

Warm-up before writing

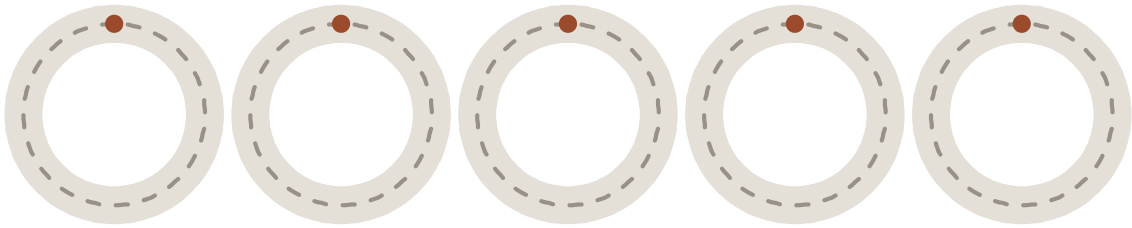
Work through all five rows from the top down. Draw each row in one stroke.

Recommended age: 5–6 years · warm-up strokes

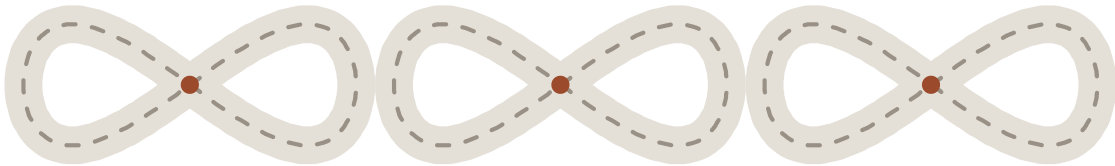
Name _____

Date _____

1



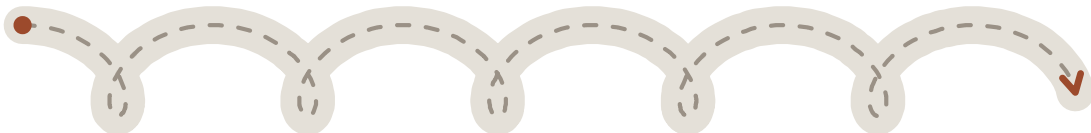
2



3



4



5



Circles · eights · wave · loops · arches

Tip for parents: Use the sheet as a warm-up before handwriting practice or homework, every day if you like. Print it more than once; the child can keep score of how many times they finished it. For more, go through the rows again with the other hand.

Eights and loops

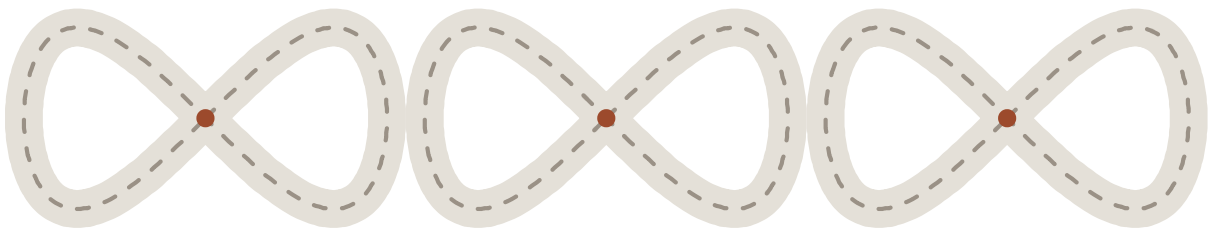
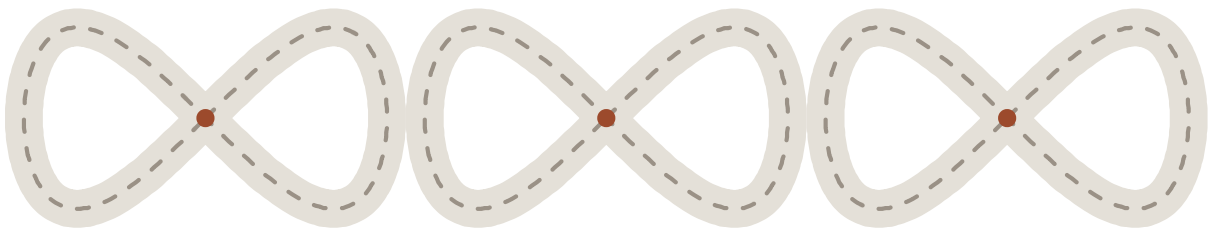
Trace the eights first, then the loops. One stroke per row.

Recommended age: 5–6 years · warm-up strokes

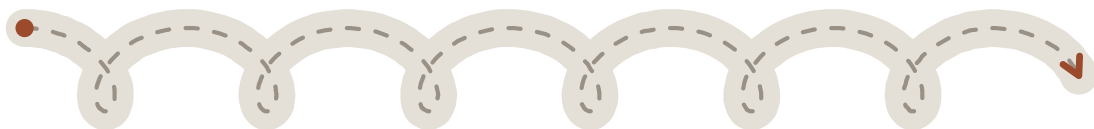
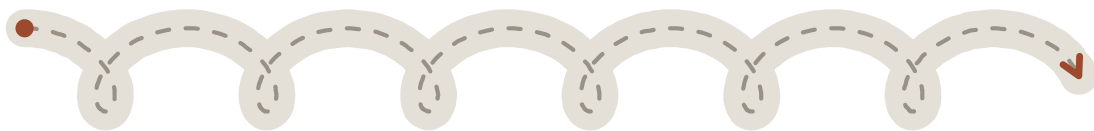
Name _____

Date _____

Eights



Loops



Tip for parents: Watch for smoothness rather than accuracy – a line that stopped shows up as a thicker spot. If the loops run together, have the child slow down and count out loud. A thin pencil works better here than a wax crayon.

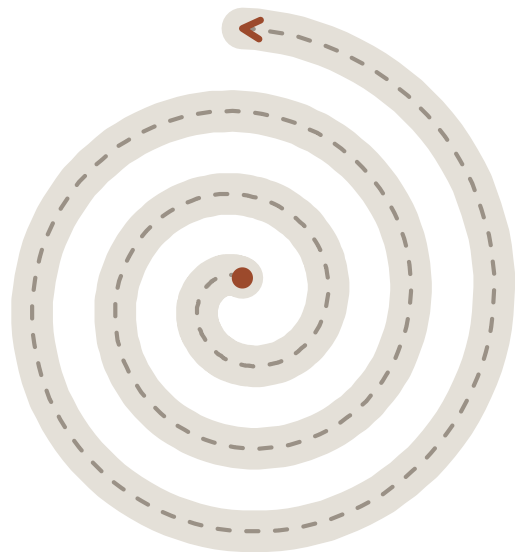
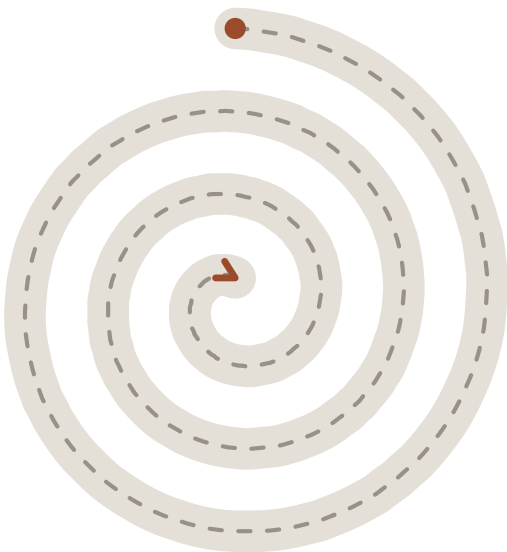
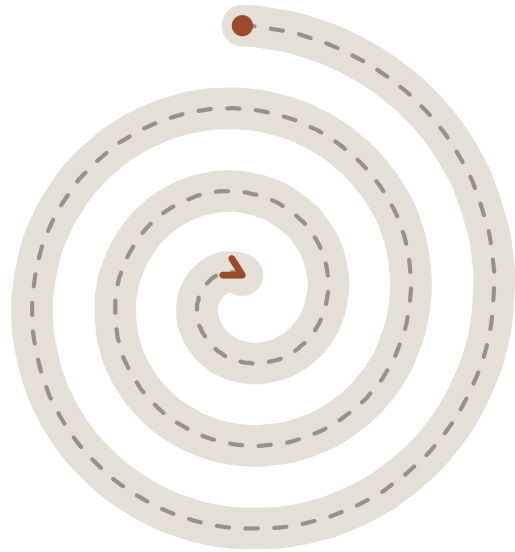
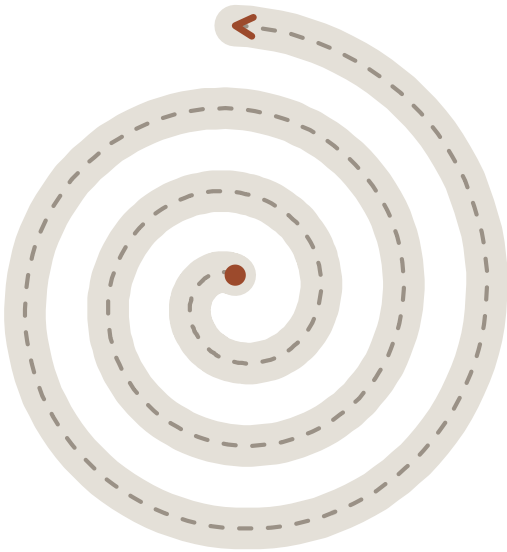
Spirals in and out

Trace the spirals. Two go from the middle out, two from the edge in.

Recommended age: 5–6 years · warm-up strokes

Name _____

Date _____



Two spirals from the middle out, two from the edge in.

Tip for parents: The spiral going inwards is harder – leave it for last. When the child reaches the middle, the spiral can become a snail or a snake. Tracing a finished spiral in a second color shows how much steadier the second go was.

Both hands at once

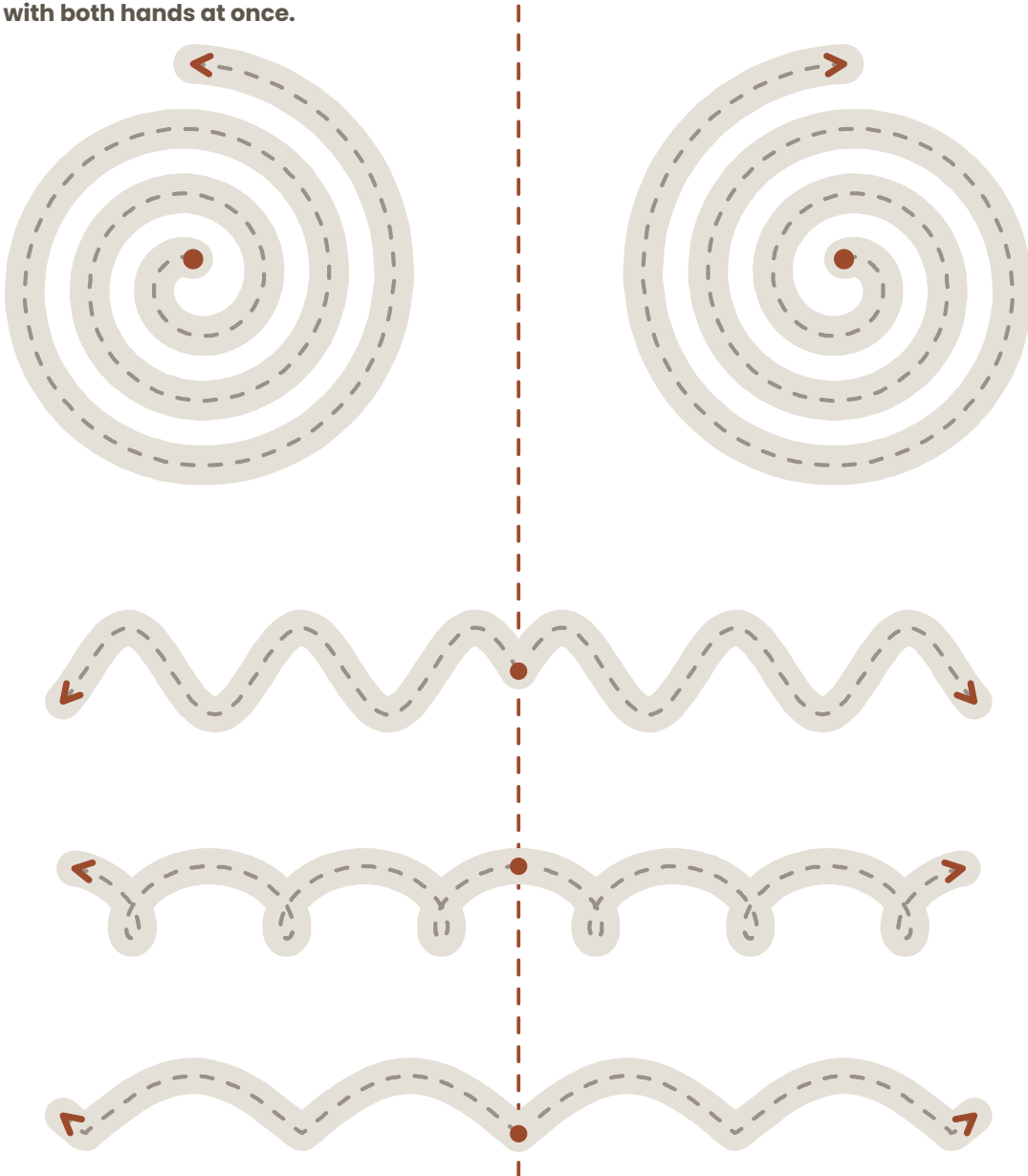
A pencil in each hand. Draw with both hands at once, from the middle to the edge.

Recommended age: 5–6 years · warm-up strokes

Name _____

Date _____

Mirrored, with both hands at once.



Tip for parents: Start with the spirals while the hand is fresh. Have the child look at the middle of the sheet rather than at one hand – that keeps the symmetry on its own. When the sheet is done, try the same strokes in the air with both hands and eyes closed.