

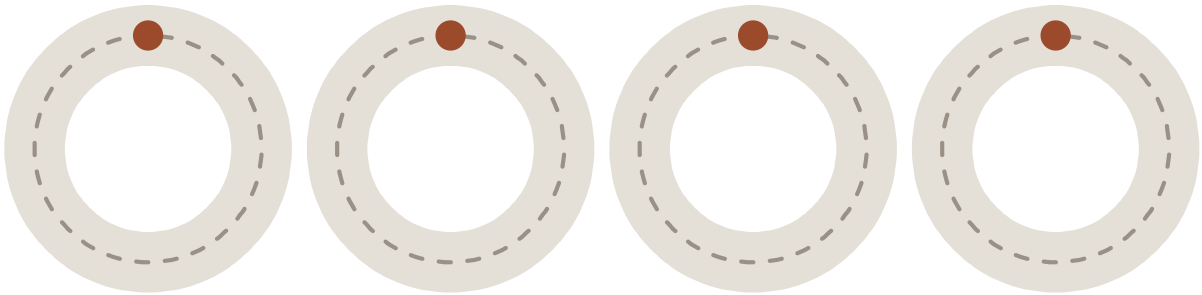
Circles and a spiral

Trace the circles, then the spiral. Draw the spiral from the middle out in one go.

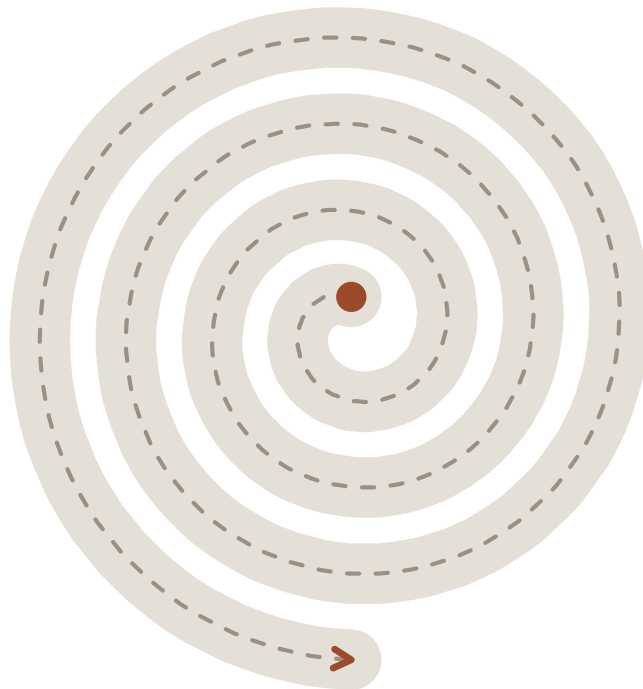
Recommended age: 4–5 years · warm-up strokes

Name _____

Date _____



Circles: from the top, counter-clockwise.



Spiral: from the middle out, in one stroke.

Tip for parents: On the spiral, watch that the child doesn't lift the crayon – even if the line drifts off the path, they carry on. When the spiral is finished, let them go around it once more in another color. Two colors over each other look like a snake or a snail.

Rows of lying eights

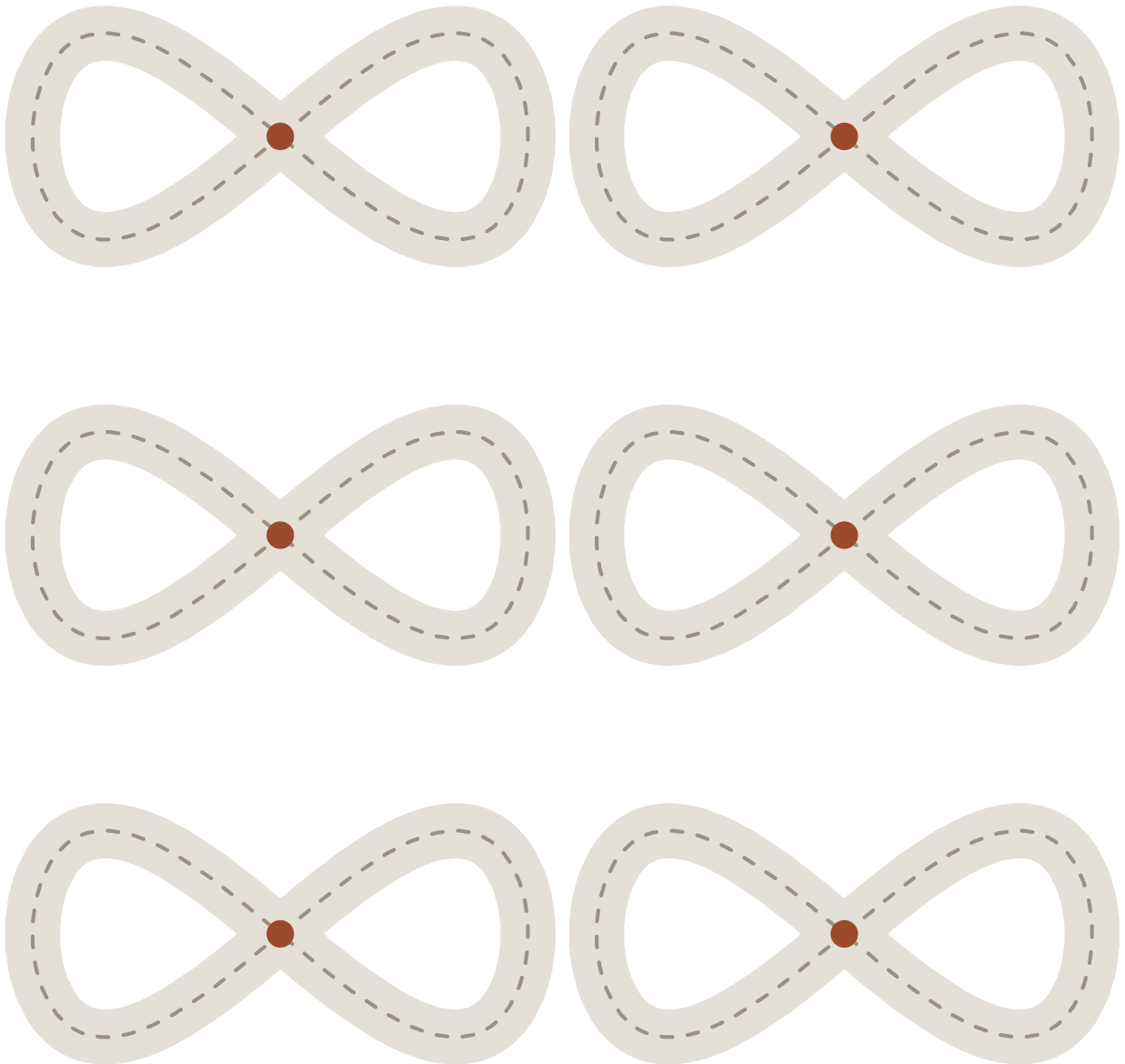
Trace the eights. Start in the middle, go up to the right and then around.

Recommended age: 4–5 years · warm-up strokes

Name _____

Date _____

Start in the middle.



Tip for parents: Before the first stroke, let the child trace an eight with a finger and say out loud “up, around, through the middle”. The two eights in a row can be joined into one long stroke. When the hand gets tired, a break and a shake is enough.

Loops across the page

Take the bee to the flower. Follow the loops and don't lift the pencil.

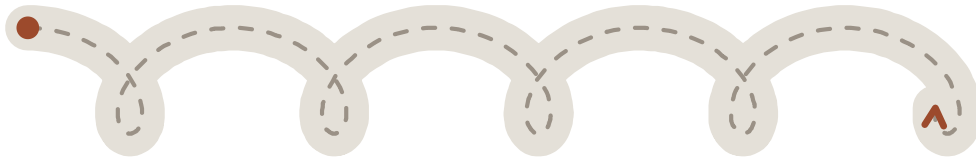
Recommended age: 4–5 years · warm-up strokes

Name _____

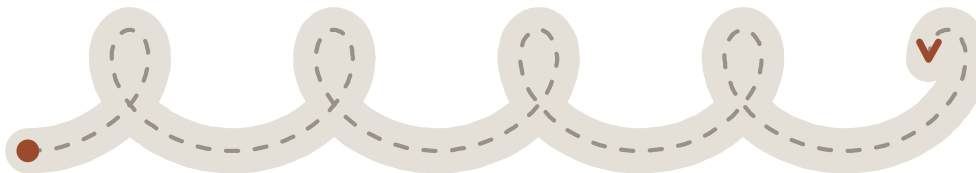
Date _____



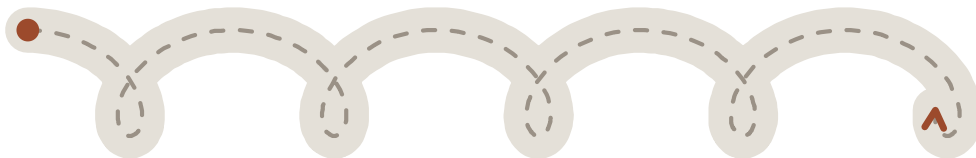
Upper loops



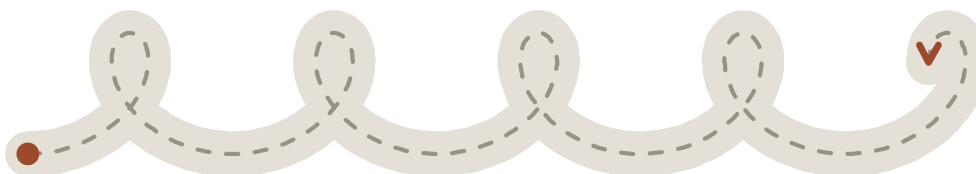
Lower loops



Upper loops



Lower loops



Tip for parents: Rhythm helps: count out loud “and one, and two” for each loop. If the loops get tangled, do fewer and bigger ones in a row. It's worth trying on a big sheet of paper or a whiteboard first.

Both hands: waves and loops

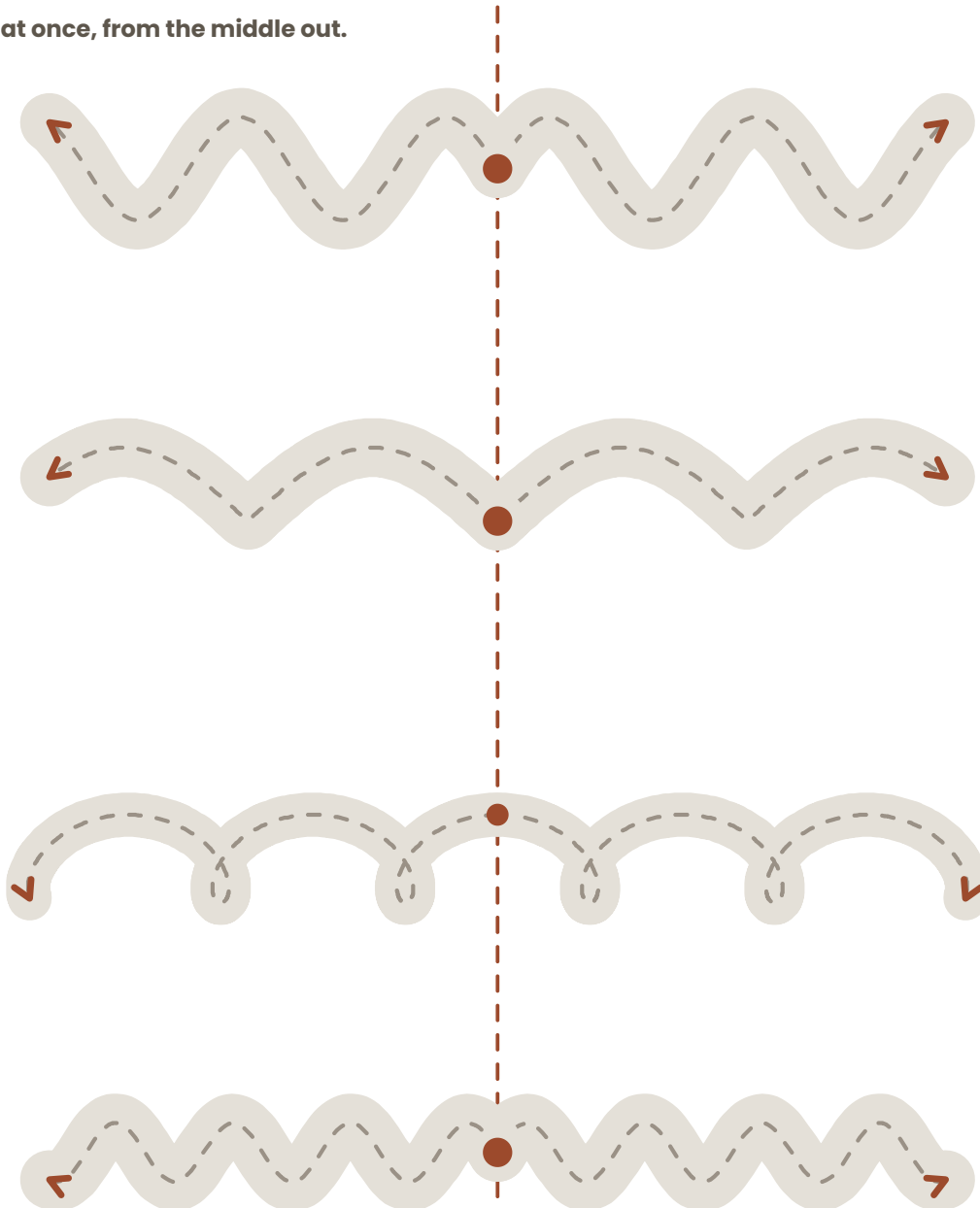
A crayon in each hand. From the dot in the middle, draw with both hands at once.

Recommended age: 4–5 years · warm-up strokes

Name _____

Date _____

Both hands at once, from the middle out.



Tip for parents: Have the child sit exactly opposite the middle of the sheet, or one hand will reach further than the other. The loops are the hardest, so leave them for last. If both hands at once won't work, swap hands row by row – that counts too.