

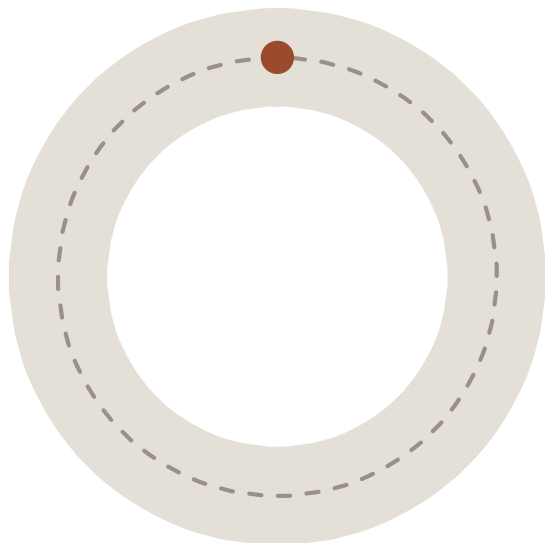
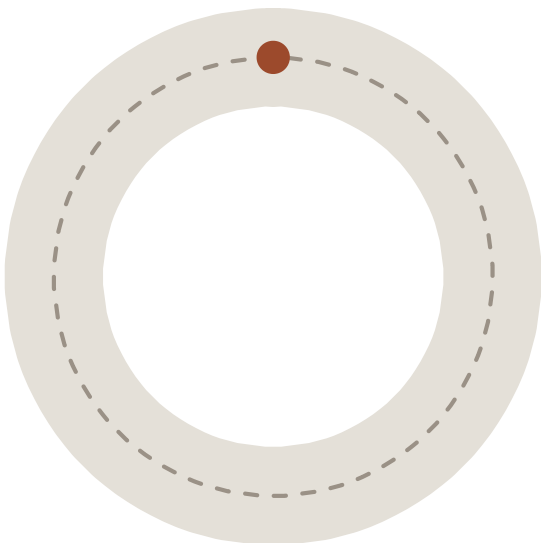
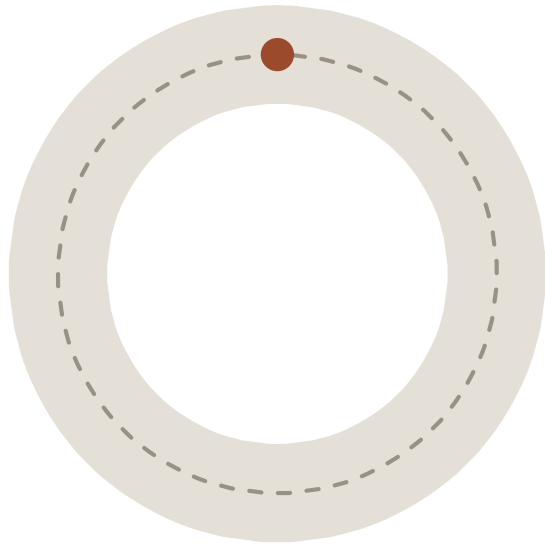
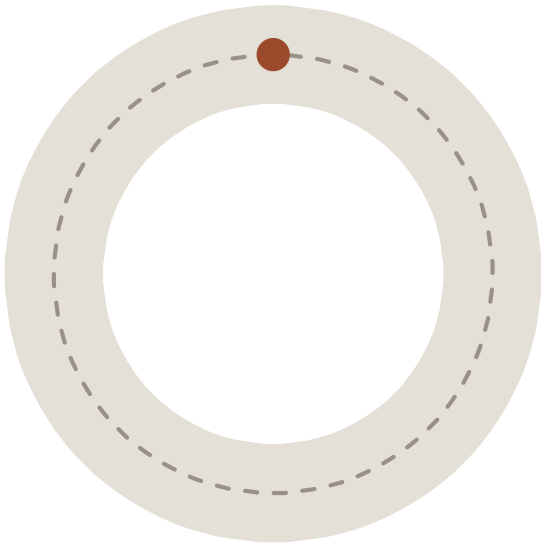
Big circles

Trace the big circles. Start at the brown dot and go around back to it.

Recommended age: 3–4 years · warm-up strokes

Name _____

Date _____



From the dot around and back to it.

Tip for parents: Show the movement in the air first, then with a finger on the paper, before the crayon comes out. Let the child go around each circle three times without lifting the hand. If the hand stops halfway, that's fine – just carry on.

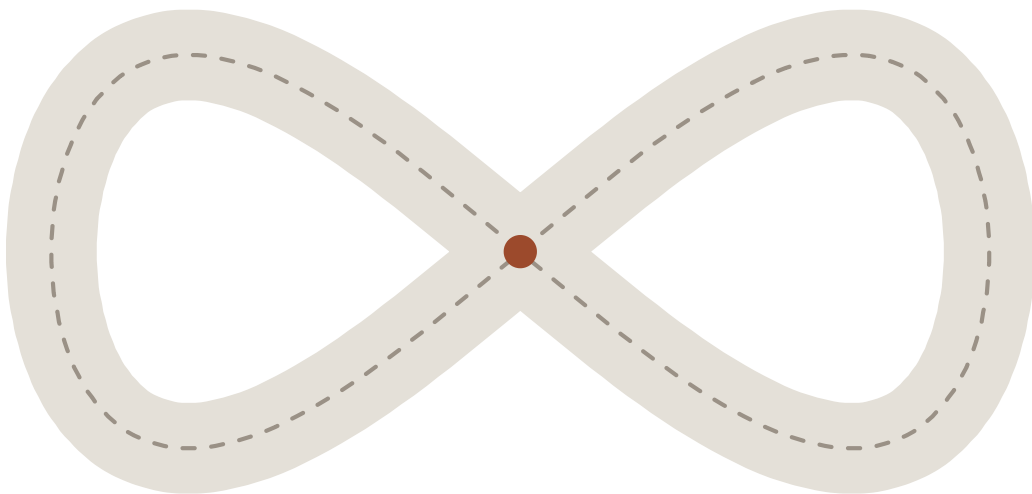
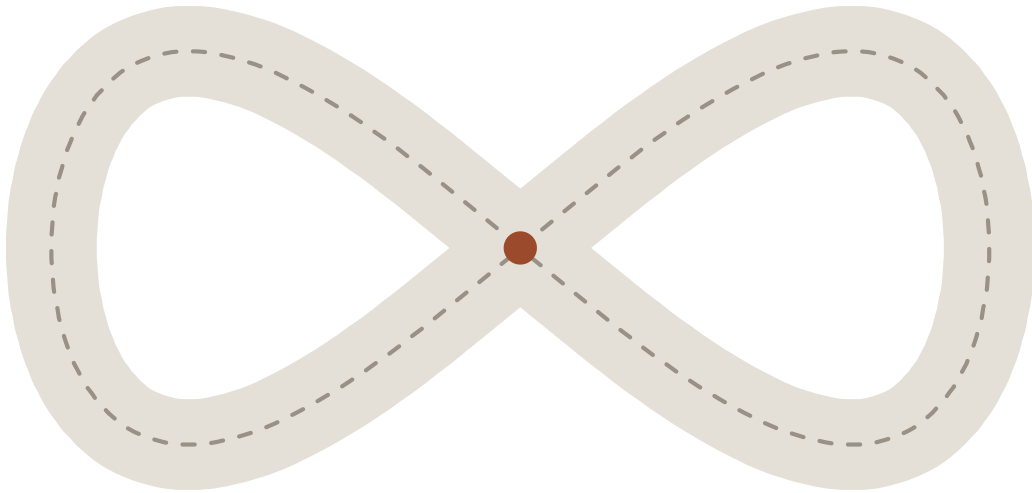
Lying eights

Trace the lying eight. Start at the dot in the middle and go up to the right.

Recommended age: 3–4 years · warm-up strokes

Name _____

Date _____



Up to the right, around, through the middle, up to the left.

Tip for parents: Draw the eight in the air first with the whole arm, three times is fine. Then let the child trace it with a finger and only then with a crayon. The exact line doesn't matter – not stopping does.

Waves across the page

Sail the boat over the waves to the house. Start at the dot and don't lift the crayon.

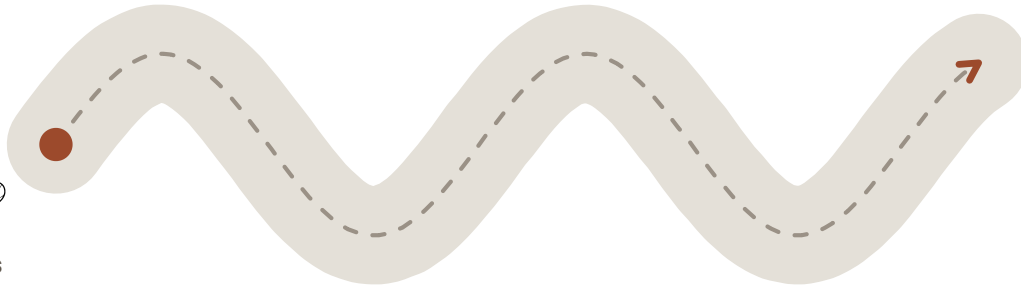
Recommended age: 3–4 years · warm-up strokes

Name _____

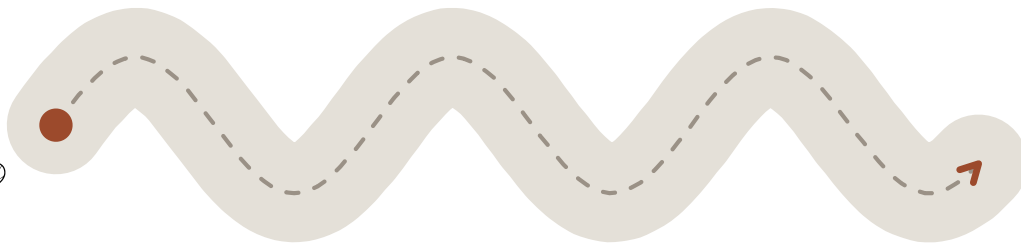
Date _____



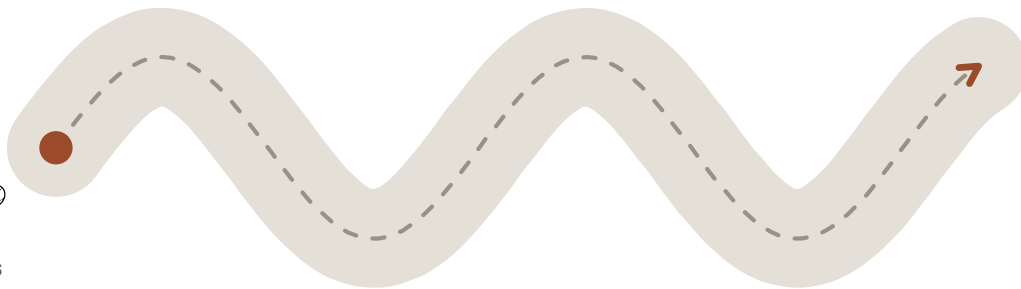
High waves



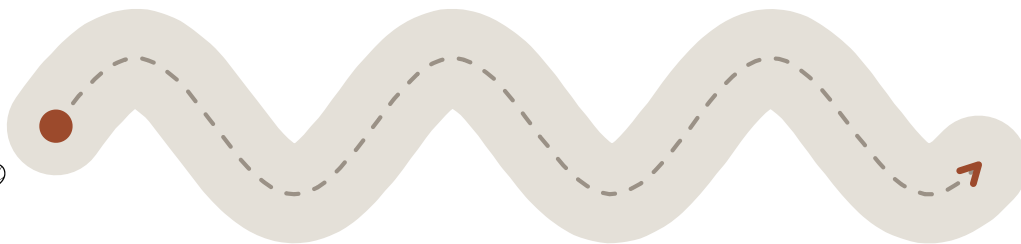
Low waves



High waves



Low waves



Tip for parents: Leave the sheet on the table and let the child stand – big movements come easier standing up. Let them hold the crayon loosely; the proper grip can wait. Take a break between rows and shake the hand out.

Both hands from the middle

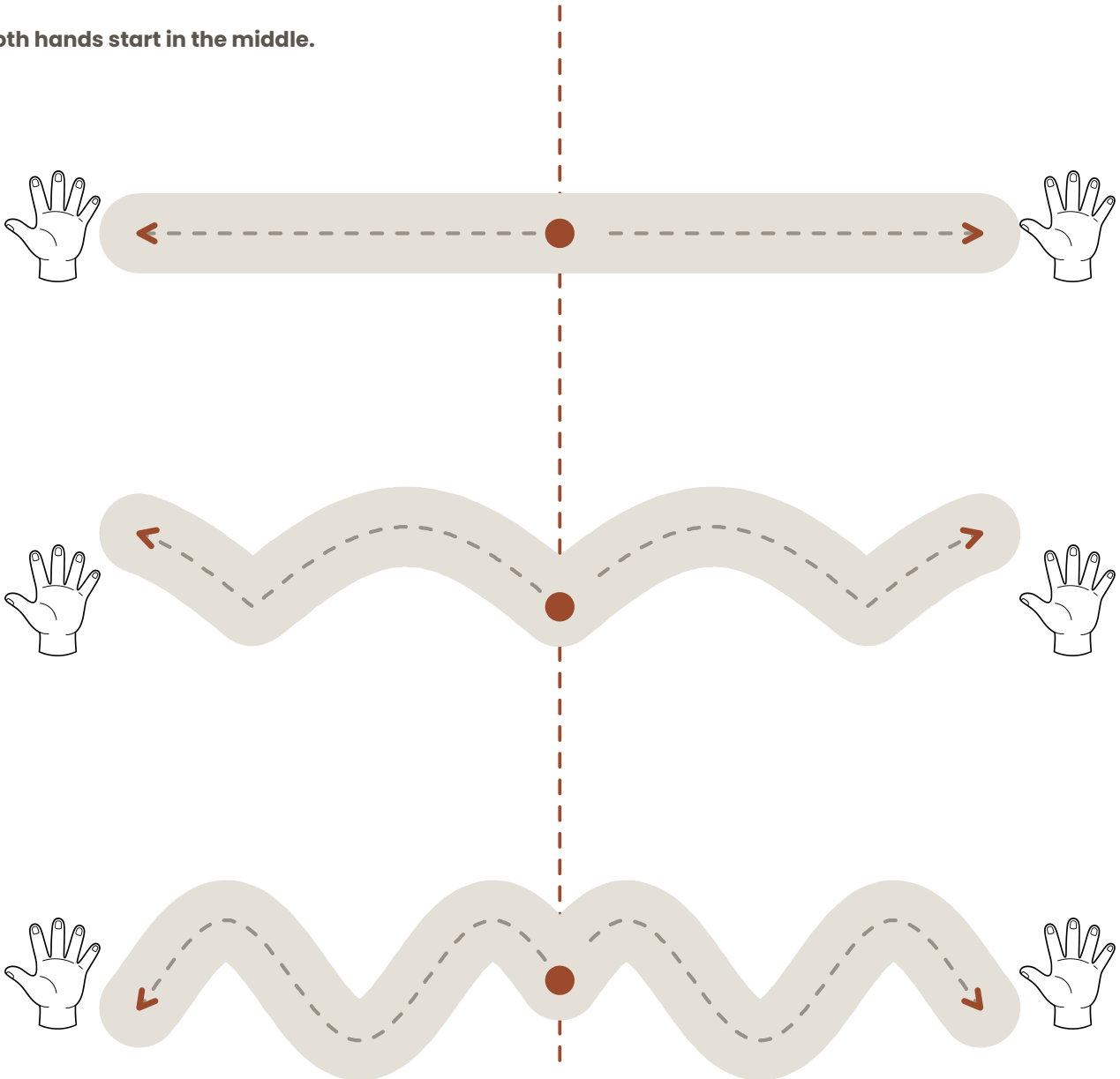
Take a crayon in each hand. Start in the middle and draw outwards with both hands.

Recommended age: 3–4 years · warm-up strokes

Name _____

Date _____

Both hands start in the middle.



Tip for parents: Try it yourself next to the child first so they can see what it looks like. If both hands at once doesn't work, let them draw one side with the right hand and then the other with the left. The same exercise works on a whiteboard or a steamed-up window.