Trace the letters with a pencil

 Trace the letter E:

1. Start at the top and draw a straight line down to the right.
2. Continue drawing straight lines to the right and then down.
3. Make a small loop at the end.
4. Start again at the top and repeat the process.

 Trace the lowercase letter e:

1. Start at the top and draw a small loop.
2. Continue drawing straight lines to the right.