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| Write your name over and over and vary the tonal quality |
| Write a word or phrase and shade the background |
| Write a word or phrase without using any outlines |
| Draw an irregular line from left to right and create an abstract design with text |
| Write a word in large letters and create a mirror image |

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| Draw 3 shapes and create a design with text in and around these shapes |
| Choose a word and create a design that communicates that word |
| Write some words or phrases with your left (or opposite) hand |
| Write an emotional statement and choose a handwriting style that suits the statement |
| Create a design of your choice |