

b/d Reversal Practice Pack

Simple Fixes for Letter Confusion

The "Bed" Trick

- Make fists with both hands, thumbs up
- Left hand forms a "b" (thumb + fingers = line + circle)
- Right hand forms a "d"
- Together they spell "bed" with your body as the mattress
- Check before writing: "Which way does b face?"

Formation Guide

- b: Start at top, go DOWN, then bounce UP and AROUND (down-stroke first)
- d: Start with a little "c", then go UP and DOWN (circle first)
- Different starting strokes = different muscle memories

10 Practice Exercises

- 1. Bed trick — make fists, identify b and d
- 2. Different starting strokes — practice 5 of each
- 3. Color coding — b in blue, d in another color
- 4. Sand/salt tray writing — trace with finger, say aloud
- 5. Body letters — form b and d with your whole body
- 6. b/d sorting — sort 20 letter cards into two piles
- 7. Letter hunts — circle every b or d on a book page
- 8. Word pairs — bat/dat, big/dig, bad/dad, bug/dug
- 9. Playdough letters — build 3D b and d, compare bumps
- 10. Daily check-in — write b and d from memory

Daily 5-Minute Plan

- ☐ 0–1 min: Bed trick check + write each letter once
- ☐ 1–3 min: Formation practice (5 of each, say aloud)
- ☐ 3–4 min: Discrimination game (sorting, hunt, or word pairs)
- ☐ 4–5 min: Daily check-in + mark progress chart

Progress Tracker

- ☐ Day 1–7: Practicing with support
- ☐ Day 8–14: Mostly correct, occasional slips
- ☐ Day 15–21: Consistent accuracy
- ☐ Day 22–28: Automatic — no hesitation
- ☐ 14 consecutive correct days = mastery!

Start today's lesson: [kindergartenstart.com/?src=pdf](https://www.kindergartenstart.com/?src=pdf)