

AGES 4–5

Focus and detail

"Wants it to be "right" and sticks with it."

THIS WEEK'S RITUAL · TEN MINUTES A DAY

A maze or puzzle to start, a colouring page to finish. If they cross out a mistake and carry on, that is correct. Don't fix it.

WHAT IS IN THIS PACK

Coloring pages (8): The Fire Truck, Digger the Excavator, Dan the Dolphin, Toby the Tiger, Tess the Turtle, Pepper the Parrot, Unicorn, Robot

Worksheets (6): Lazy eight with a car, Snail shells – spirals, Tower, bridge, mountain – shapes before letters, Maze: bee and flower, Animal sudoku and odd one out, Spot 5 differences: house

WHY IT WORKS AT THIS AGE

The colouring pages have more parts to keep track of. Pre-writing 4–5 moves to finer shapes (lazy eights, spirals) that lead straight into letters. Puzzles teach planning: a maze is walked with the eyes first, then the pencil.

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.

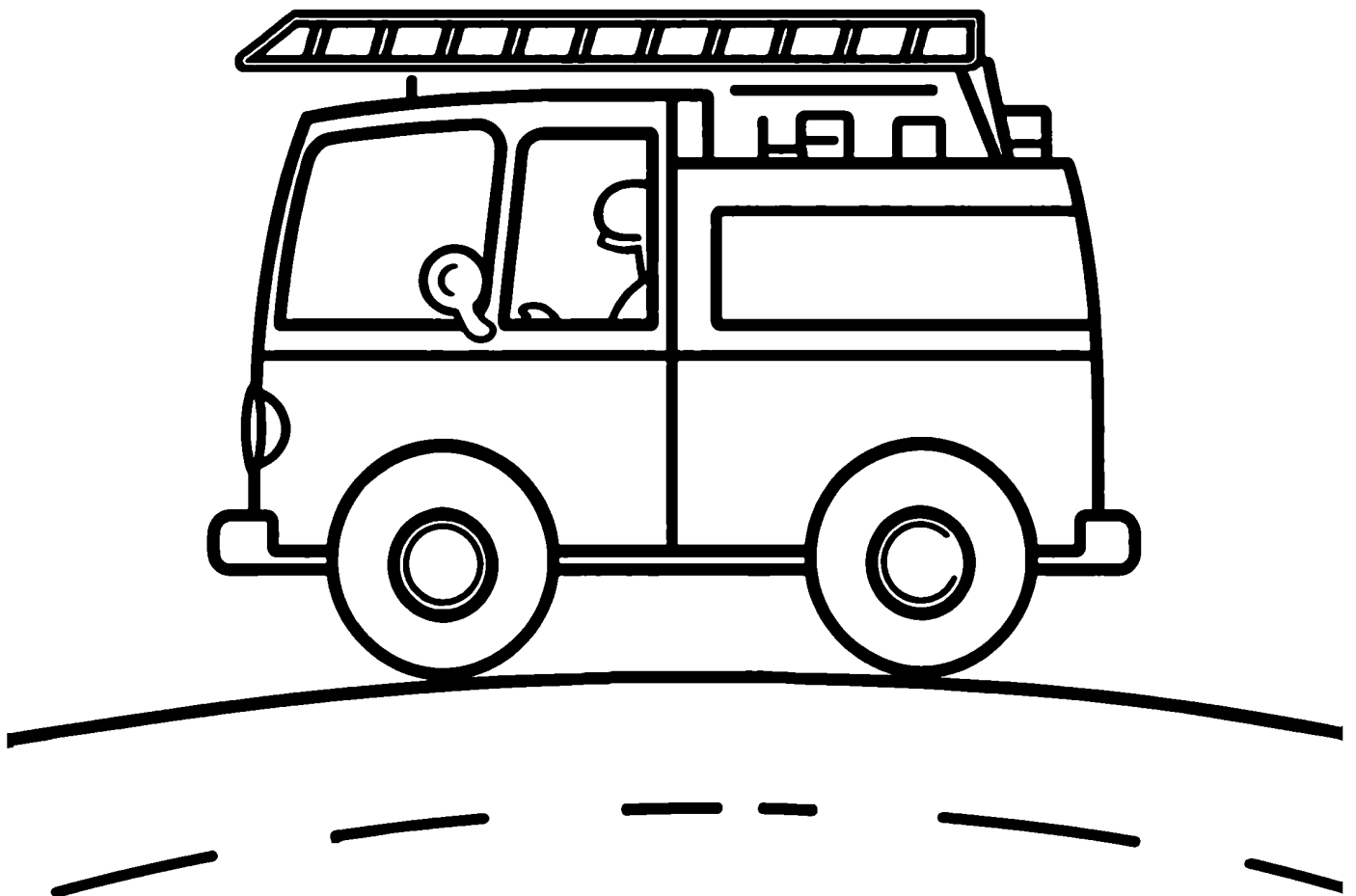
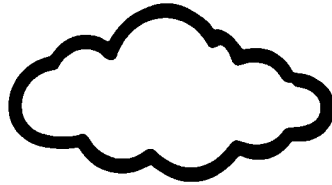
SIGNS THEY ARE READY FOR THE NEXT PACK

They get through a maze without a dead end. They copy a shape from a pattern. Then take the 5–6 pack.

The Fire Truck

Vehicles · Rescue

Builds: line control · naming parts · small repeated shapes



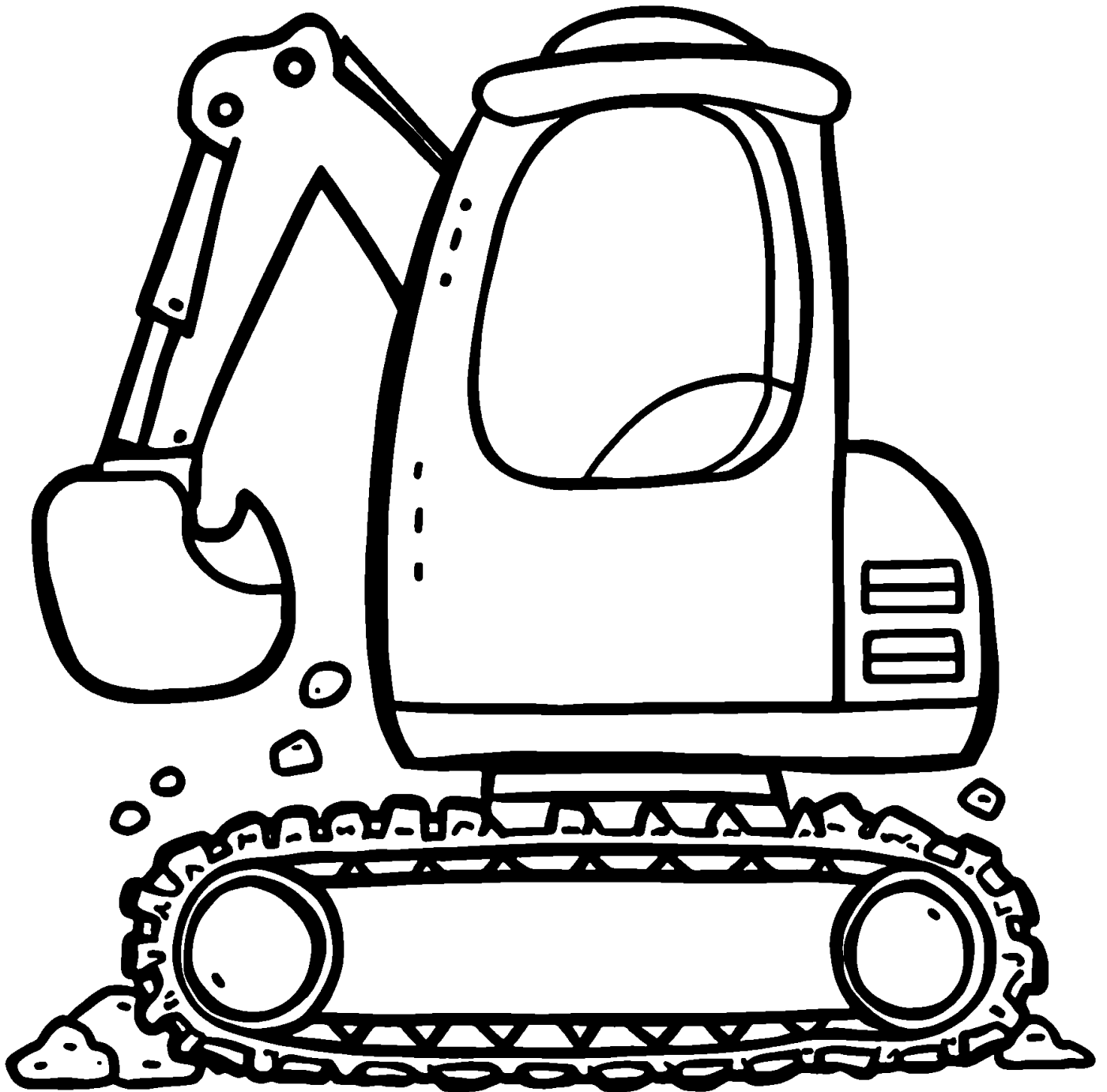
Talk about it: What is the ladder for? Who rides in the back?

Grown-up tip: Ask what the ladder is for before you start coloring. Four-year-olds color longer when the picture has a story attached to it.

Digger the Excavator

Vehicles · On site

Builds: rhythm and repetition · counting in a row · large-area control



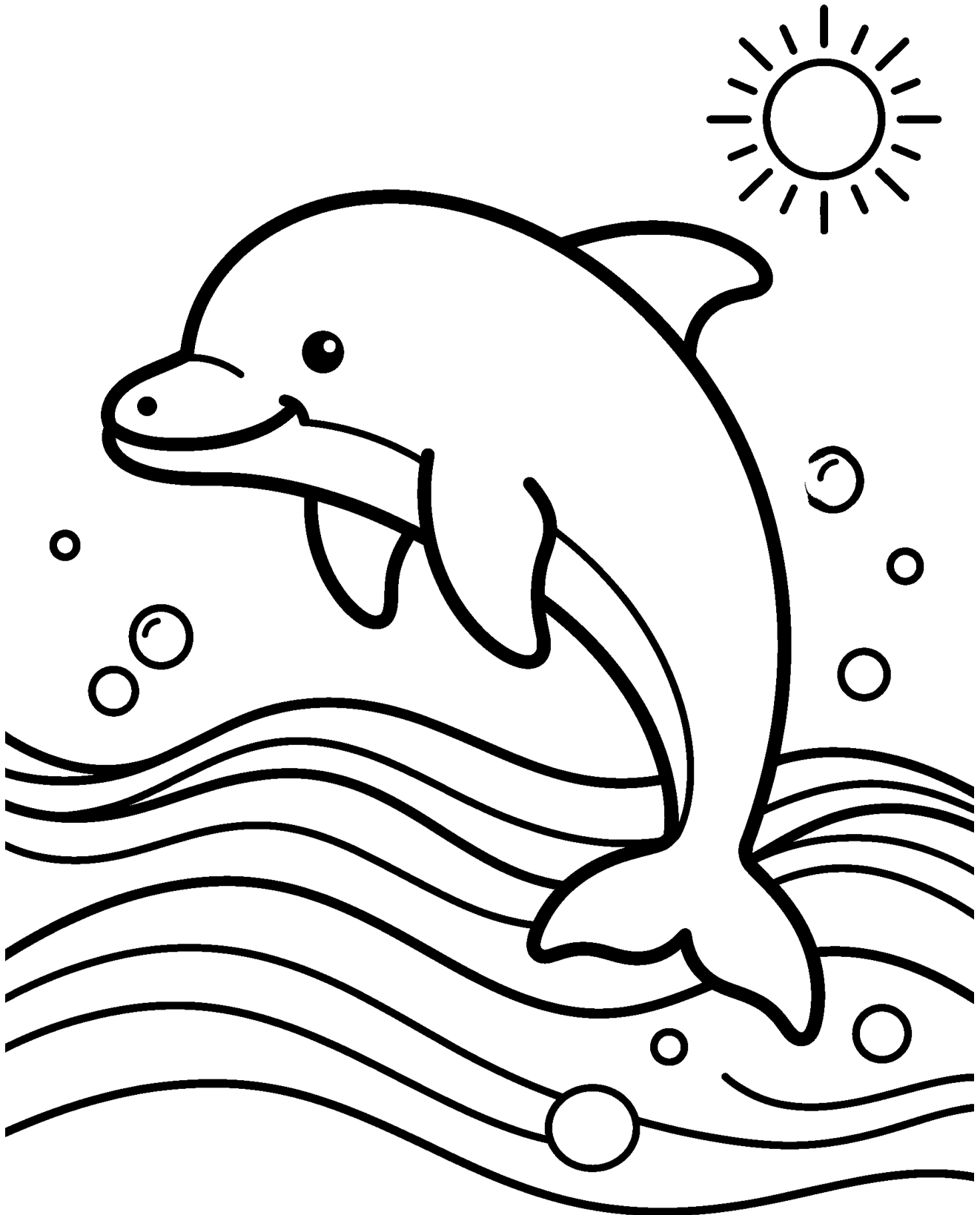
Talk about it: How many track pieces can you count? What is Digger about to dig up?

Grown-up tip: Count the track segments as you go along the row. Counting a line of identical things left to right is the same eye movement reading will need later.

Dan the Dolphin

Animals · In the ocean

Builds: flowing curves · wave strokes · wrist control



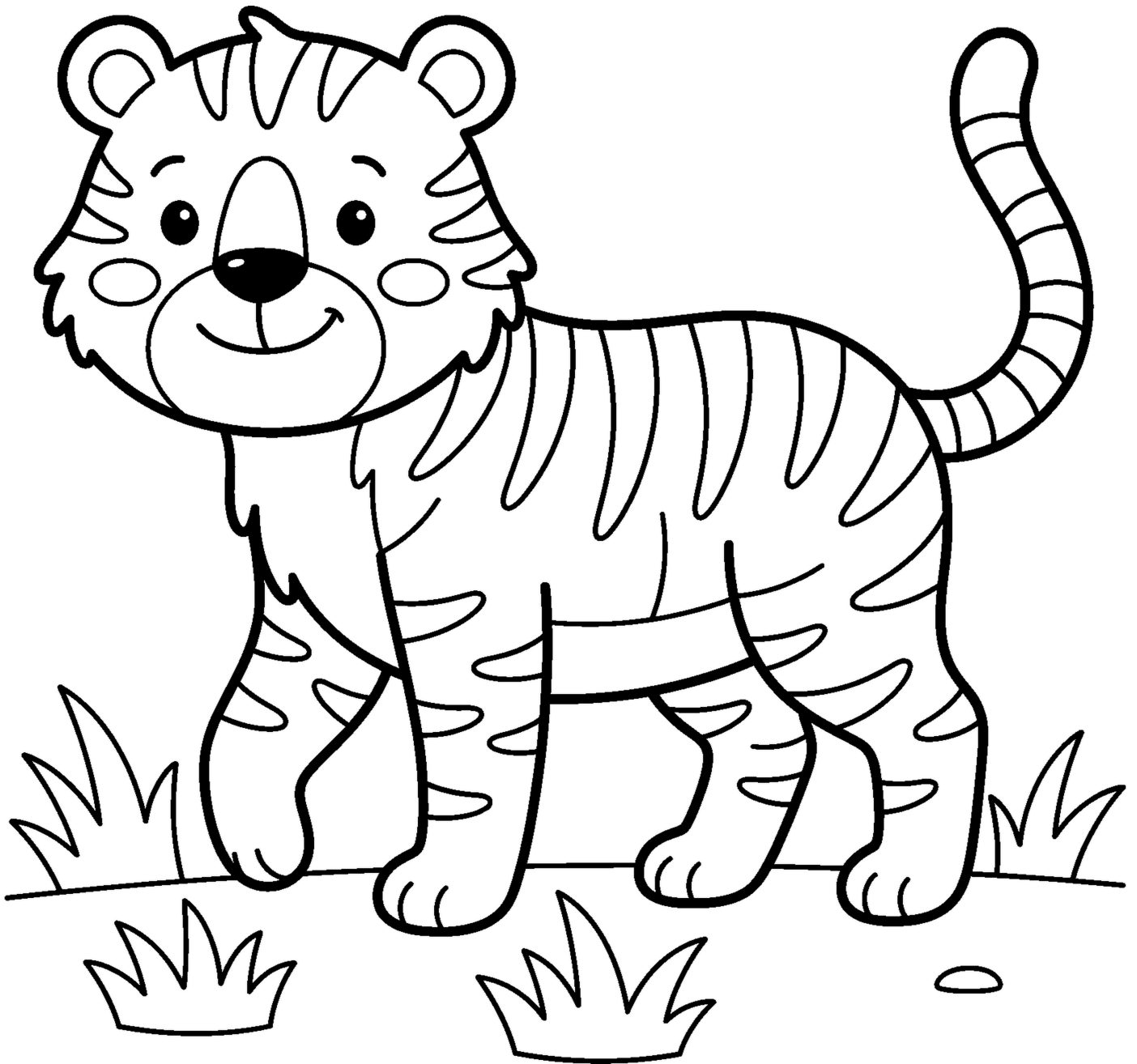
Talk about it: How high can Dan jump? What else lives in the sea?

Grown-up tip: Trace the wave line with a finger a few times before colouring. That up-and-down motion is the exact movement behind joined-up writing later.

Toby the Tiger

Animals · In the jungle

Builds: curved narrow stripes · precision · knowing when to stop



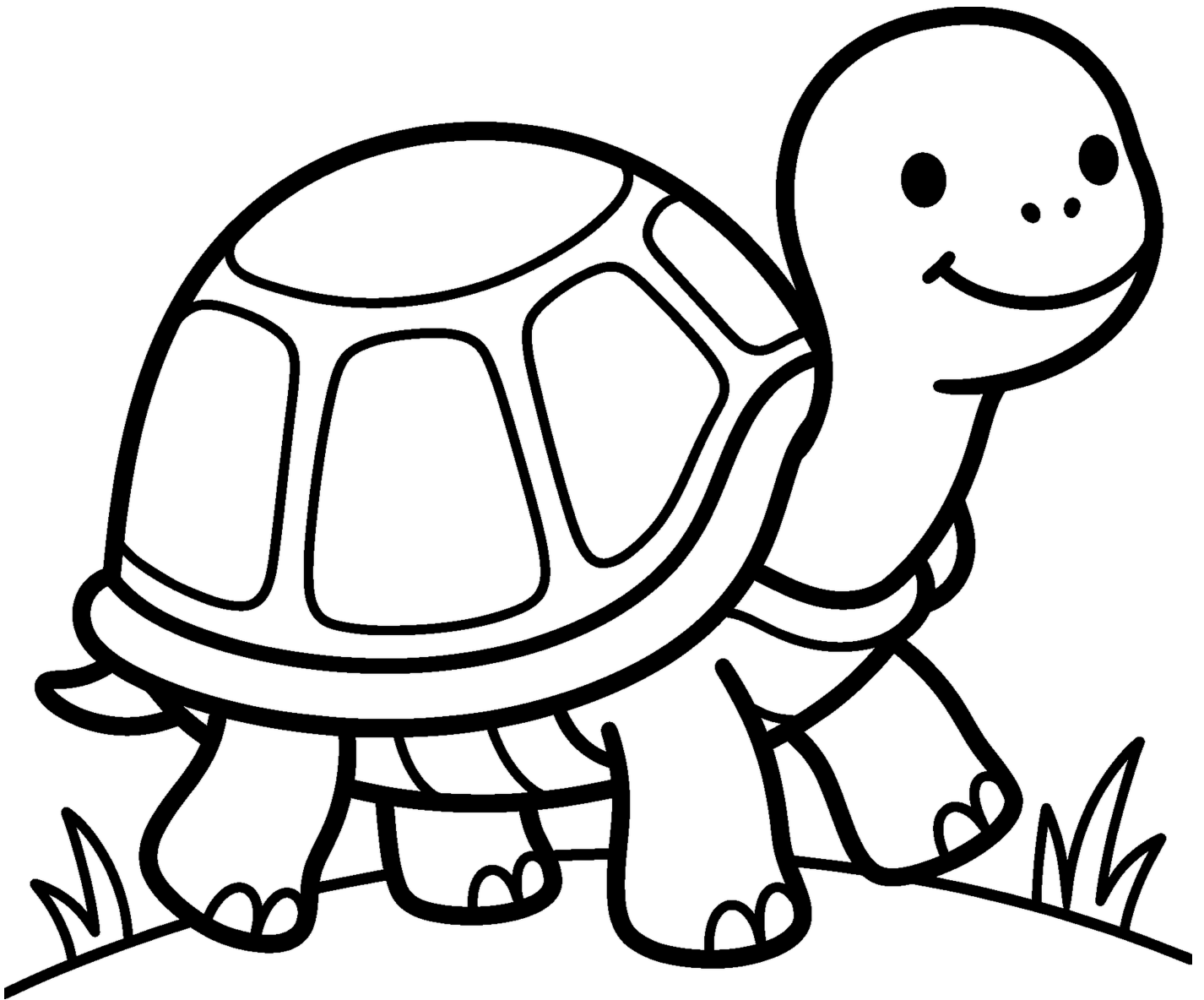
Talk about it: Why do you think tigers have stripes?

Grown-up tip: If the stripes get skipped, leave it. A tiger with three stripes and a well-coloured face is a finished page; a perfect one that was abandoned is not.

Tess the Turtle

Animals · In the ocean

Builds: pattern work · staying in sections · planning colors



Talk about it: How many sections are on Tess's shell? Which one will you do first?

Grown-up tip: Suggest a different color for each shell section, then let your child decide whether to follow the idea. Planning ahead and then changing your mind is exactly the skill being practiced.

Pepper the Parrot

Animals · In the jungle

Builds: layered bands · colour planning · long strips



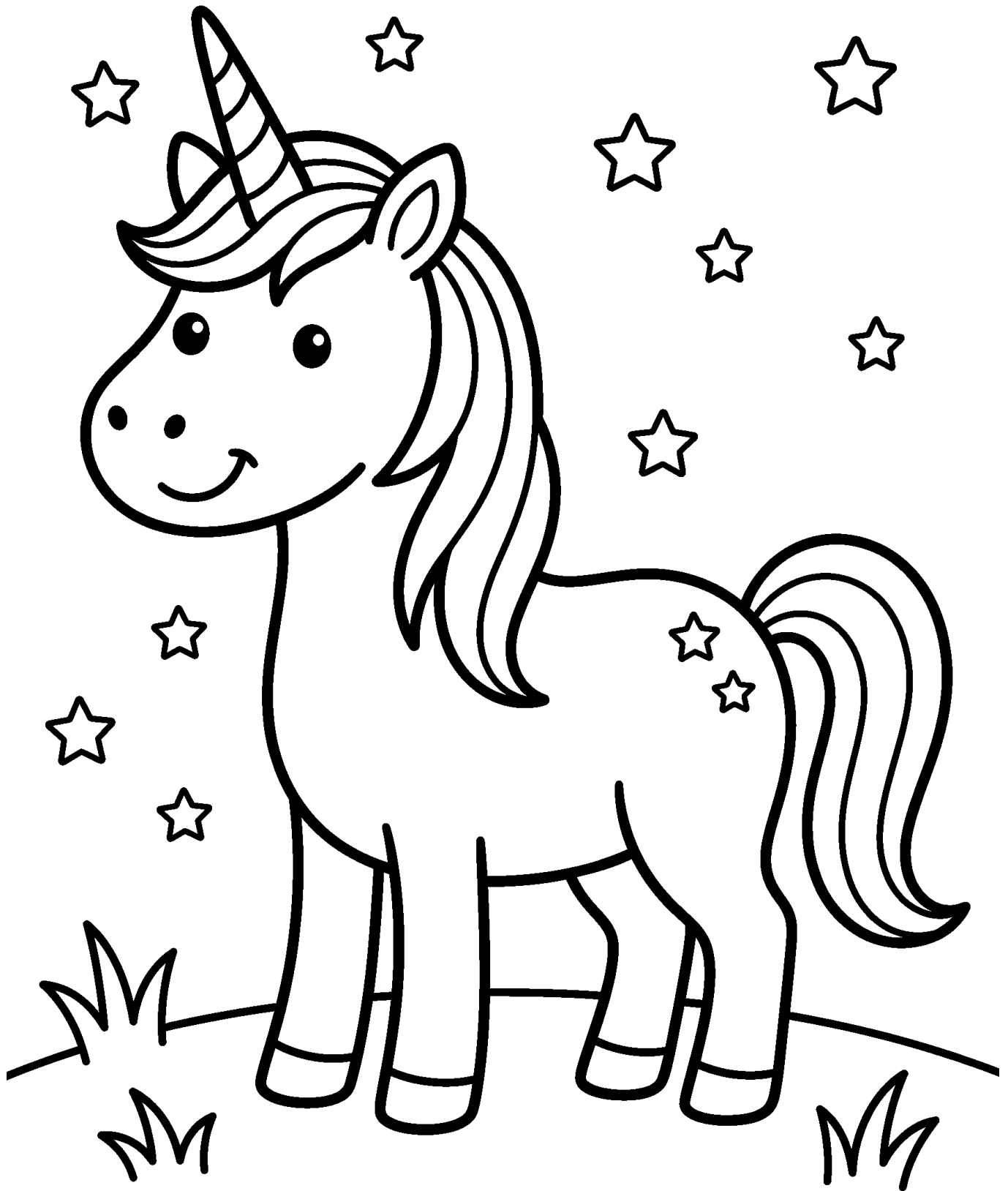
Talk about it: How many colours can you find on a real parrot?

Grown-up tip: This is the page to tip the whole crayon box out for. Parrots are the one animal where more colours genuinely makes it look better.

Unicorn

Fantasy · Magical Animals

Builds: a mane in strands · stars to count · large areas



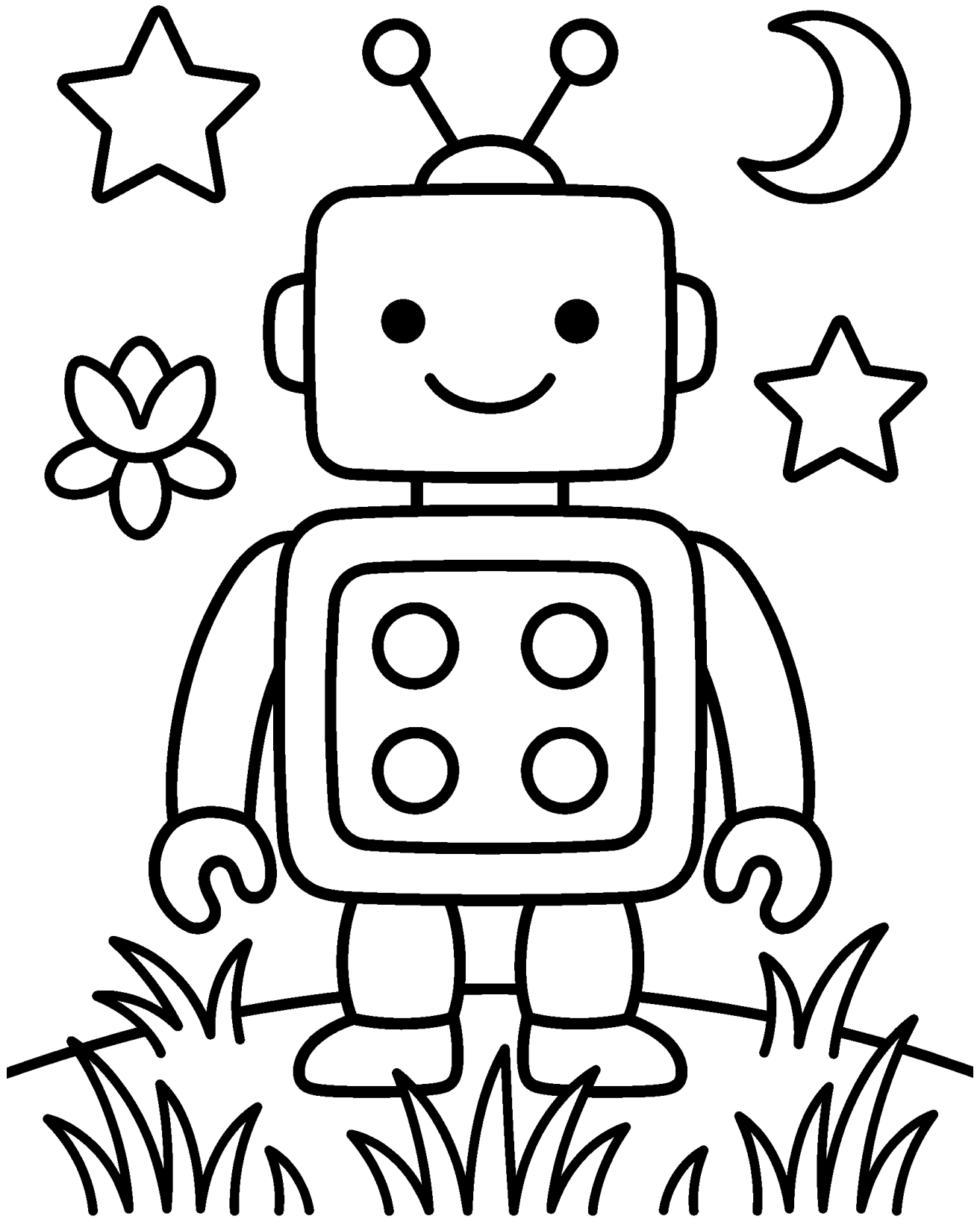
Talk about it: How many stars can you count around the unicorn? What colour will the mane be?

Grown-up tip: The mane is split into strands, each one its own colour. A quiet exercise in swapping crayons.

Robot

Fantasy · Space and Robots

Builds: nothing but boxy shapes · round buttons · straight lines



Talk about it: What are those four buttons for? What would your robot be able to do?

Grown-up tip: The robot is all rectangles and circles. Name them out loud — shapes stick better that way.

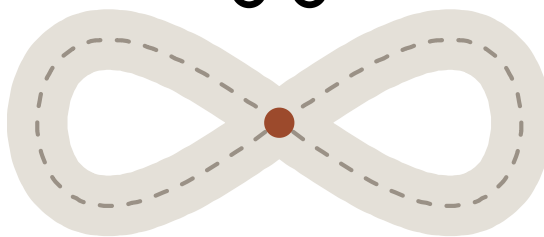
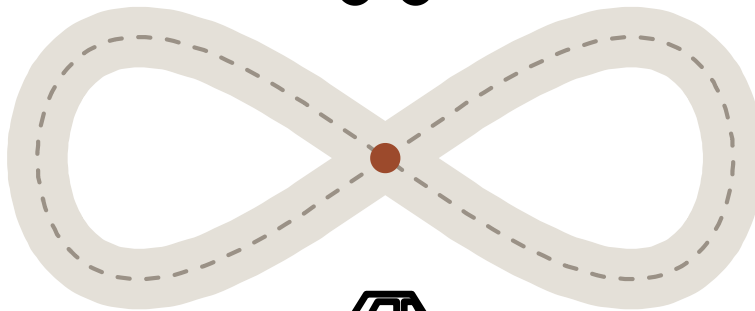
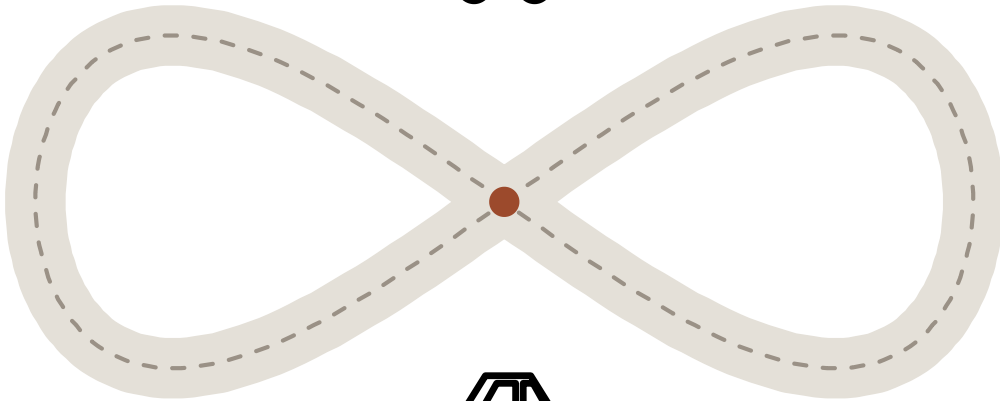
Lazy eight with a car

The car drives around a lazy eight. Start at the dot and follow the grey road round and round, at least three times, without lifting your pencil. The big eight first, then the smaller ones.

Recommended age: 4–5 years · pre-writing

Name

Date



Start at the dot, go around and through the middle. At least three times without lifting the pencil.

Tip for parents: First “draw” the eight in the air with the whole arm, then with a finger on the table, only then with a pencil. Watch whether the child switches hands or tilts the whole body when crossing the middle — if so, stay with the big eight longer.

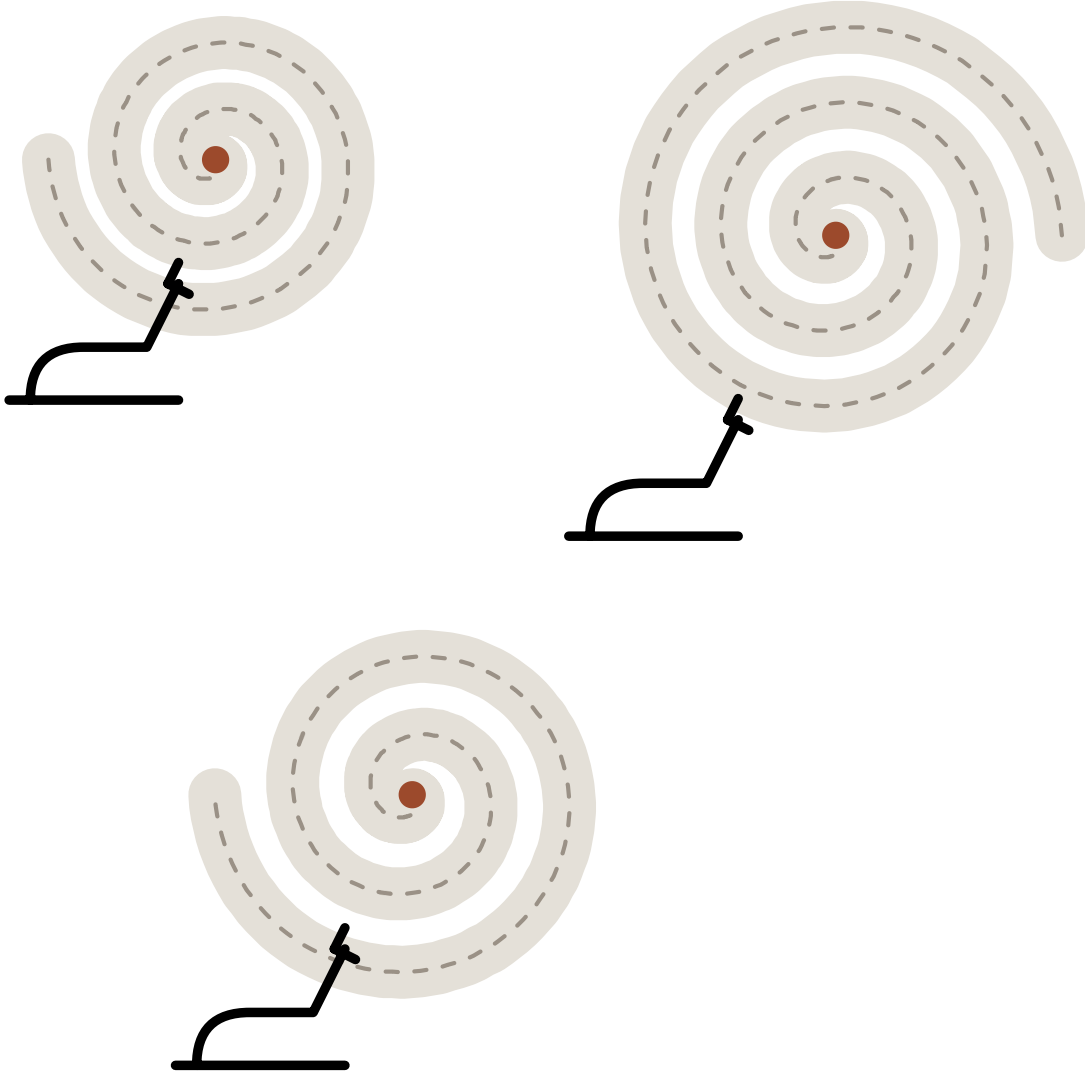
Snail shells – spirals

The snails have spiral shells. Start at the dot in the middle and follow the grey road round and round outwards, without lifting your pencil. Then color the snails.

Recommended age: 4–5 years · pre-writing

Name

Date



Tip for parents: The direction of the spiral does not matter yet, but check the child keeps the same one. If the shell runs out of the track, slow down: say “the snail is slow” and draw slowly together. Speed comes once the stroke is confident.

Tower, bridge, mountain – shapes before letters

Drive your pencil along each row left to right in one go: towers first, then bridges, mountains, bowls and loops. The finish is at the end of the row.

Recommended age: 4–5 years · pre-writing

Name

Date

Towers



Bridges



Mountains



Bowls



Loops



Tip for parents: Do not link the shapes to letters out loud — the child might start focusing on “writing” and pressing. Keep it a building game. The corners of the towers should be sharp: that is where the pencil pauses for a split second.

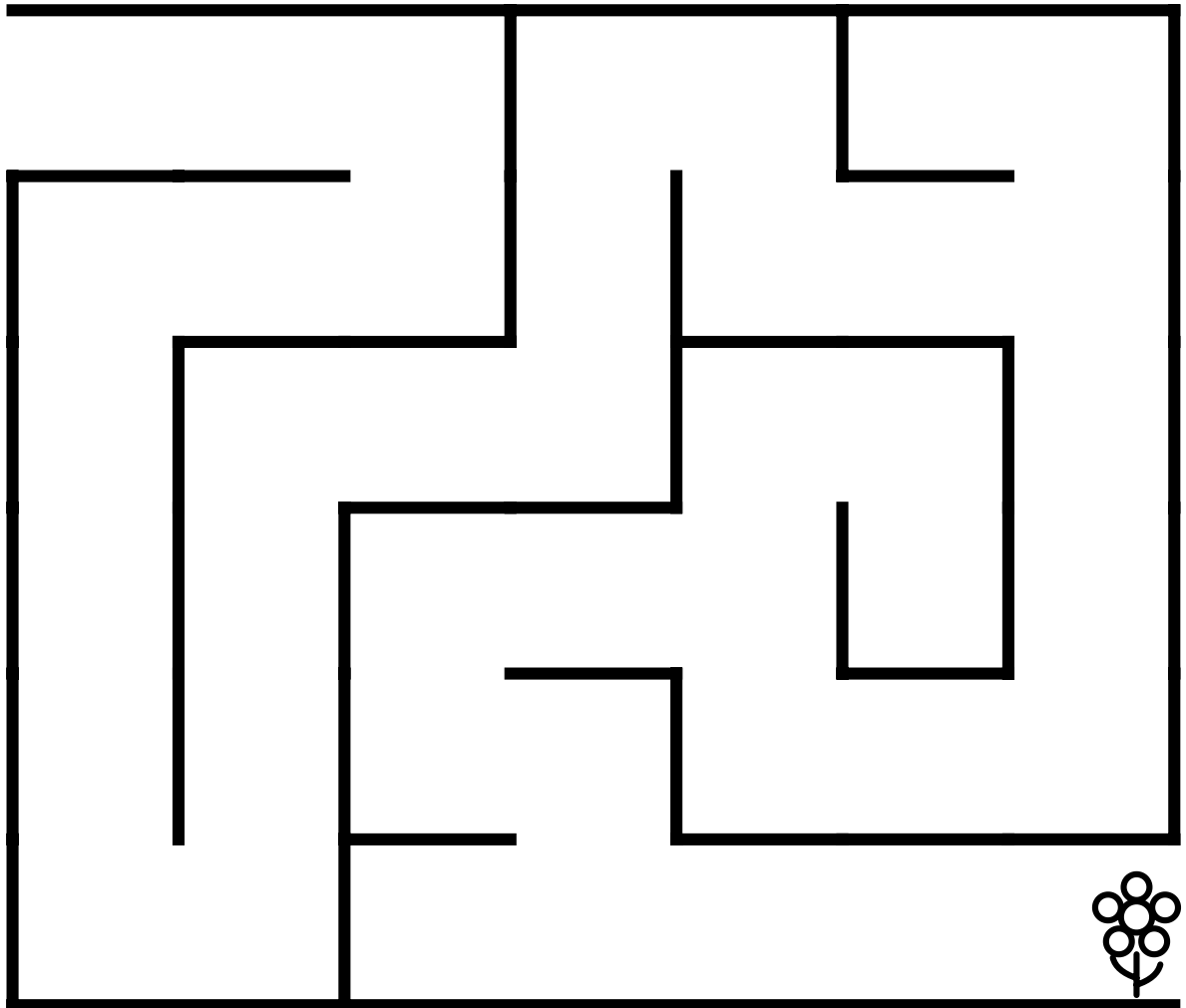
Maze: bee and flower

The bee flies to the flower. Drive your pencil along the corridors and don't cross the black lines. Look first where the way goes, then draw.

Recommended age: 4–5 years · puzzles

Name

Date



The bee flies to the flower. Look first where the way goes, then draw.

Tip for parents: If the child wanders for long, suggest “let's start from the flower” – going backwards is often surprisingly easier and the child gets a success.

Animal sudoku and odd one out

1. Every row, column and box has each animal once — draw the missing ones. 2. In each row circle the picture that doesn't belong.

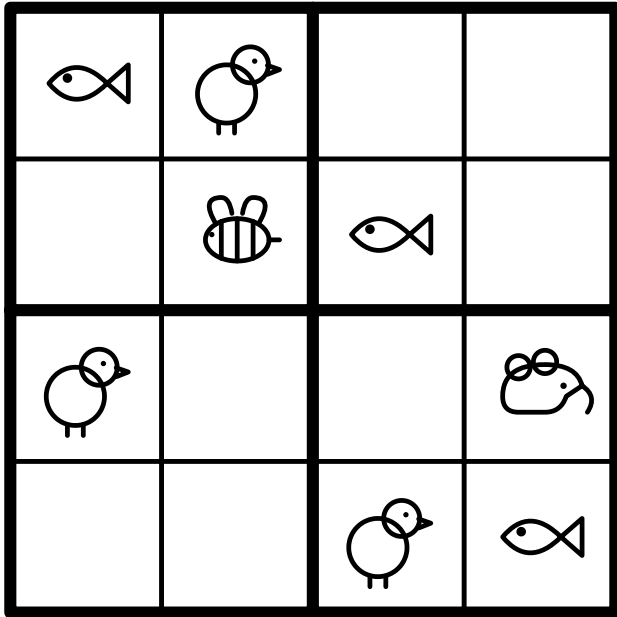
Recommended age: 4–5 years • puzzles

Name

Date

1. Animal sudoku

Every row, column and box has each animal once. Draw the missing ones.



fish



chick

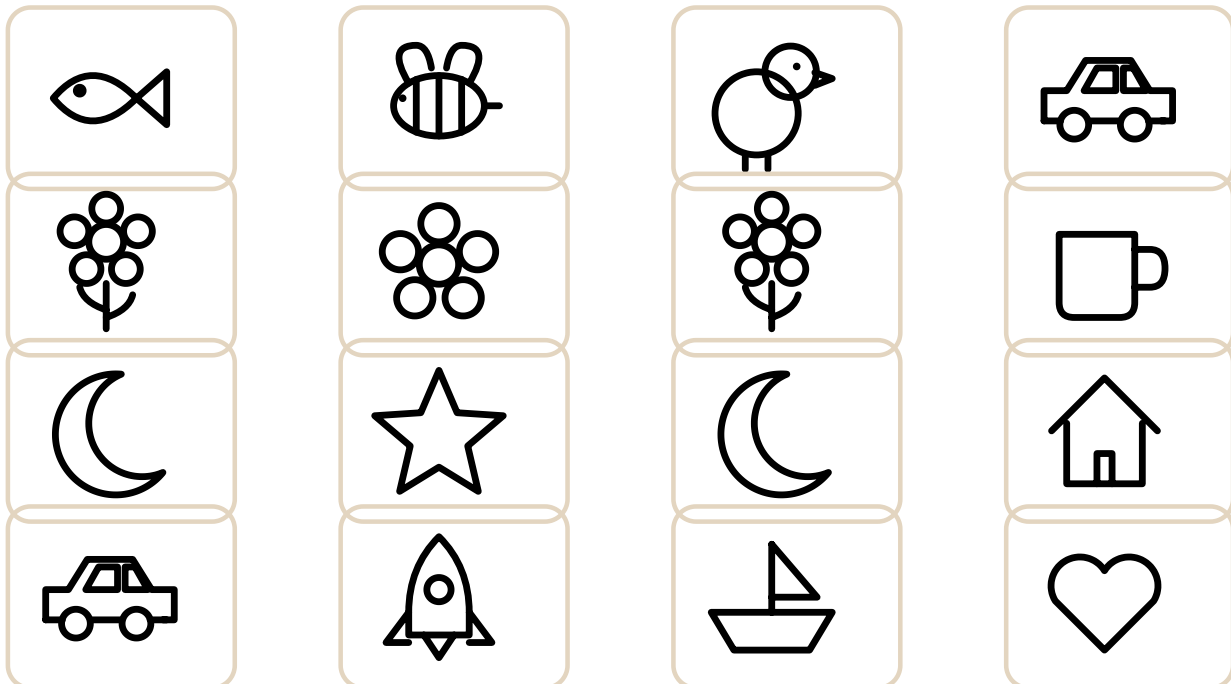


mouse



bee

2. Which one doesn't belong? Circle it.



Tip for parents: Let the child say why a picture doesn't belong – some rows allow more than one answer, and the “other” answer is right too if they can explain it.

Spot 5 differences: house

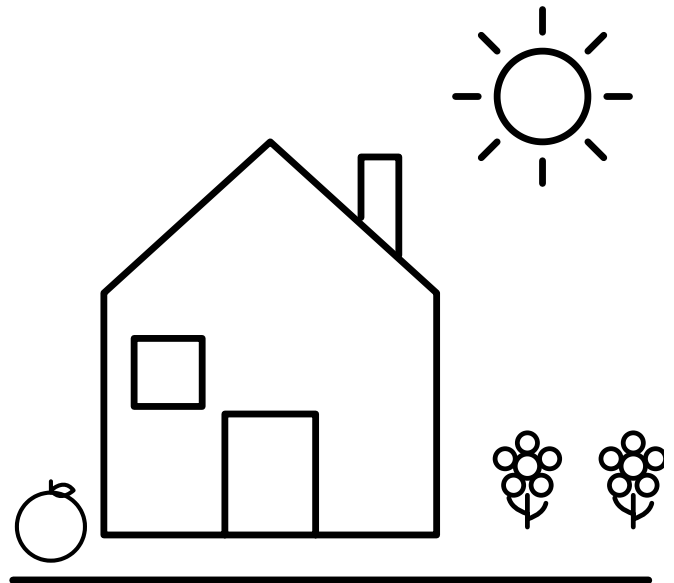
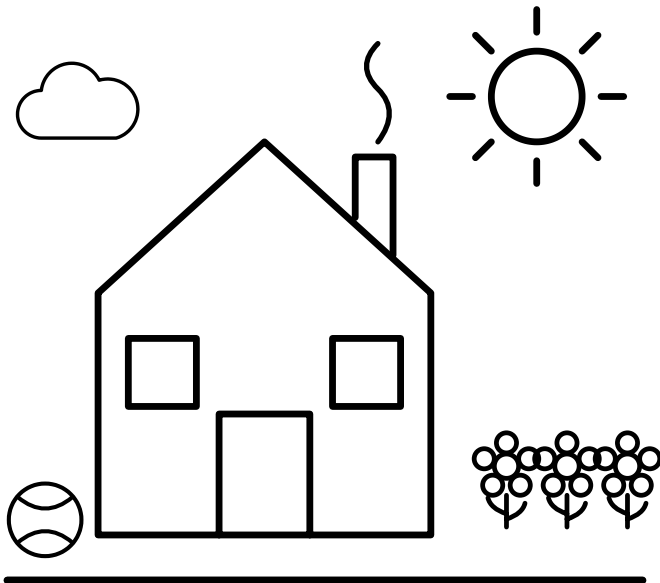
Find 5 differences and circle them on the right-hand picture. Tick one box for every difference you find.

Recommended age: 4–5 years · puzzles

Name

Date

Find 5 differences and circle them on the right-hand picture.



How many did you find? Tick one box per difference:

☐

☐

☐

☐

☐

Tip for parents: If the child finds three and gets stuck, hint at an area (“look at the roof”), not the difference itself. Let them tick the boxes themselves – it is their score.