

My Book of

Left and Right



**A WELLSPRING
OF WORKSHEETS**

FREE PREVIEW

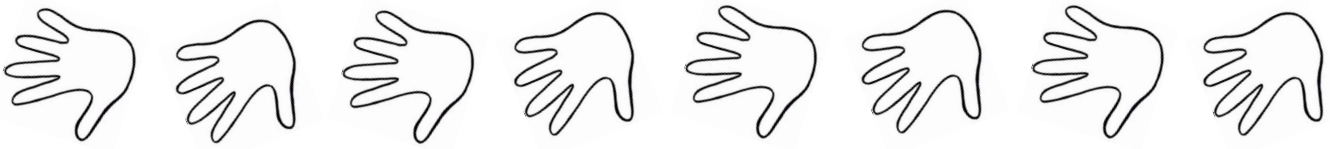
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Name _____

How can I remember
left and right?



I can put my hands like this.
The left hand makes an L.



right hand



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left hand



I write with my

_____ hand.



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right-handed

I know the left and right sides of my body.

left

right

_____ ear



_____ ear



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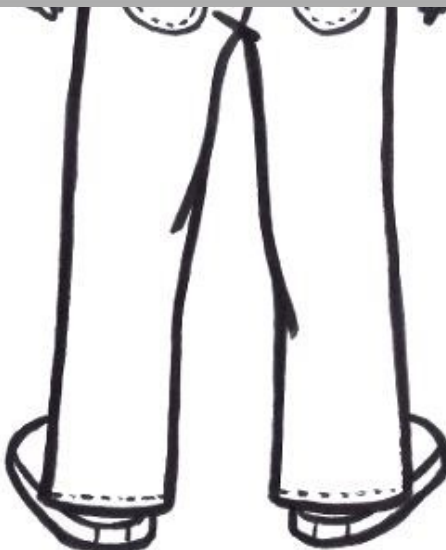
_____ arm

_____ hand

_____ leg

_____ leg

_____ foot



_____ foot

When we face someone
our left and right are on
opposite sides.



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her **right**

hand



my **left** hand

my **right** hand

My left shoe goes on my
left foot.
My right shoe goes on my
right foot.



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left foot



right foot

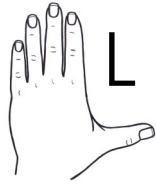


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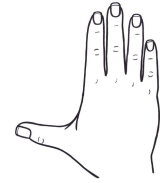
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shoe shoe



means left.

The other side is right.



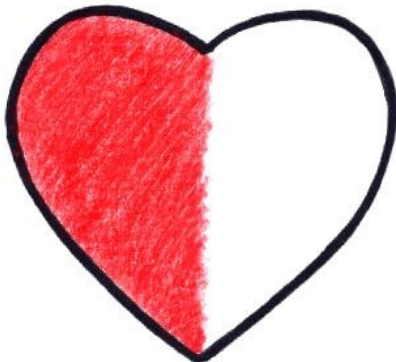
I can write left and right.



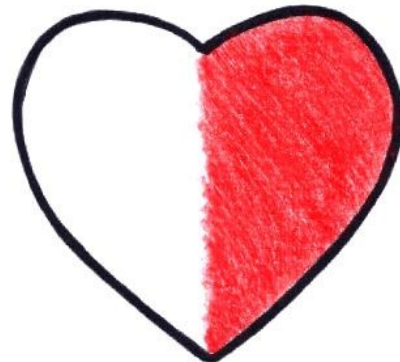
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_____ side



_____ side

I've had fun learning about left and right!



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My _____ hand. My _____ hand.

My Book of Left and Right - Instructions

Remembering which is left and which is right can be difficult for children. This booklet will teach them a trick to help them remember while enjoying interactive activities, too!

Materials Needed:

All Pages: one copy of each page in this packet
Cover Page: pencil, crayons
Page 1: crayons
Page 2: tempera paint, paint brushes, crayons (if desired)
Page 3: pencil, crayons, scissors, glue
Page 4: pencil, crayons

Page 5
Page 6
Page 7
Page 8

To Assemble:

When
staple
painted

Cover Page:

1. Write
2. Color

Page 1:

1. Practice putting hands in the position on the page.
2. Repeat which hand is left and which hand is right.
3. Share with a friend.
4. Color the hands and the L.

Page 2 - Painted Handprints

1. Print name on the top line and the date on the bottom line.
2. Color the border, if desired.
3. Paint child's left hand with enough, but not too much, brightly colored tempera paint to make a good handprint.
4. Carefully make a handprint on the left side.
5. Repeat with the right hand.
6. Have child wash paint off his or her hands.
7. Lay paper flat to dry.



Or
to be

My Book of Left and Right - Instructions, continued

Page 3 - I Write with My (Left or Right) Hand

1. Have child write "left" or "right" on the line to correctly complete the sentence.
2. Have child write his or her name on the line on the picture of the paper.
3. Color the left or right hand holding the pencil on page 4.
4. Have child practice holding the pencil like in the picture.
5. Cut out the picture of the correct hand.
6. Glue the hand on page 3 under the name.

Page 5 - Left and Right Sides of My Body

1. Write "left" on each of the lines on the left and "right" on each of the line
2. Col

Page 6

1. Dra
- oth
2. Rep
3. Col
4. Pra



the

nds.

pe"

Page 7

1. Col
 - and
 2. Cut
 3. Match
- the words "left" and "right", glue each shoe onto the correct foot on page 7.

Page 9 - Left Side and Right Side

1. Write the words "left" and "right" to show which way to turn and to show which side of the heart is colored.
2. Pretend to make a left turn and a right turn.
3. Have the child show the left side of his or her heart by putting the left hand on the left side of his or her chest and the right side by putting the right hand on the right side of the chest.
4. Color.

Page 10 - Traced Hands

1. Have child independently trace an outline of his or her left hand on the left side of the page then write the word "left" on the line.
2. Repeat with the right hand and write the word "right" on the line.