



This image is a handwriting practice sheet. It features a central vertical line that divides the page into two equal halves. There are ten horizontal rows, each defined by a solid top line, a dashed middle line, and a solid bottom line. In each row, there are two groups of three square-wave patterns. Each square wave starts with a horizontal line on the top line, goes down to the middle dashed line, stays horizontal, goes up to the bottom solid line, stays horizontal, and then goes back down to the middle dashed line. This pattern is repeated three times in each group. The patterns are intended for tracing to practice the stroke order and consistency of the letter 'h'.