

AGES 3–4

The hand loosens up

"Colours in areas now, but the hand tires quickly."

THIS WEEK'S RITUAL · TEN MINUTES A DAY

One pre-writing sheet first (two minutes), then a colouring page. The hand is loose and the colouring goes better.

WHAT IS IN THIS PACK

Coloring pages (8): Bella the Cow, Tom the Tractor, Bella the Butterfly, Leo the Lion, Bertie the Bus, Ava the Owl, Mila the Bee, Frog

Worksheets (6): Car to the garage, Slithering snake, Sun and rays, Balloons on strings, Dot-to-dot 1–5: boat, Match the pictures

WHY IT WORKS AT THIS AGE

The colouring pages have big areas and a few smaller details. The pre-writing sheets train the same thing by another route: wide tracks, waves, circles. The dot-to-dots add the first numbers. Alternate them; three pages a week is enough.

HOW TO USE ANY PAGE

- Print one page, not the pack. One sheet is an invitation; fifteen is homework.
- Worksheet first, coloring page after. Two minutes of pre-writing loosens the hand.
- Don't correct. Praise finishing, not precision.

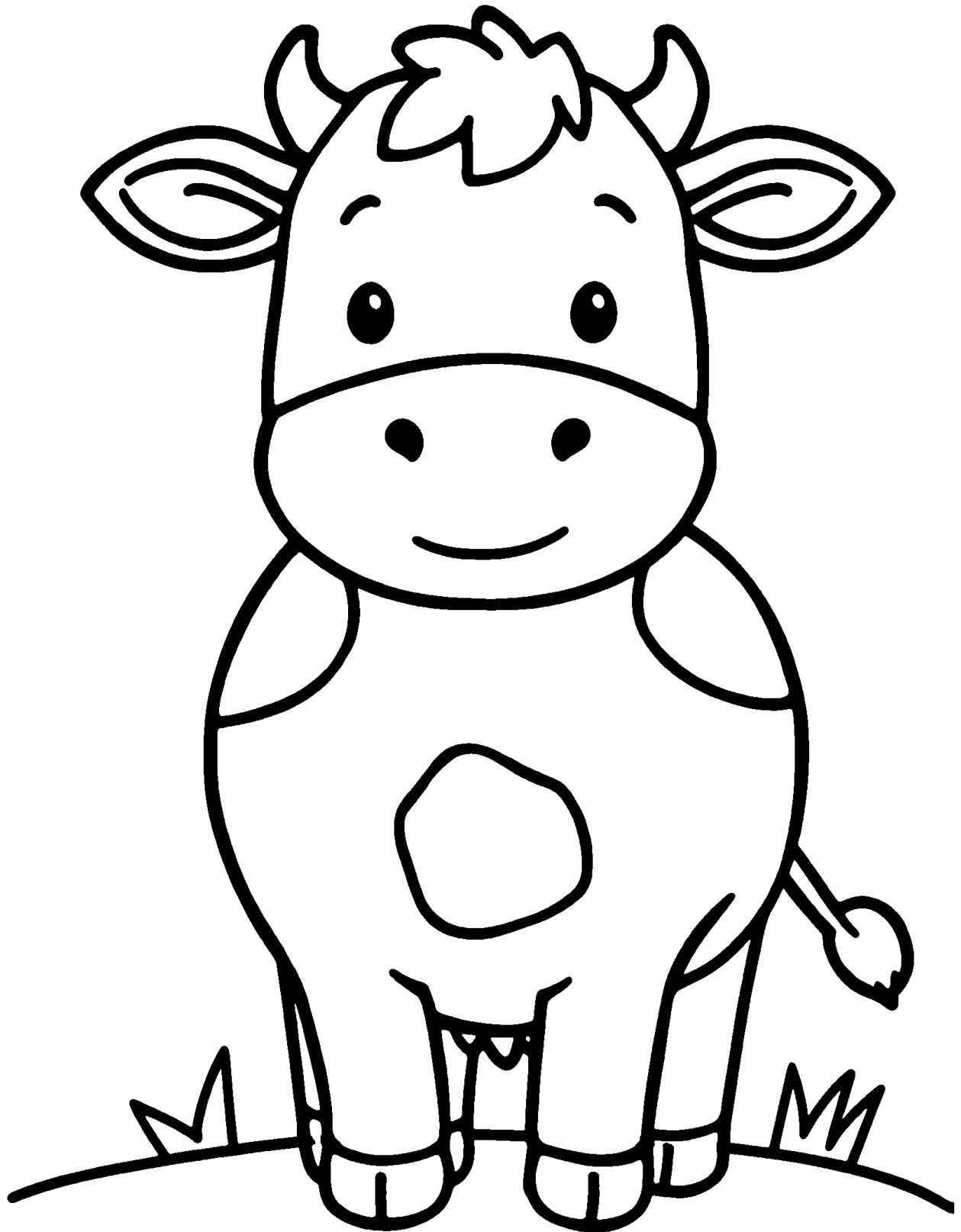
SIGNS THEY ARE READY FOR THE NEXT PACK

They stay with one page for ten minutes. They keep the line inside the track. Then take the 4–5 pack.

Bella the Cow

Animals · On the farm

Builds: leaving white space · planning · long strokes



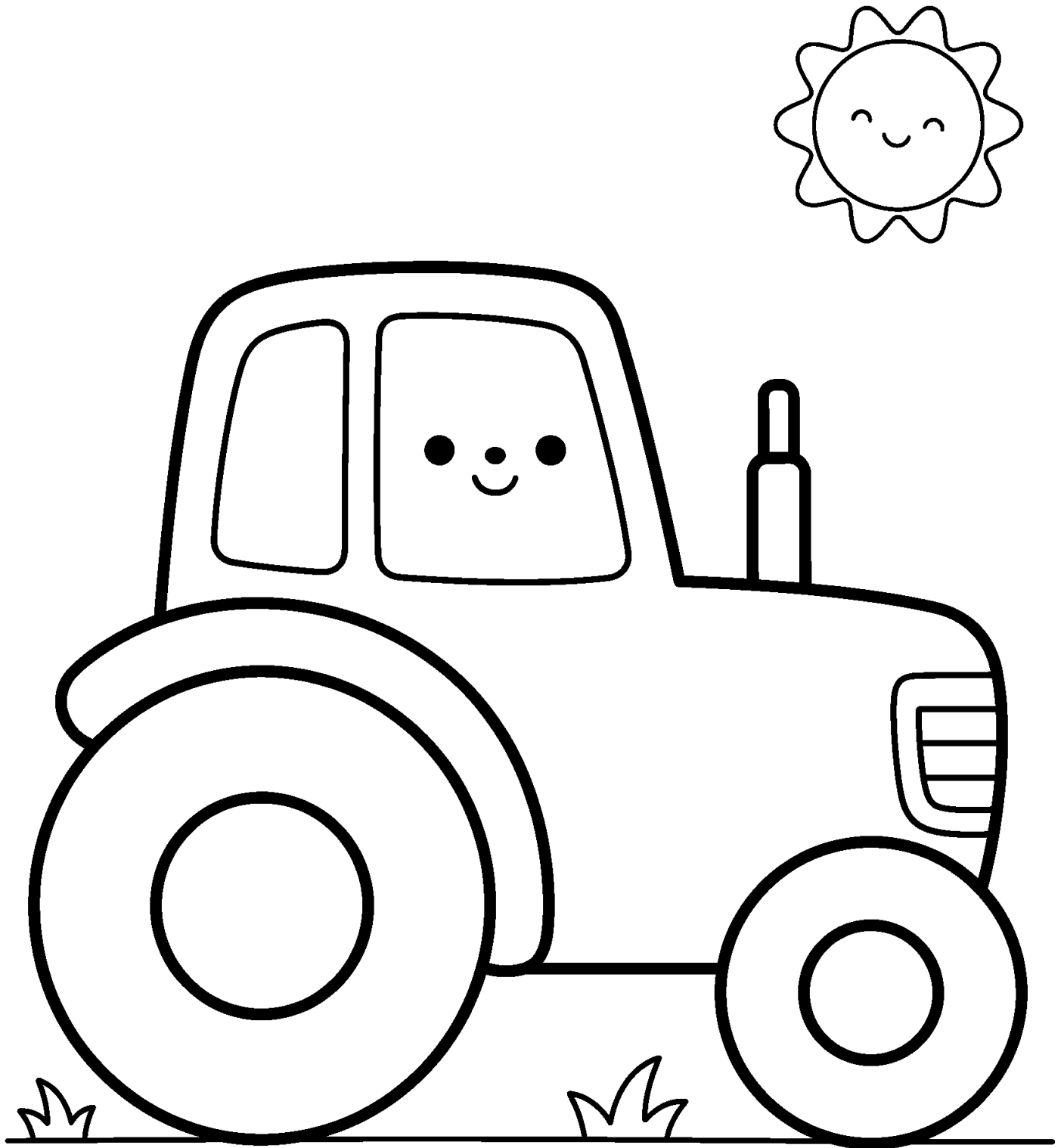
Talk about it: How many patches does Bella have? What do cows give us?

Grown-up tip: Say out loud that the white bits stay white. Choosing to leave a space empty is harder for a three-year-old than filling one, and it is worth practising.

Tom the Tractor

Vehicles · On the farm

Builds: big vs small · repeating treads · comparing



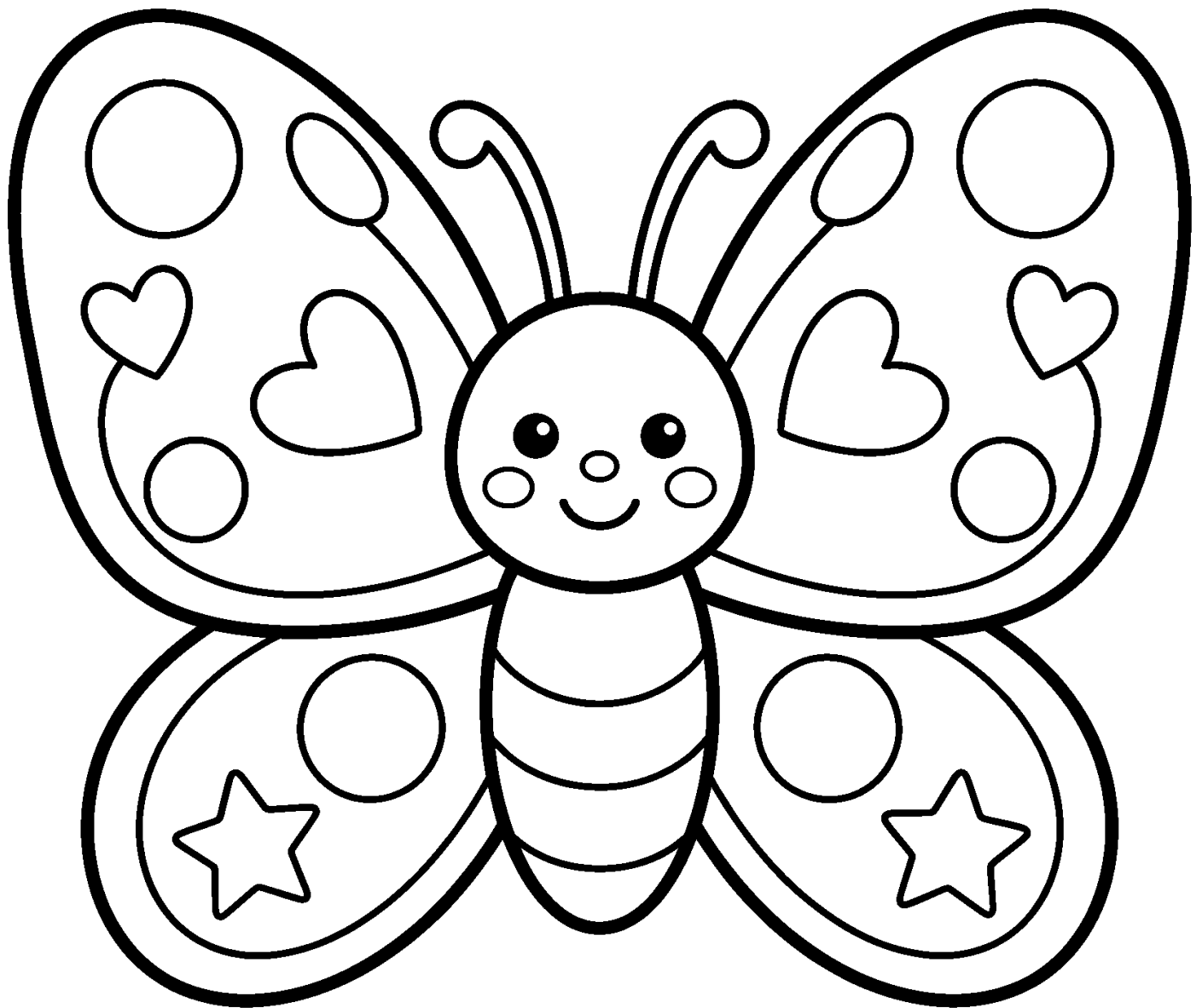
Talk about it: Which wheel is bigger? What does a tractor pull?

Grown-up tip: Ask which wheel is bigger before you start. Comparing two things in front of you is how size words get learned, not by being told.

Bella the Butterfly

Animals · In the garden

Builds: symmetry · matching two sides · steady outlines



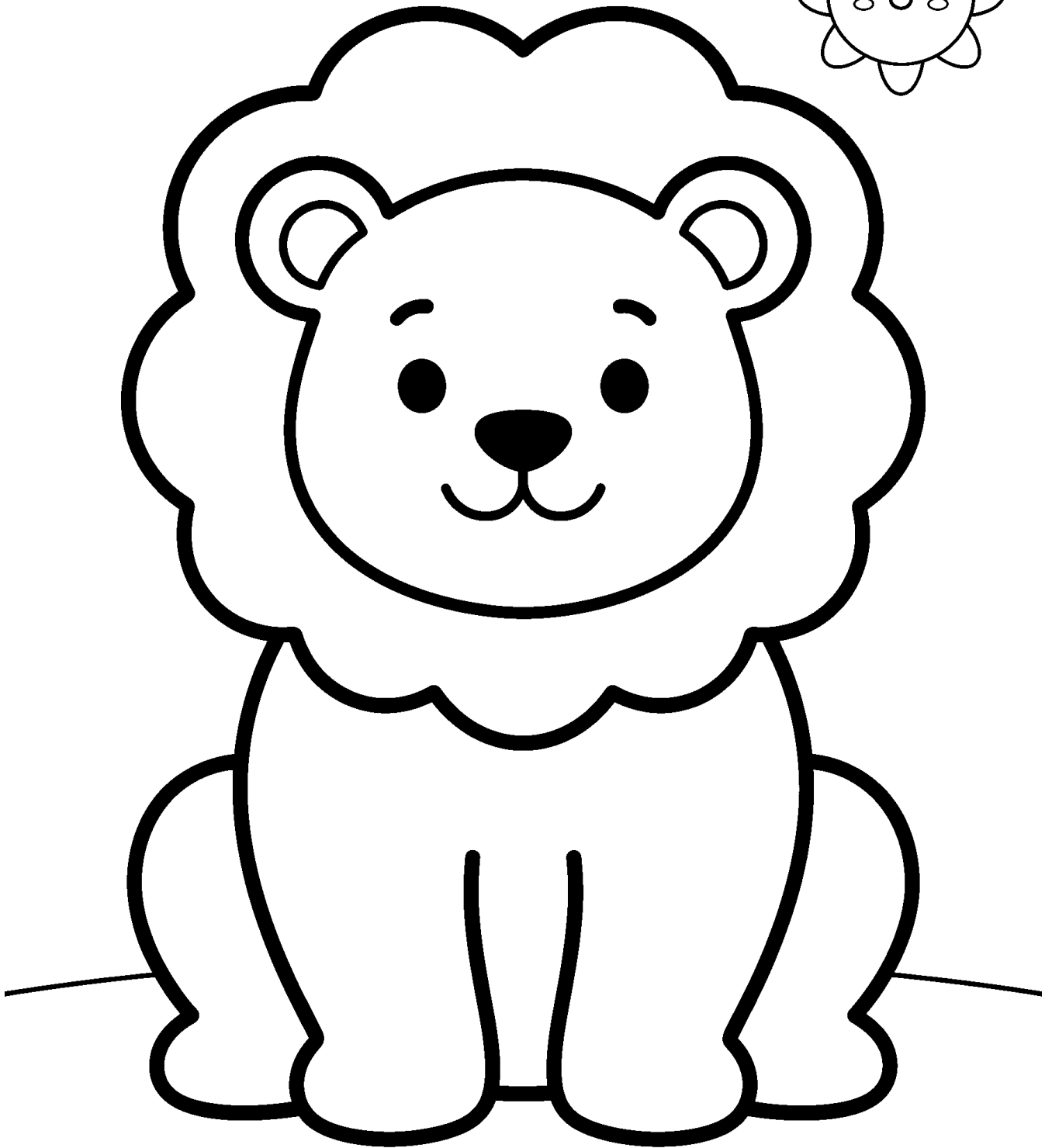
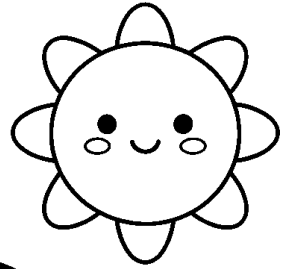
Talk about it: Are both of Bella's wings the same? Where is the line in the middle?

Grown-up tip: Color one wing together, then let your child do the other one alone. Comparing the two at the end is more interesting to a child than any praise you could give.

Leo the Lion

Animals · On safari

Builds: sweeping strokes · color choice · reading a face



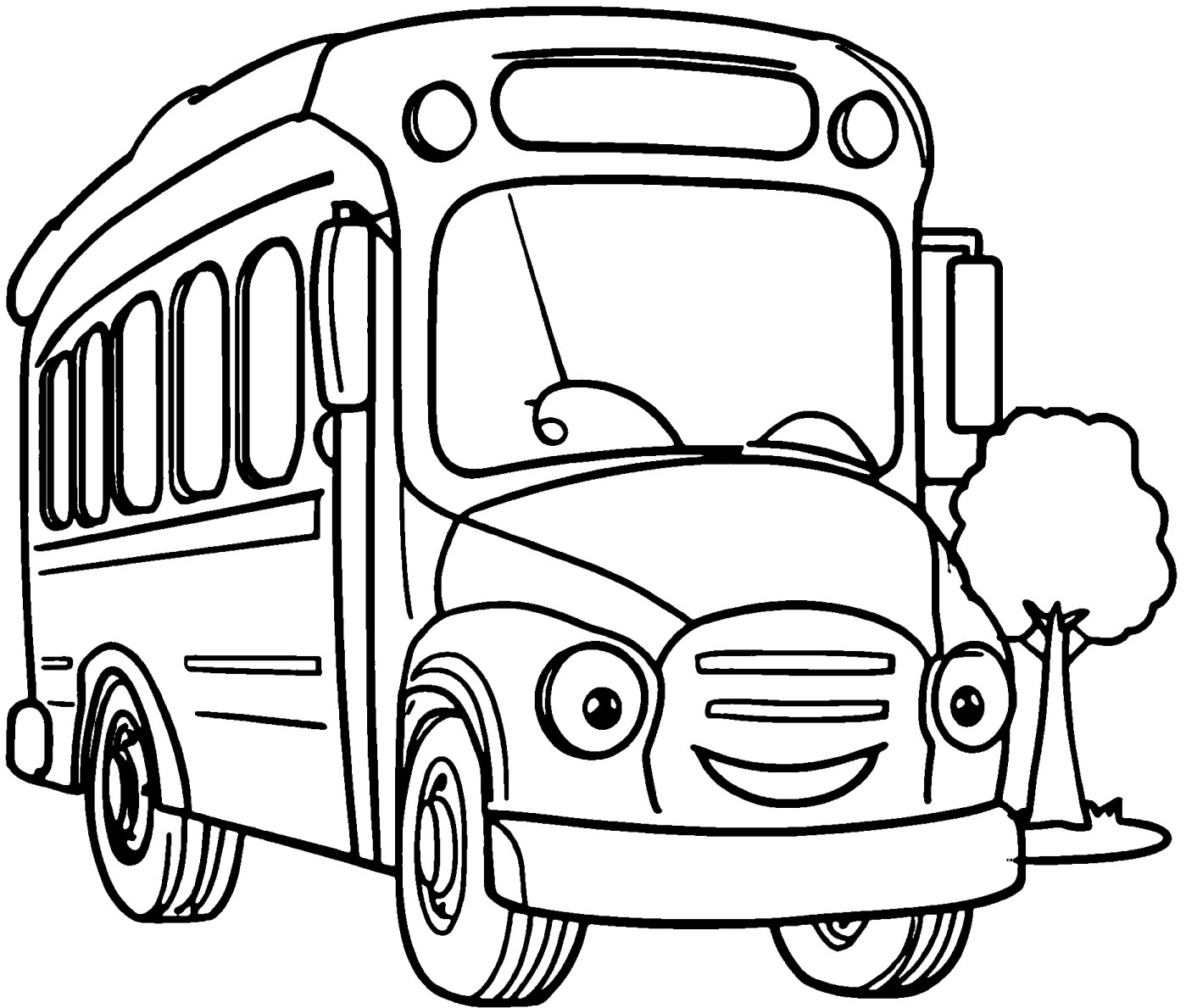
Talk about it: Is Leo loud or quiet right now? What would he say?

Grown-up tip: Let the mane be any color at all. A purple lion is not a mistake — at this age, choosing the color yourself is the part that builds confidence.

Bertie the Bus

Vehicles · In town

Builds: repeated shapes · counting windows · storytelling



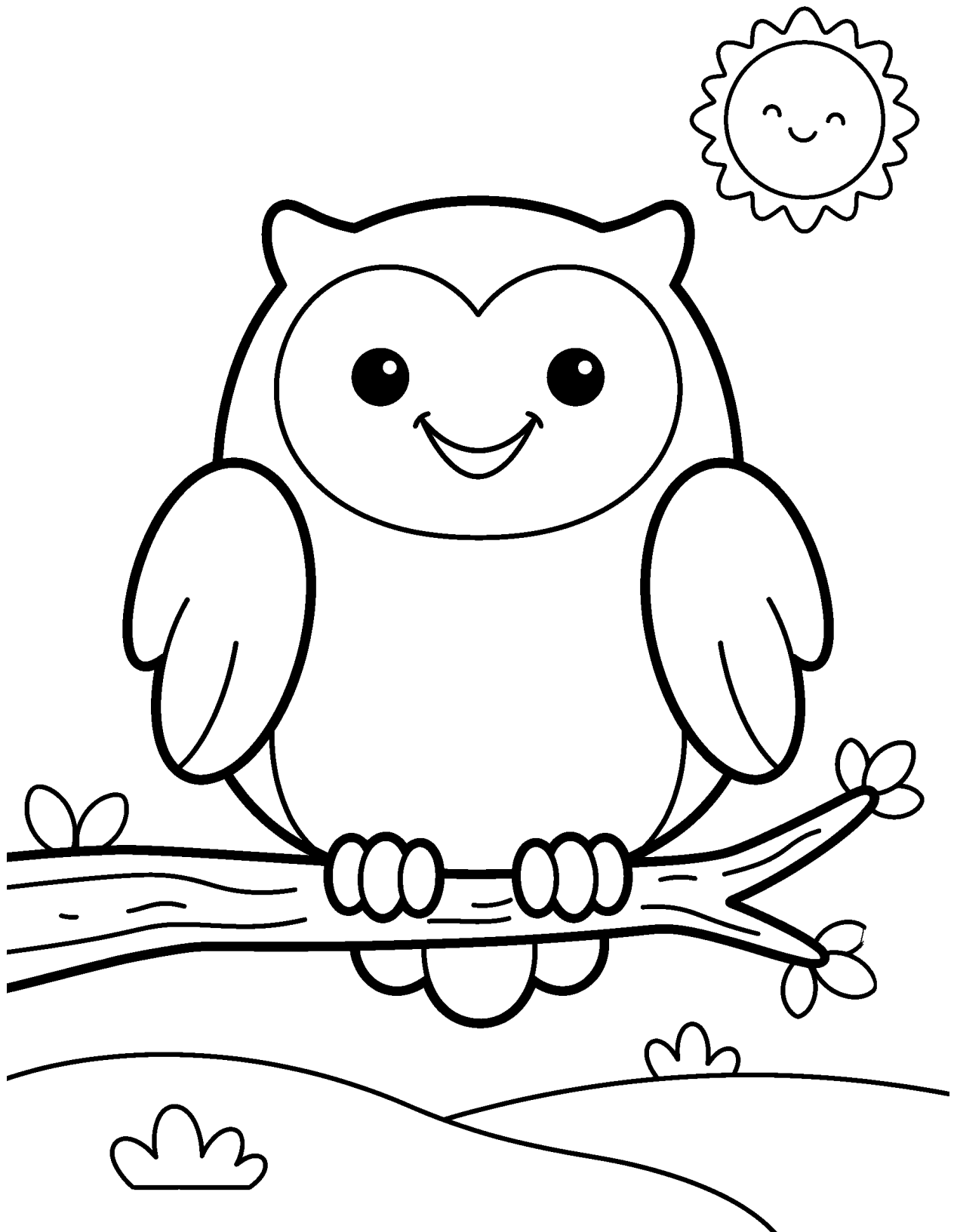
Talk about it: How many windows does Bertie have? Who is sitting in them?

Grown-up tip: Play "who is on the bus?" — let your child draw or just point out a passenger in each window. Telling a story while colouring doubles the time they stay with it.

Ava the Owl

Animals · Forest at night

Builds: symmetry · repeating a pattern · filling round shapes



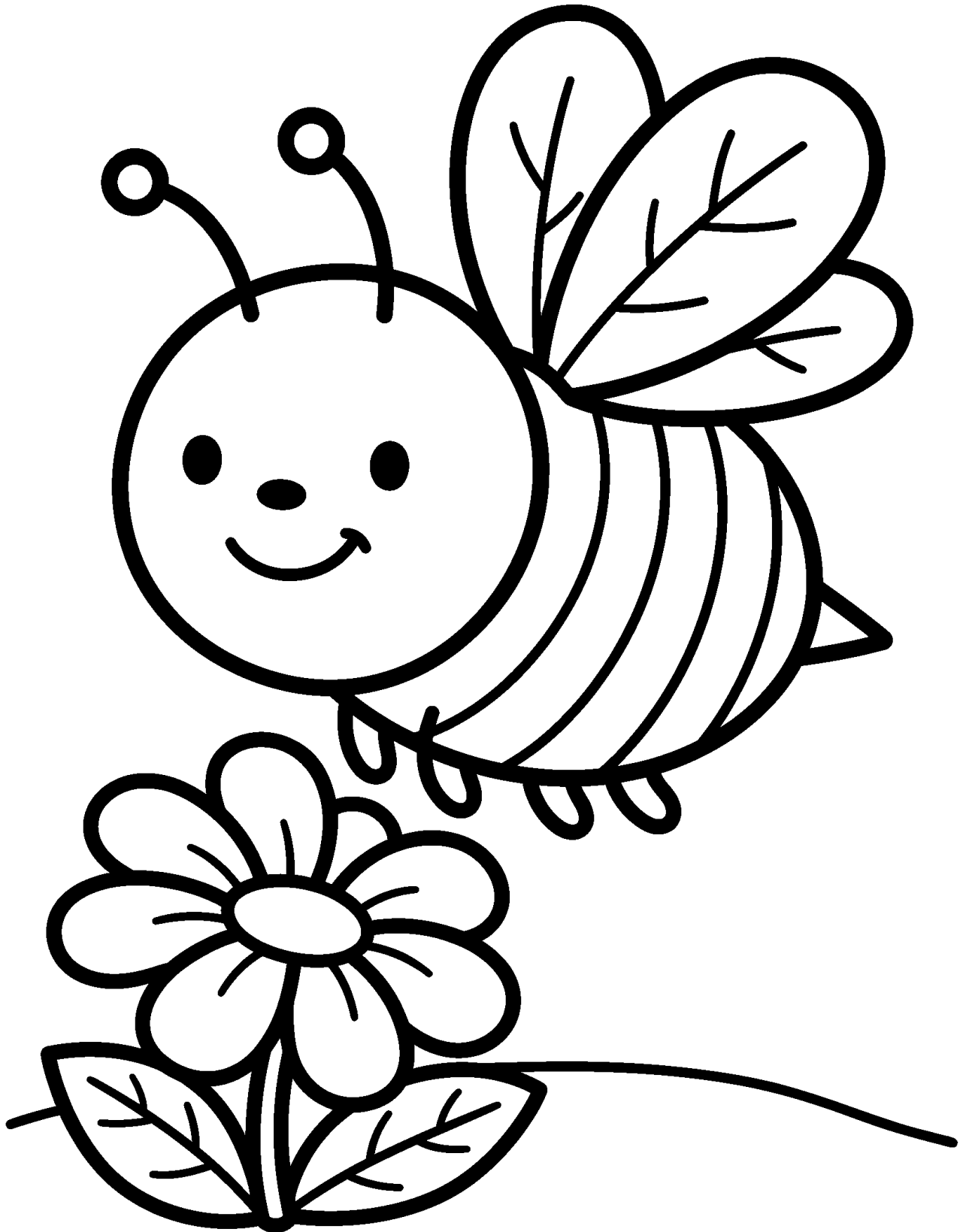
Talk about it: When do owls wake up? What sound do they make?

Grown-up tip: Colour one wing and let your child do the matching one. Copying what you just did is easier than inventing, and it still counts as their work.

Mila the Bee

Animals · In the garden

Builds: patterns · staying in narrow bands · predicting what comes next



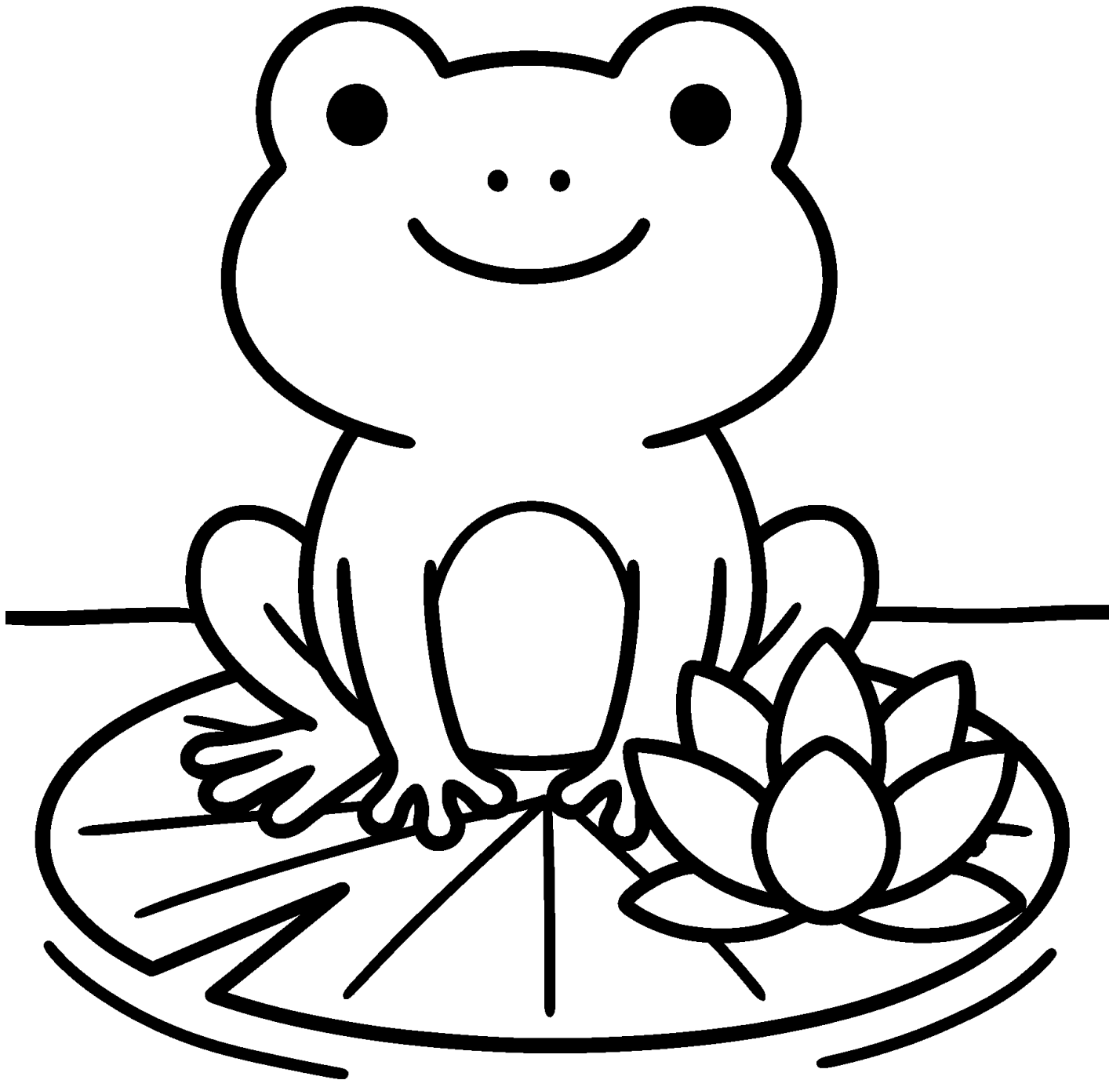
Talk about it: What colour comes next? What do bees make?

Grown-up tip: Do the first two stripes together, then stop and ask what colour comes next. Predicting the next step in a pattern is exactly what maths lessons will ask for later.

Freddie the Frog

Animals · By the Water

Builds: large areas · round shapes · animal sounds



Talk about it: What sound does a frog make? What is that flower beside him?

Grown-up tip: Do frog jumps together once the page is done — it gives the picture a second life.

Car to the garage

Drive your pencil along the grey road from the car to the garage. Always left to right, in one go. Do it a few times, each road in a different color.

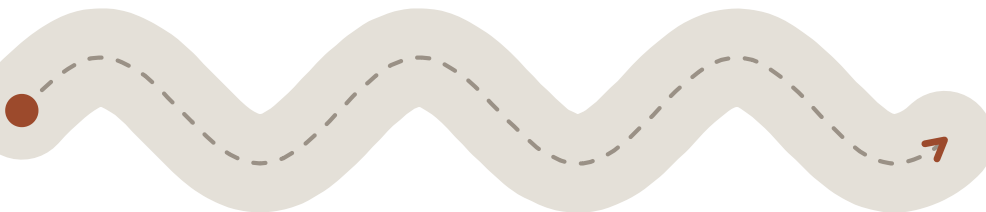
Recommended age: 3–4 years · pre-writing

Name

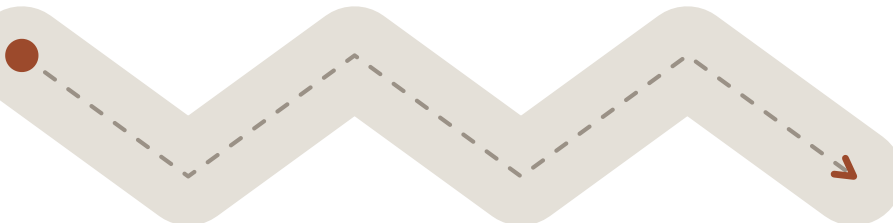
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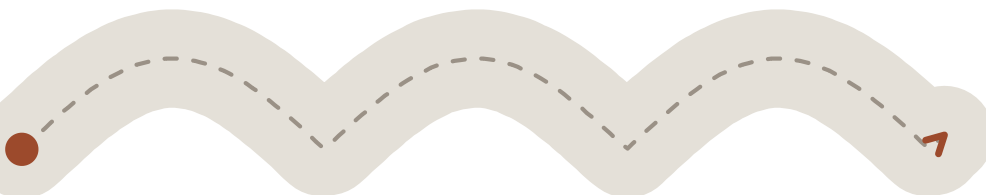
Straight



Over the hills



Zigzag



Bouncy

Tip for parents: At three it is about a big, loose movement of the whole arm, not precision. Thick triangular crayon, paper taped to the table, feet on the floor. 3–5 minutes is plenty. Praise the effort (“you drove the whole way!”), not whether the line stayed inside the track.

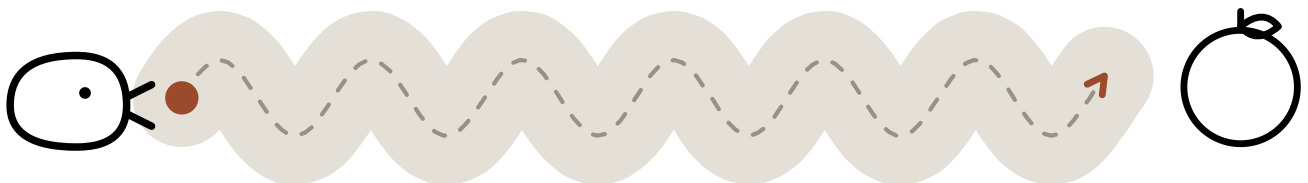
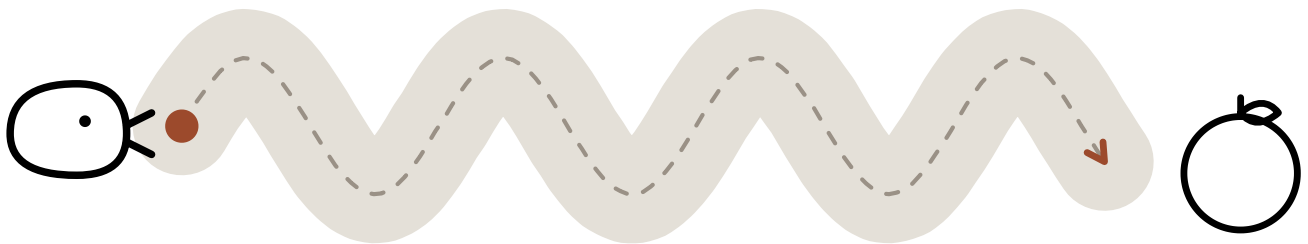
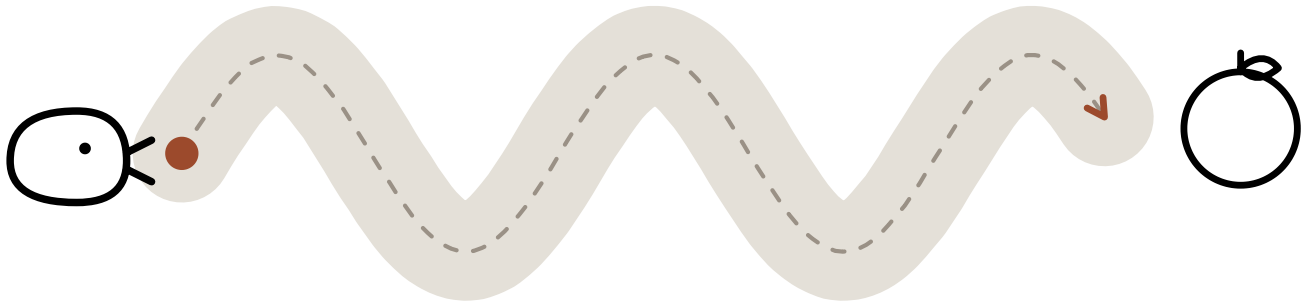
Slithering snake

The snake is slithering to the apple. Drive your pencil along the wavy road without stopping, in one go, left to right. The top waves are big, the bottom ones small.

Recommended age: 3–4 years · pre-writing

Name

Date



Tip for parents: Let the child hiss like a snake while drawing — a long exhale naturally slows and smooths the stroke. Lifting the pencil is fine; the goal is to eventually manage the whole wave in one go.

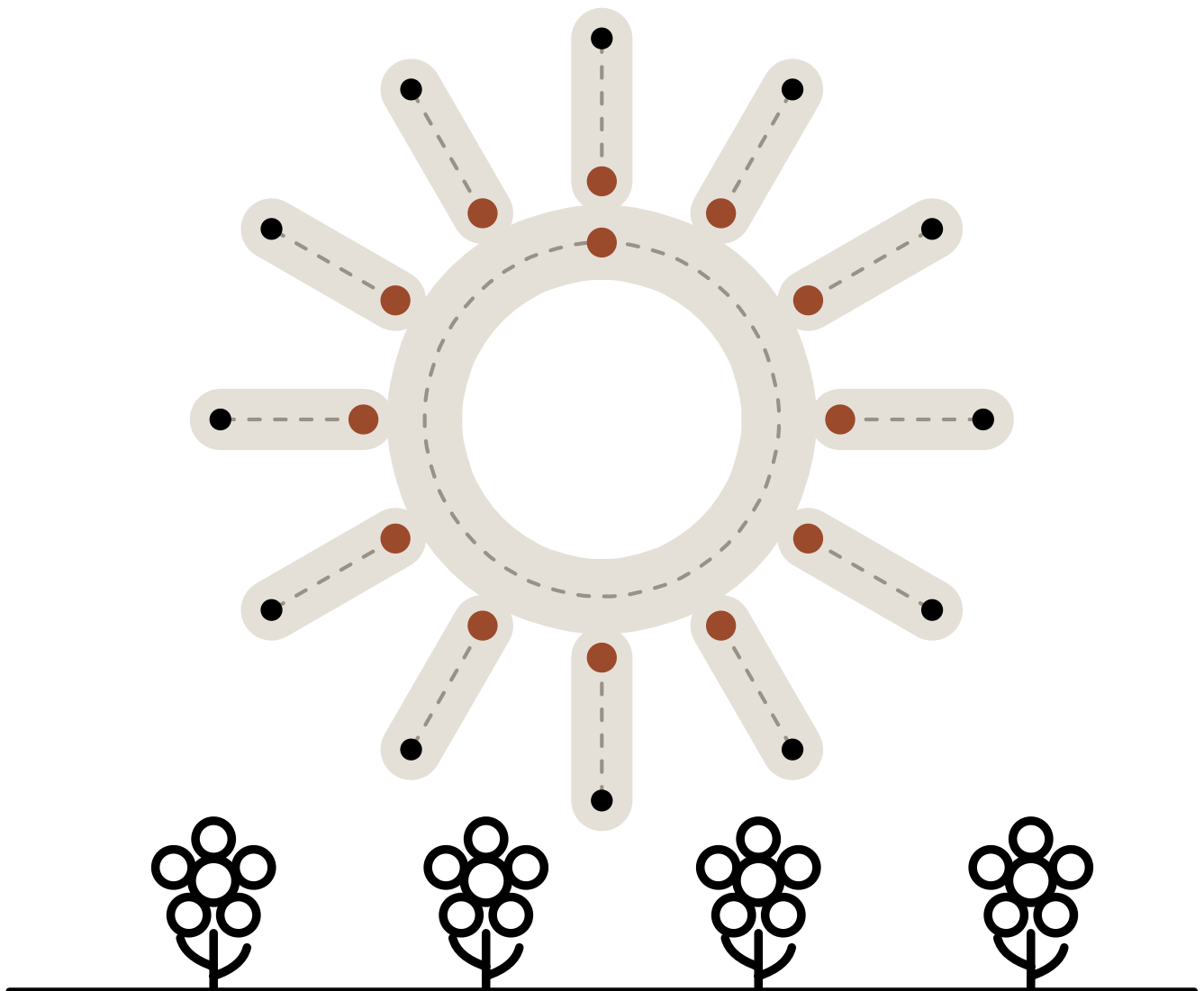
Sun and rays

Trace the big sun. Then draw the rays: from each brown dot by the sun go straight to the dot at the end of the ray. At the bottom, color the flowers waiting for the sunshine.

Recommended age: 3–4 years · pre-writing

Name

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Tip for parents: The rays are short on purpose — for three-year-olds a short stroke with a target is easier than a long line. If the child misses the dot, put your finger on the target dot: the hand goes where the eyes look.

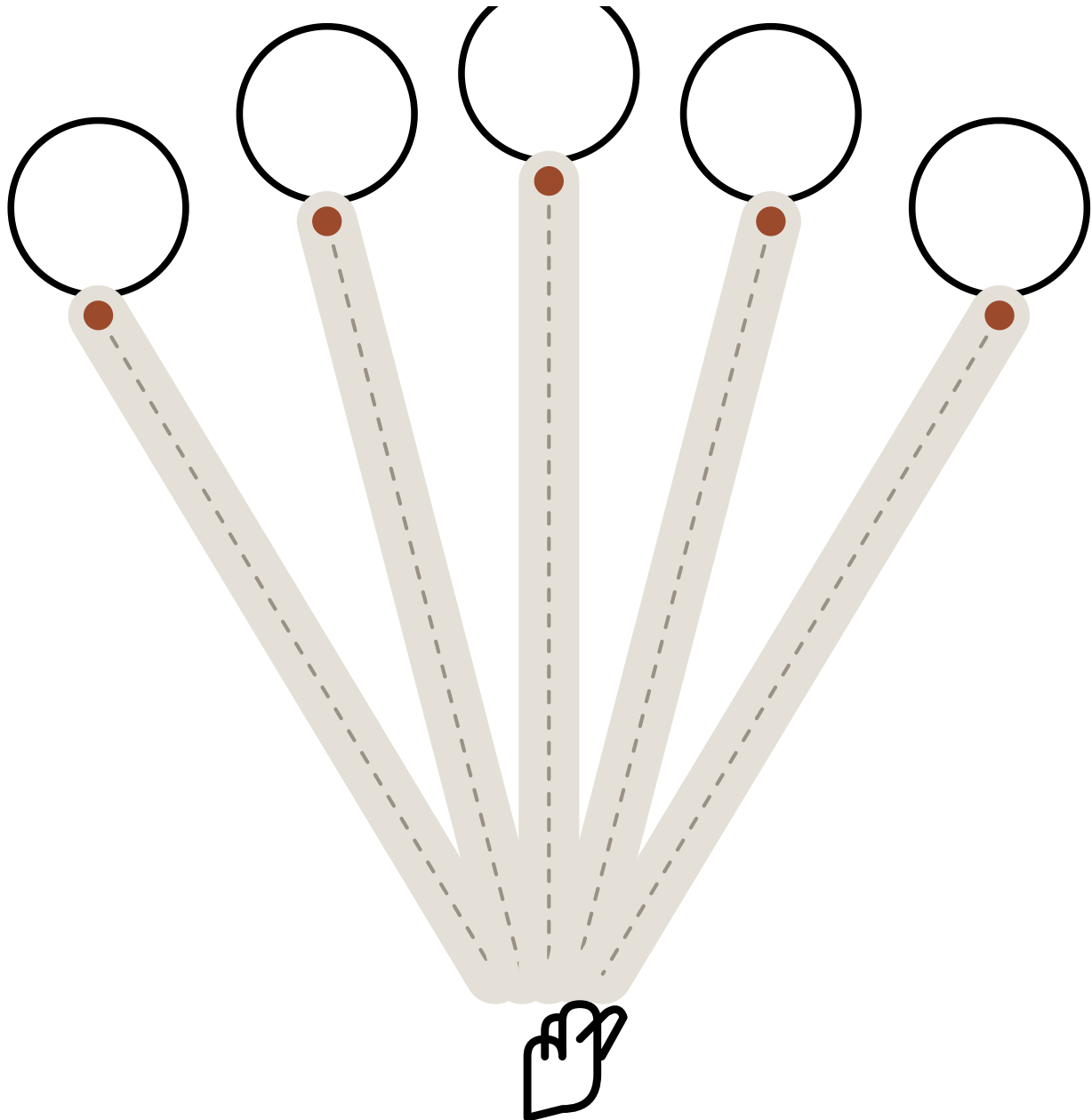
Balloons on strings

The balloons have no strings! Draw a line from each balloon down into the hand. Start at the brown dot. Then color the balloons, each a different color.

Recommended age: 3–4 years · pre-writing

Name

Date



Tip for parents: If the child misses the palm, no problem — keep a finger on the palm as the target. A nice extra game: a real balloon on a string and its movement in the air drawn with a finger.

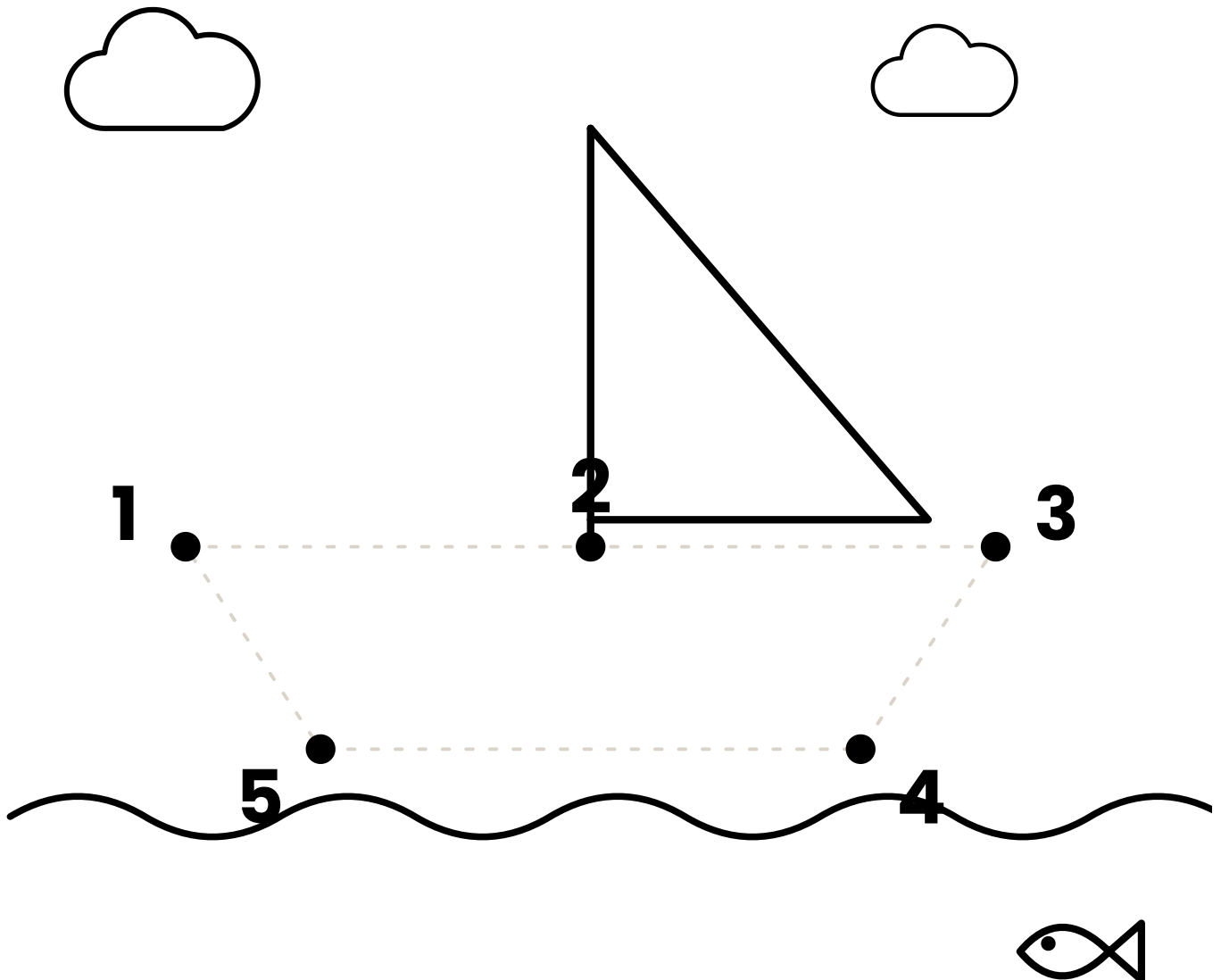
Dot-to-dot 1-5: boat

Join the dots from 1 to 5 and 5 back to 1. A boat appears. Colour the sail and draw friends for the fish.

Recommended age: 3-4 years · dot-to-dot

Name

Date



Tip for parents: Let the child guess first what it will be ("a boat!") – motivation grows when they know what is coming. The waves can be traced with a finger as a warm-up.

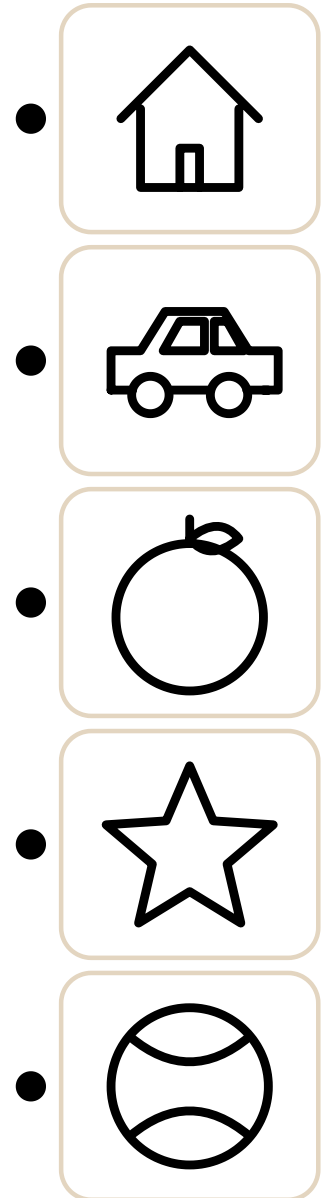
Match the pictures

The same pictures are on the left and on the right, but mixed up. Find the pairs and join them with a line from dot to dot.

Recommended age: 3–4 years · dot-to-dot

Name

Date



Tip for parents: Name the pictures out loud together (“apple... where is the other apple?”). The line need not be straight; what matters is arriving from dot to dot.