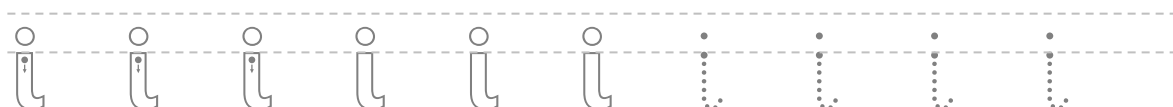


Letter Tracking

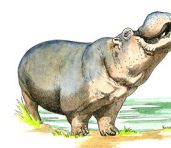
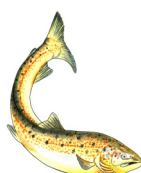
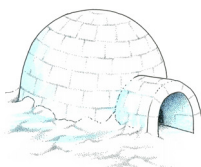
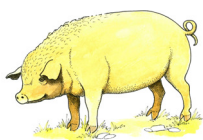
Draw a line under each row of letters, circling the letter 'f' when it appears.

y w e s o f t w o p c e w c m b y f e s o d c w e a v h a d
f e b c t i b t b y a z t f q b y a v e w m b y f e o w c o e
r c y f w c t u a v w b a t q w x f t e b c m t x v n c e w y
c t f e c w i y a f a d e c q b a v v a c e i t f k p a x t f d
b g u w t f p a t p a w t e r c k f l e m p i d u t c m y b c
r s f v y g r v q w m r f b a b c o r e t f i t k n c g w m l h

Date: _____



Circle the pictures **with** the short vowel 'i' sound (as in 'bin').



Date: _____

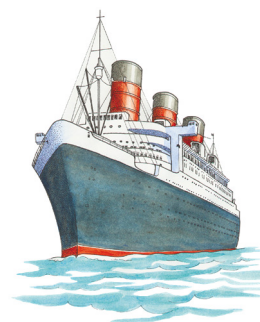
did did did did

it it it it it it it

is is is is is is

sit sit sit sit sit

A big ship



Letter Tracking

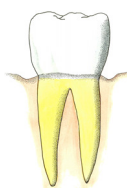
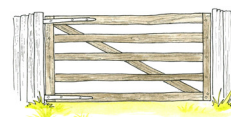
Draw a line under each row of letters, circling the letter 'i' when it appears.

p c t w s i d c w j a b d b a d o c q b a v v p t i d c w i y
a w c t u i v w d m p i d u t c m y b c l m t o q b i a v w
i b y g e o w c a t q w v n x b t g b c t i b t b y a c d i t c
k p a i t y w j s o v m t x c v h a d a z b c r s i v y g r b a
i w c m b y e w y c g u i t p a t o e r c y t p i w t e r c k
v m b t i o t q w m r p b a b i o a r w m j k g t i z x p i t

Date: _____



Circle the pictures which **start** with the 't' sound (as in 'table').



Date: _____

the the the the

they they they

this this this this

that that that

Don't pat that tiger!



Letter Tracking

Draw a line under each row of letters, circling the letter 't' when it appears.

i d m p i d t x c v h a d c t w s o d c w j a b d b a t o c q
b a e v p t w i y a w d a z b c r s c t u a v w u t c m y b
c l m t o q b y a v w m b y g e o w c a t q w v n x b t g b
c t i b t b y a c d i t c k p a x t y w j s o v m i v y g r b a
e w c m b y e w y c g u w t p a t o e r c y t p a w t e r c
k v m b t w o p c t q w m r p b a b c o r w m j t c p r t x

Date: _____



j

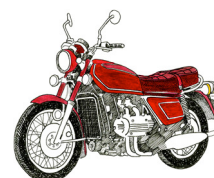
J

j j j j j j j j j j

J J J J J J J J J J

jam jam jam jam

Circle the pictures which **start** with the 'j' sound (as in 'jam').



Date: _____

just just just just

jar jar jar jar jar

job job job job

jump jump jump

Jill likes to jog.

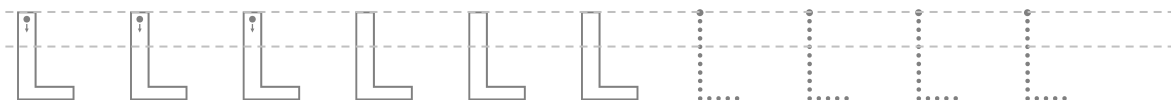
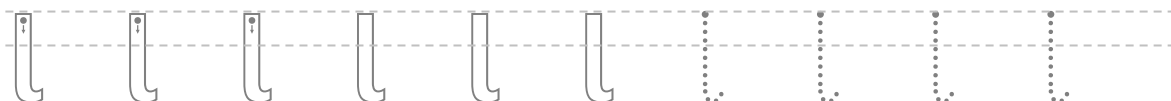
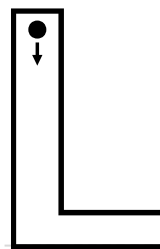


Letter Tracking

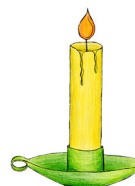
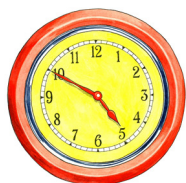
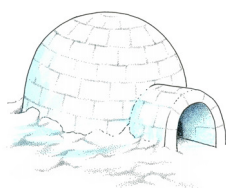
Draw a line under each row of letters, circling the letter 'j' when it appears.

w y b c l m t j q b y a v w m b y g e o j w o a t q w v n x
b t g b a j t b d y a w m p r s i v y t i c v h a w t e r j b
t b y a c d i t j k p a x t y w j s o v m t d a z b g r b a e
w o j p t i d m b y e b a d o t q j y e b a v j w i g u w j t
d u t b o j u a v w d m p a t o j r z y t p a x v m j s o d x
w j a b t w o p t q j w m r j p b a b o r w m j t a p l m i g

Date: _____



Circle the pictures which **start** with the 'l' sound (as in 'lion').



Date: _____

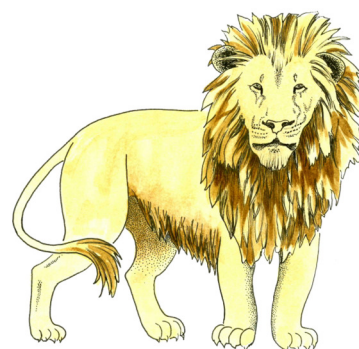
leg leg leg leg

log log log log

tell tell tell tell

like like like like

I like lions.



Letter Tracking

Draw a line under each row of letters, circling the letter 'l' when it appears.

v h a t l a j e b d b a q o c l b a n v v j l p t i d c w i l a v
w d m b l t i p i d l t c m y b c l m t o q b y a v w m l y g
e o w c a t l q w v n x b t g b t b y a c d i t c k p a x t l
w j s o v m t x c d a l b c r s i v y g r b a e w c m b l e w
y c g u w l t w c t p a t l e r c y t p a w t e r c k v m b t l
o p c w m l p b a b c t q o w s l d c w r w m l a r c w l t

Date: _____



b

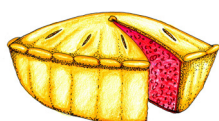
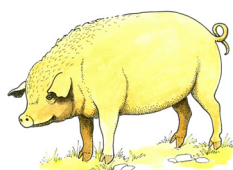
B

b b b b b b b b b b b

B B B B B B B B B B

be be be be be

Circle the pictures which **start** with the 'b' sound (as in 'big').



Date: _____

but but but but

bat bat bat bat

back back back

black black black

A big bat

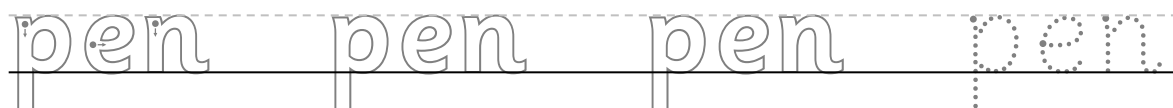
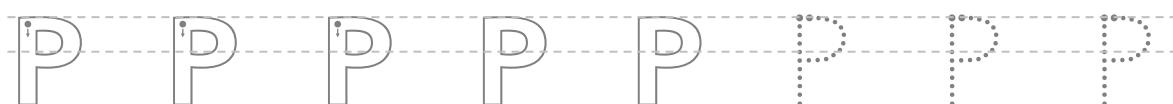
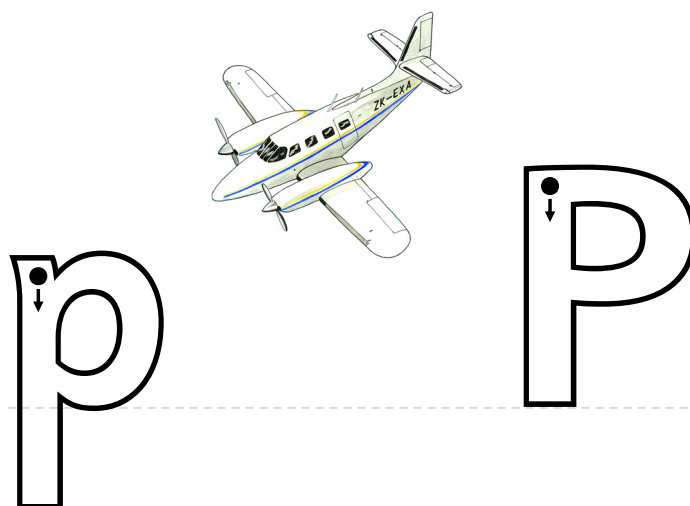


Letter Tracking

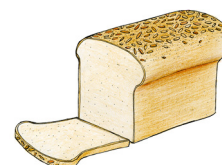
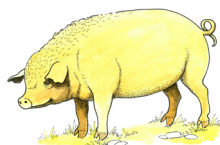
Draw a line under each row of letters, circling the letter 'b' when it appears.

c t m t d a z b g r b t b o t u a v a e w b d y a w b y e b a
d o t m c t b d y a w m i y b c l p a x d m w m t o q b y a
v w m b y g e o w o a t q w m r p b a w v n x b t g b a p r
p t q b o r w s i v y t i c d h a w t e r k b t b y a c d i t w
k p b x t y w j b o v o v p t i d m q w y e b a v j d i g b w
t d u w d m p a t o e r b y t s o d x w j a b t w o l p l d b i

Date: _____



Circle the pictures which **start** with the 'p' sound (as in 'pot').



Date: _____

put put put put

play play play

pot pot pot pot

open open open

A pretty parrot



Letter Tracking

Draw a line under each row of letters, circling the letter 'p' when it appears.

a d a p a x w t u t a c p m w i y a b y g p o z b f w c a t
q w v n x b t g b c t i b t b p b a d o c q b a v r p t i d c
w c t u m y b p y a c d i t y w j s o v p t x c v h e w p s o
d c w j a b c l y m m p o q b y a v t c k c r s p v y g r b a
e w a p w d m p i d y c g u w t p a t o e r c y t p a p t e
r c k v m b t w o p c t q w m r p b a b c o r w m i p a t m

Date: _____



r

R

r r r r r r r r r r r r r r r r

R R R R R R R R R R R R R R R R

ran ran ran ran

Circle the pictures which **start** with the 'r' sound (as in 'rat').



Date: _____

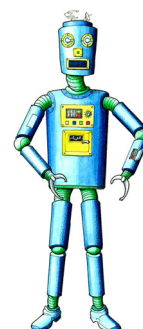
run run run run

red red red red

are are are are

for for for for

A friendly robot

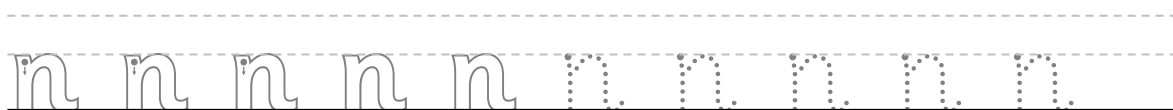


Letter Tracking

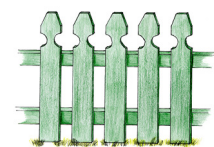
Draw a line under each row of letters, circling the letter 'r' when it appears.

j r y l t b c w s o d r w j a b d b a d o c q b a r v p t i d c
w i y a w c t r a v w d m p i d u t r m y l m t o q r y a v
w m b y r n e o w c a t q w v n r b t g b c t i b r b y a c
d i t c k p a r t y w j s o v m t x c v h a r a z b c r s i v y
g r b a e w c m b y e r y c g u w t p a t o e r c y t p a w
t e r c k v m b t w r p c t q w m r p b a b c o r w m w t r

Date: _____



Circle the pictures which **start** with the 'n' sound (as in 'no').



Date: _____

not not not not

on on on on on

one one one one

new new new new

A runny nose

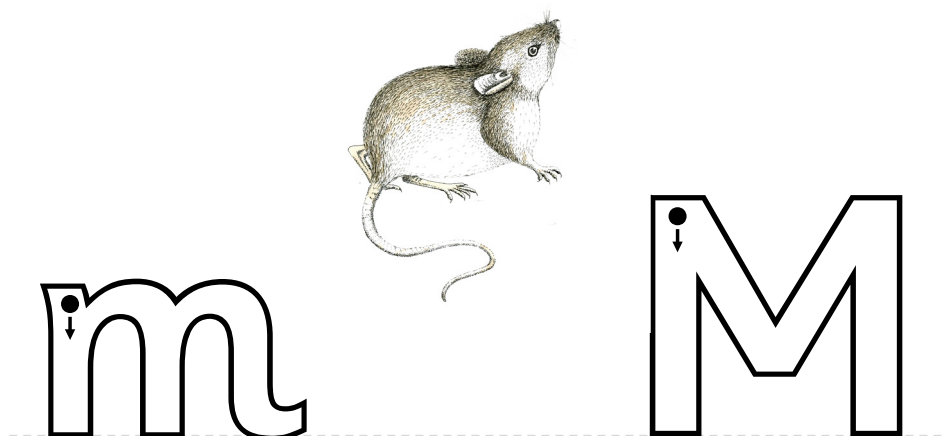


Letter Tracking

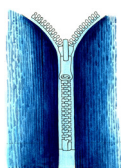
Draw a line under each row of letters, circling the letter 'n' when it appears.

w q r n p t w n o d c w j a b d b a b a v v p t i d c n i y a
w c t u a v w d m n i d u t c m y b c l m t o q n y a v w
m b n g u o w d o n q c a g q w u n x b t g b c t i b t b y
a c d i t c n p a x t y w j s o n m t x c v h a d a z b n r s i
v y g r b a e n c m b y e w y c g u n t p a n o e r c n t p
a u t e r n u k v m b t i w o p c t q n m r p b a n c o r j w

Date: _____



Circle the pictures which **start** with the 'm' sound (as in 'mad').



Date: _____

man man man

me me me me me

him him him him

must must must

My emu smells.



Letter Tracking

Draw a line under each row of letters, circling the letter 'm' when it appears.

z b c m s t w s o h c m j a b d b a d o c q b h u v p t i m
c w i w t p m t y a w m t u a v w d m p i d u t c h y b c l
m t o q b y a h w m b y h e o w c i m b a t m w v h x b t
g b c t i b t m y a c d i t c m h a x t y w j s o m h t x c v
h a d a i v y g r b m e w h y e w y c g u o n h c y t p a w
t e r c h l v m b t w o p c h q w m r p b a b m p r t w l t

Date: _____



h

H

h h h h h h h h h h h

H H H H H H H H H H H

he he he he he

Circle the pictures which **start** with the 'h' sound (as in 'happy').



Date: _____

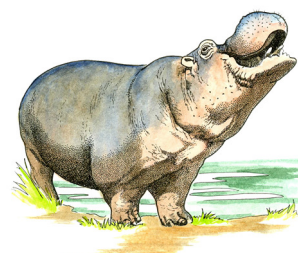
had had had had

the the the the

has has has has

hot hot hot hot

A happy hippo

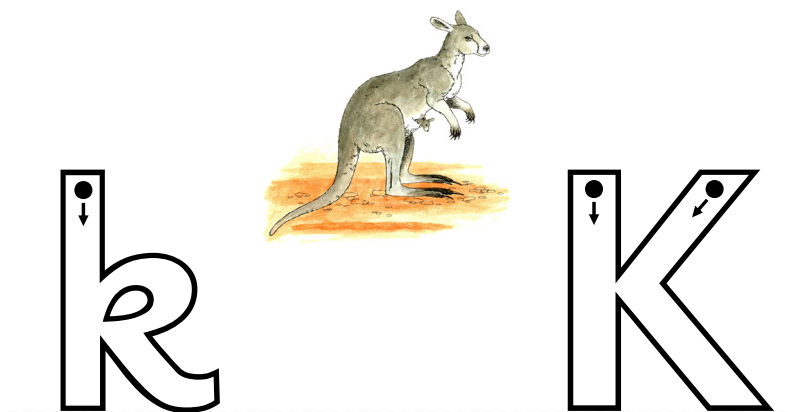


Letter Tracking

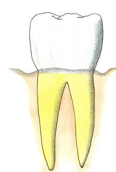
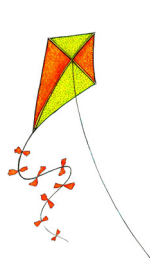
Draw a line under each row of letters, circling the letter 'h' when it appears.

u t c e h c m b y e w y b d b v a p t i d c w h y a w c t u
a v w d l m t o h b y a v w m b y g e o w c k p h x t y w
j s o v t a d o c h b a h s o d c w j a m p i h d i t c b h r s
m t x c v h a d a z a t q w h n x b t g b c t i b t b y a c h
u w t p a t o e r c h m y b c d i v y g r b a h p a w h e r c
k v m h t w o p i c t q w m r p b a b h o r w k t x d o h k

Date: _____



Circle the pictures which **start** with the 'k' sound (as in 'king').



Date: _____

kite kite kite kite

ask ask ask ask

keep keep keep

kind kind kind

A kind kiwi



Letter Tracking

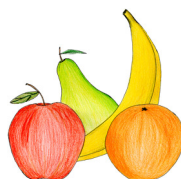
Draw a line under each row of letters, circling the letter 'k' when it appears.

t k s p a x t y w j s o v m t x c k h a d a z b c r s i v y g r
b a e w c k q w v n x b t g m b y e w y k b d b a d o d m
p k o w c a i d u t c m k b c l m t o q b k a b c t i b v k m
d c w j a c q b a k v p t i d c w i y a w c t k t b y a c d i v
w b k g t t c k c g u w t p a t o e r c y t p k w t e r c k v
m b t w o p c t q k m r p b a b w o r h k i j t p h k l m v t

Date: _____



Circle the pictures **with** the short vowel 'u' sound (as in 'cup').



Date: _____

bus bus bus bus

use use use use

run run run run

cup cup cup cup

A full cup

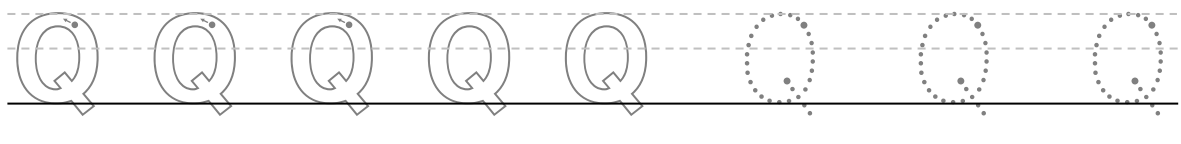
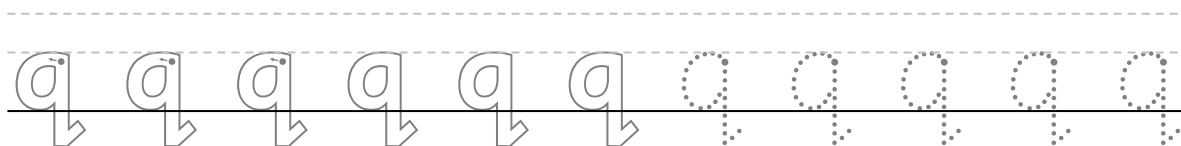
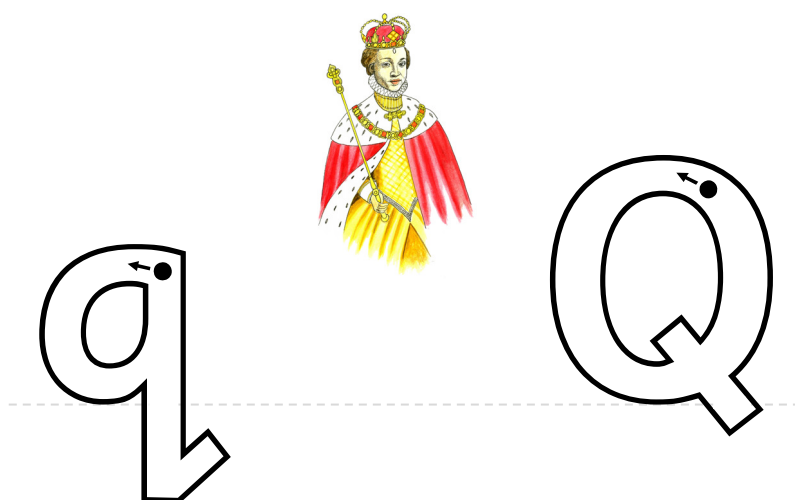


Letter Tracking

Draw a line under each row of letters, circling the letter 'u' when it appears.

d m c t w s u d c w j a b d b a q b a e v p t i d u n i y a
w c t u a v w d m p i d u t c m y b c l m t o q b y a v w
m b y u n o w c a t q w v n x b t u b c t i b t b y a c d i t
c u p a x t y w j s u v m t x c v h a d a u n c r s i v y g r
b a u w c m b y e u y c g u w t p a t o e r n y t p a w t e
u c k v m b t n u p c t q w m r p u n b c o r w m j t u k n

Date: _____



Circle the pictures which **have** the 'qu' sound (as in 'quick').



Date: _____

quit quit quit

quick quick quick

quite quite quite

quiz quiz quiz quiz

A quiet queen

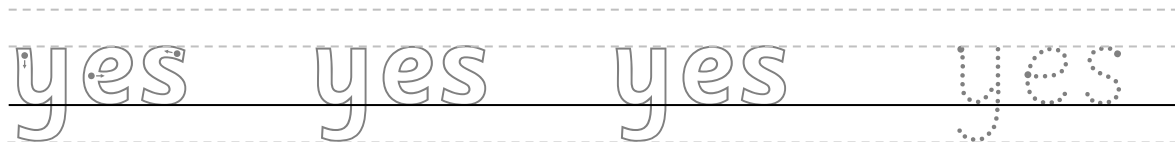
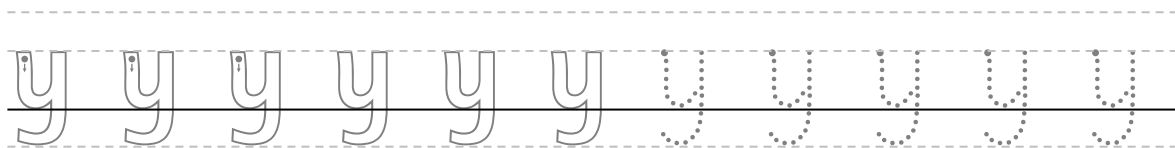
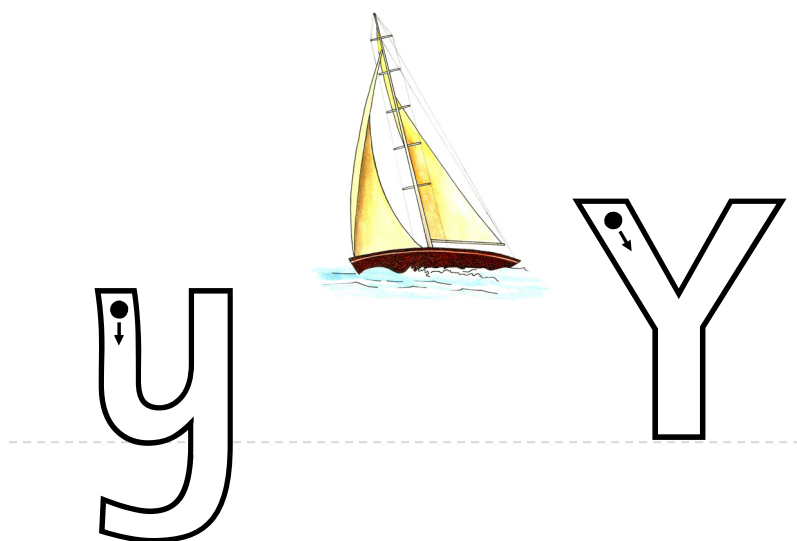


Letter Tracking

Draw a line under each row of letters, circling the letter 'q' when it appears.

t r s w s o q t y w j s d c w j a b q b y t p a d o c q b a v
s p t i d c w i y a w c t u a q w d m p i d u t c m y b c l
m t o q b y a v w m b y g q o w c a t q w v n x b t g q c
t i b t b y a c d i t c k p a o v m t x c v h a d a z b q i v y
g r b a e q c m b y e w y c g q w t p a t o e r c a w t e r
c k q m b t w i o p c t q w m r p b a b c o q w d t m l f p

Date: _____



Circle the pictures which **start** with the 'y' sound (as in 'yes').



Date: _____

you you you you

yet yet yet yet

your your your

yell yell yell yell

Yellow paint

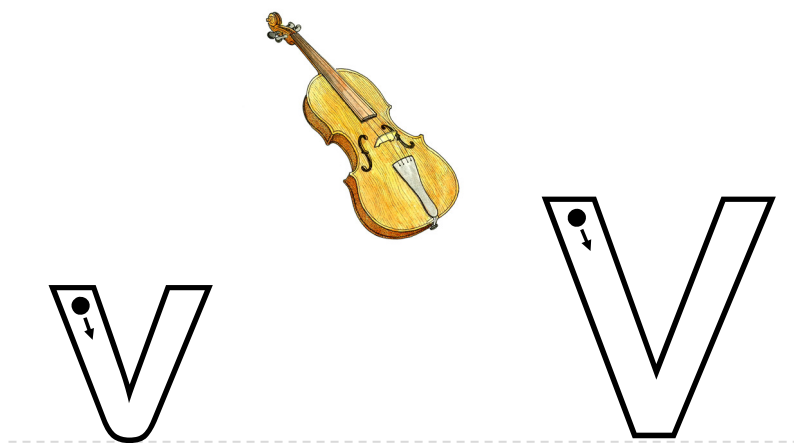


Letter Tracking

Draw a line under each row of letters, circling the letter 'y' when it appears.

c r t w s o t q d c w j y b d b a d o c q b a e v p y i d c w
i y a w c y u a v w d m p i d u t c m y a t o b c l m t o q
b y a v w m b y g e o w c a w v y x b t g b c t i b t b y a
c d i t c k p a x t y w j s o v m t x c v h a d y z b s i v y g
r b a e w c m b y e w y c g u w t p e r c y t p a w t e r c
k v m b t w o y c t q w m r p b a b c y r w i m k y l g t o

Date: _____



Circle the pictures which **start** with the 'v' sound (as in 'van').



Date: _____

vet vet vet vet

over over over

even even even

vase vase vase

A vet at work



Letter Tracking

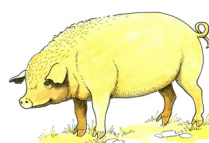
Draw a line under each row of letters, circling the letter 'v' when it appears.

t e r v s g d c w j v b d b c y a d o c q g a v b p t i d c w
i y a w c t v a g w d m p i d u t v c m y b c l m t o q g y
a v w m b y g e o w c a t q w v n x b t g b c t i b t b y a
c d i t c k p a x g y w j s o v m t x c v h a d a g b c r s i v
y g r b a v w c g b y e w y c g u w t p a t o e r t p a v t
g m v l n b t w o p c g q w m r p b a b c o g w n p e w r

Date: _____



Circle the pictures which **start** with the 'w' sound (as in 'wet').



Date: _____

wet wet wet wet

was was was was

when when when

who who who who

Water sports

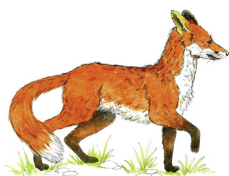


Letter Tracking

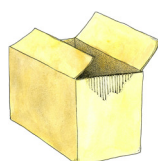
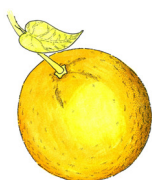
Draw a line under each row of letters, circling the letter 'w' when it appears.

g u w t w s t d c w j a y t p b d b v t q w a d o c q b a e
v p w i d c w i y a w c t u a v w d m p i d u t c m y b c l
m w o q b y a v w m b y g e o w c v n x b t g b c t i b w
b y a c d i t c k p a x t y w j s o v m t x c v h a d a z b w
r s i v y w r b a e w c m w y e w y c t p a t o e r c a w t
e r c k v m b t w o p c t q w m r p b a b c o r w n p m l h

Date: _____



Circle the pictures which **have** the 'x' sound (as in 'fix').



Date: _____

box box box box

fox fox fox fox

wax wax wax

x-ray x-ray x-ray

Three foxes

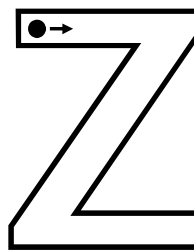
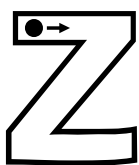


Letter Tracking

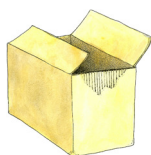
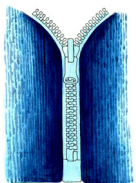
Draw a line under each row of letters, circling the letter 'x' when it appears.

b p s x b c a e w c t i d i t y w j x o v m t x c v d o c q b
a e v x t i d c w i y a x c t u a v w d m p x d u t c k p a x
t h a d a x b c r s i v y g r x m b y e w y c x c w j a b d x
a c b t b y a c m y b c l m t o q b y a v x m b y g e o w c
a x q w g u w t p x t o v n x b t g e r c x t p a x t e r c k
v m b t w o p c i t q w m r p b a x c o r w m j t x m t y z

Date: _____



Circle the pictures which **start** with the 'z' sound (as in 'zoo').



Date: _____

zip zip zip zip zip

zoo zoo zoo zoo

zero zero zero

zap zap zap zap

Zebras at the zoo



Letter Tracking

Draw a line under each row of letters, circling the letter 'z' when it appears.

t d a z w z o d c w j a b d b w c a h d z c q b a e v p t i d
z w i y a w c t z a v w d m p i d u t c z y b c l m t o z b y
a v w m b z g e o w c a t q w v n x z t g b c t i b t z y a c
d i t c z p a x t y w j s o z m t x c v h a b c r s i v y g r b
a e w c z b y e w y c g u w t p a t o z r c y t p a w t e r c
k v m b t z o p i t q w m r z b a b o r w m j z t w p t z w

Alphabet Knowledge Checksheet

Recommended order for handwriting practice

Second column in each section is for you to record re-test results.

Letter	Know letter name		Know letter sound		Write lower-case		Write capital letter	
a								
d								
c								
g								
o								
s								
e								
f								
i								
t								
j								
l								
b								
p								
r								
n								
m								
h								
k								
q								
u								
y								
v								
w								
x								
z								

Supporting StepsWeb Resources include: Alphabet and Phonic Test Pack, StepsWeb online literacy program, Alphabet Set, Phoneme and Onset + Rime cards, Gameboards.



stepsweb.com



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