

AGES 5–6

Before school

"Wants to know how things work and asks for "big kid" tasks."

THIS WEEK'S RITUAL · TEN MINUTES A DAY

One page a day, always finished. Let them say what was hard. That is the start of the self-assessment school will ask for.

WHAT IS IN THIS PACK

Coloring pages (8): Rex the T-Rex, The Rocket, Pip the Penguin, Quill the Hedgehog, Friendly Dragon, Knight, Pirate, Astronaut in Space

Worksheets (4): Dot-to-dot 1–15: airplane, Dot-to-dot 1–12: flower, Shape sudoku and tangled lines, Spot the difference and sudoku

WHY IT WORKS AT THIS AGE

The colouring pages have details and patterns that take staying power. Dot-to-dots to 15 rehearse the number line, the sudoku puzzles teach rules. It is all still play, but play with an end and a result.

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.

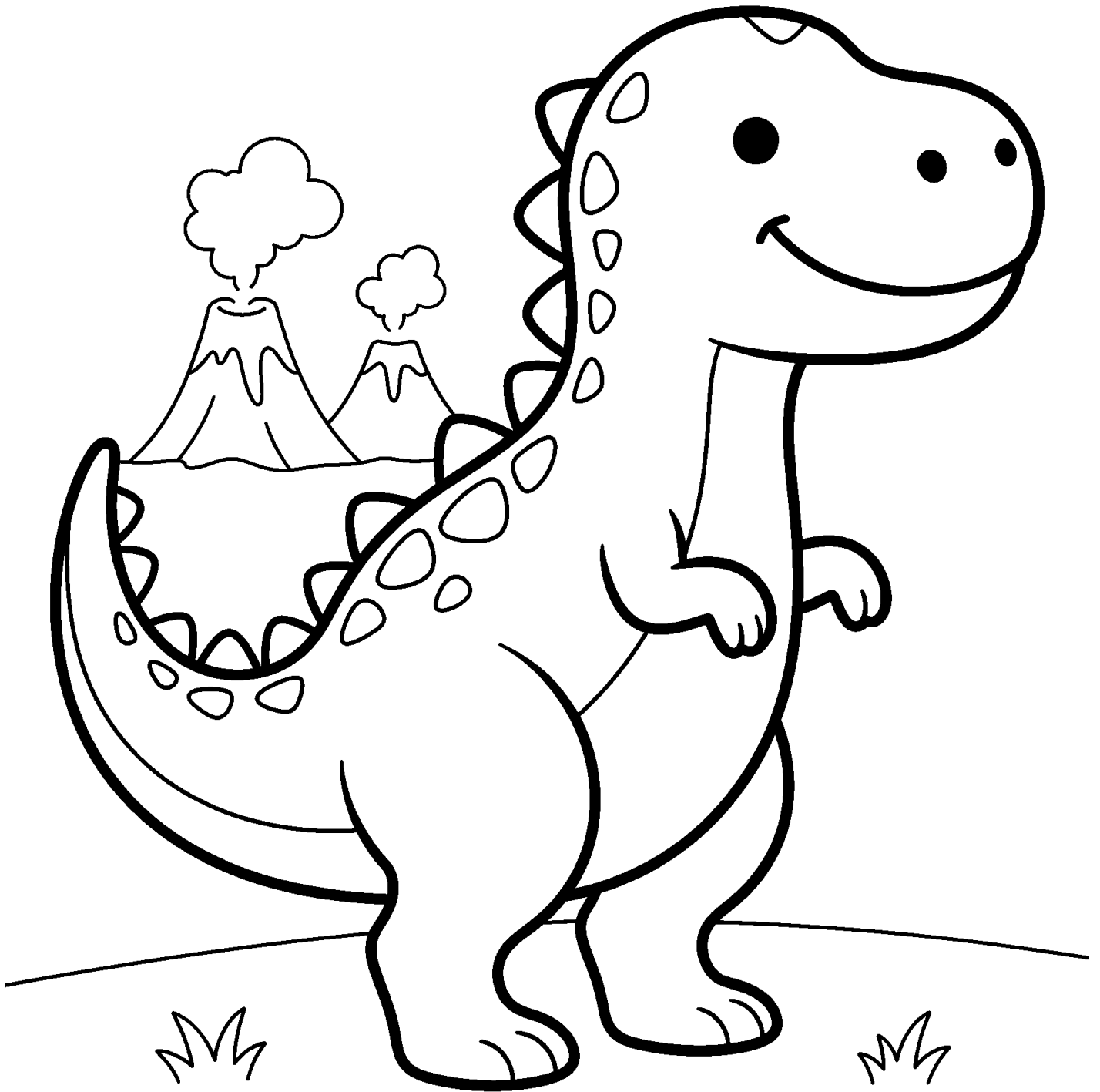
SIGNS THEY ARE READY FOR THE NEXT PACK

They count dots to 15 without skipping. They colour a detail without crossing the edge. Then take the 6–8 pack.

Rex the T-Rex

Animals · Prehistoric

Builds: fine line control · counting small shapes · storytelling



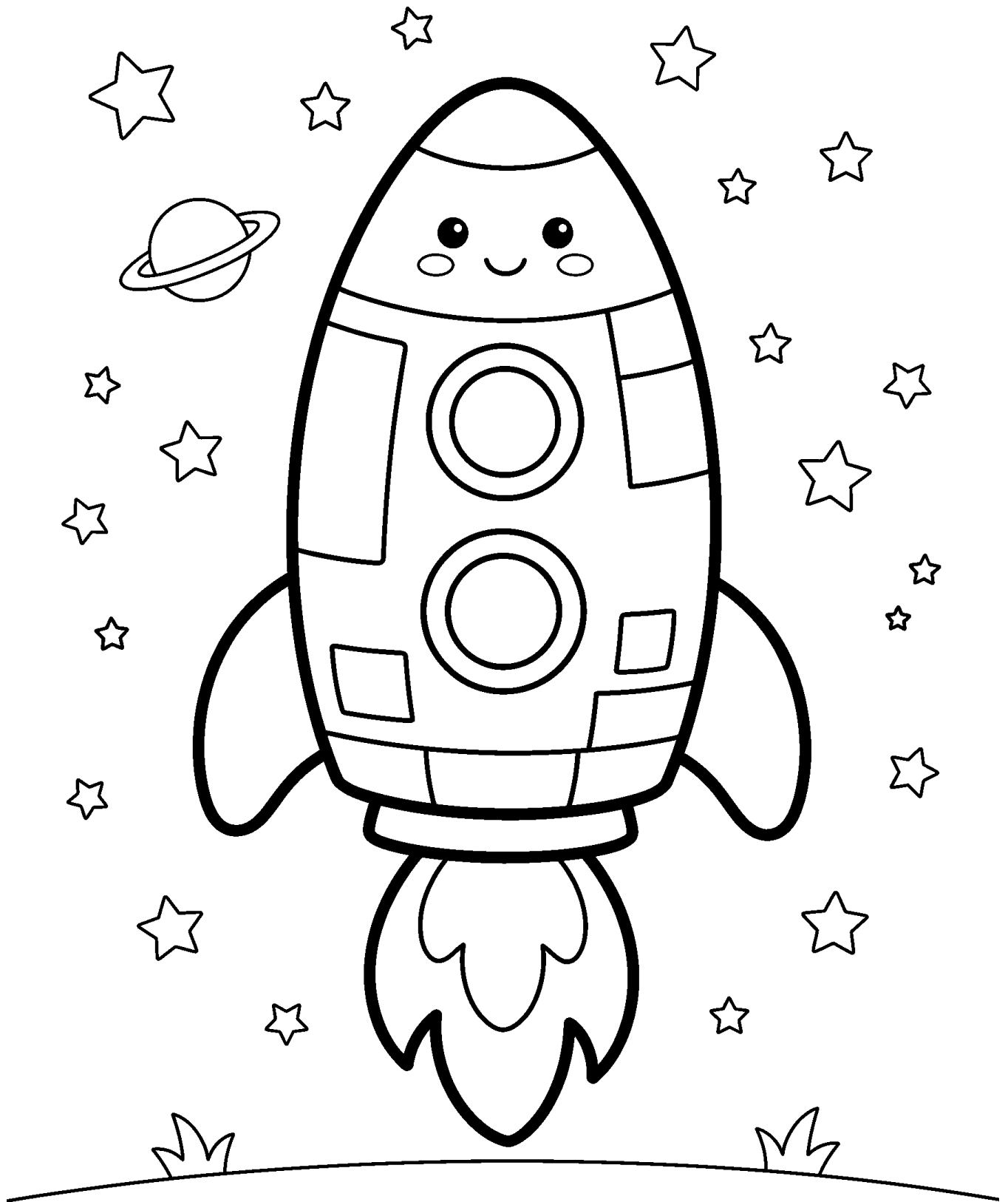
Talk about it: How big do you think Rex was? What did he eat for breakfast?

Grown-up tip: Compare sizes: a T-Rex was about as long as a school bus. Give the dinosaur a name and try writing it together underneath — at five, that is a real writing task.

The Rocket

Vehicles · Space

Builds: following straight edges · contained areas · optional detail



Talk about it: Who is inside the rocket? Where is it going?

Grown-up tip: Leave the stars for last. Having a small optional extra at the end means the page can be finished at two different levels, depending on the day.

Pip the Penguin

Animals · Polar

Builds: pressure control · light and dark · precision on small parts



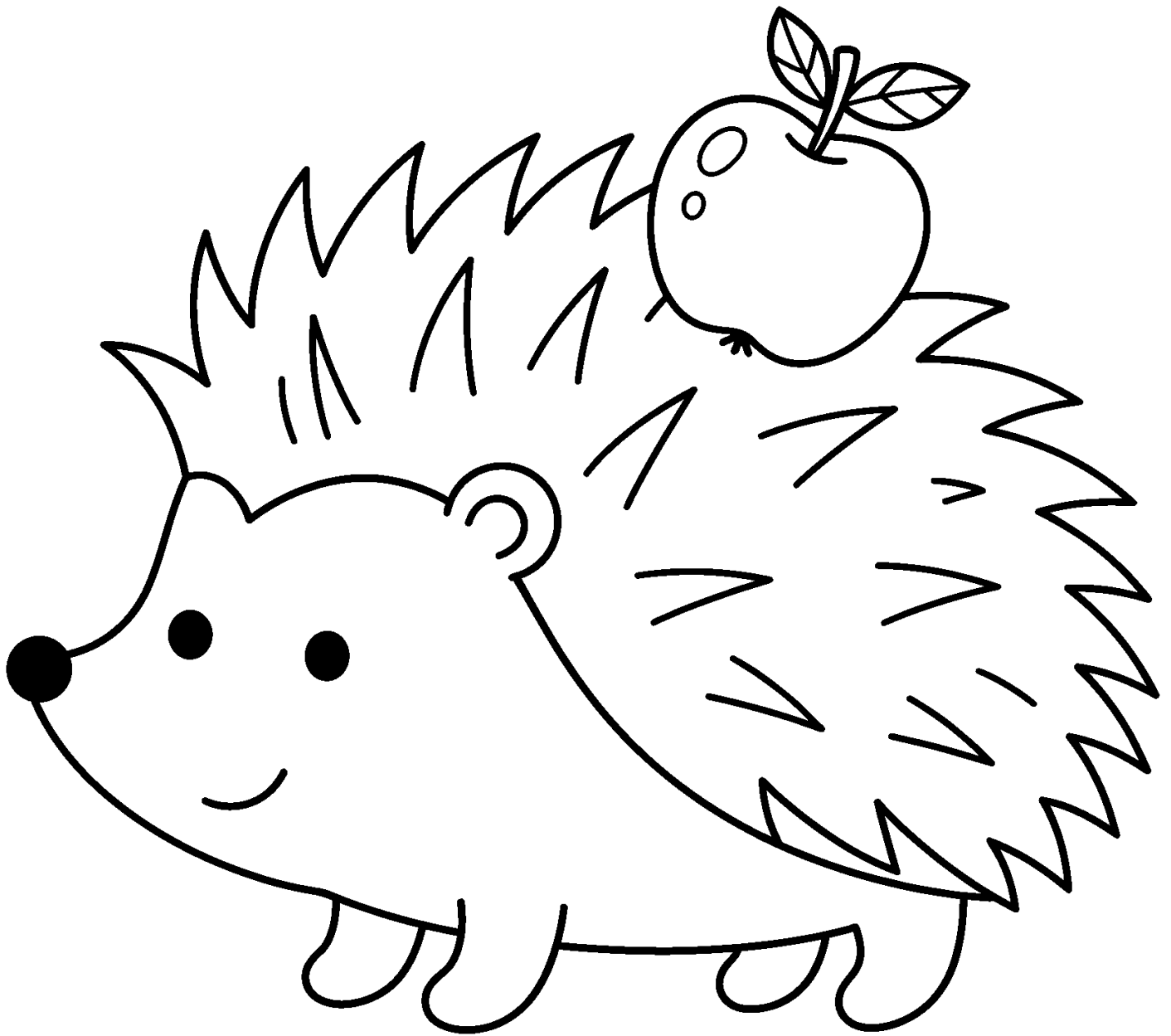
Talk about it: Why is Pip dark on top and light underneath? Where does he live?

Grown-up tip: Try shading the back with the side of the crayon rather than the tip. Changing how the tool is held is a small thing that noticeably improves grip strength.

Quill the Hedgehog

Animals · In the garden

Builds: short repeated strokes · directionality · finger strength



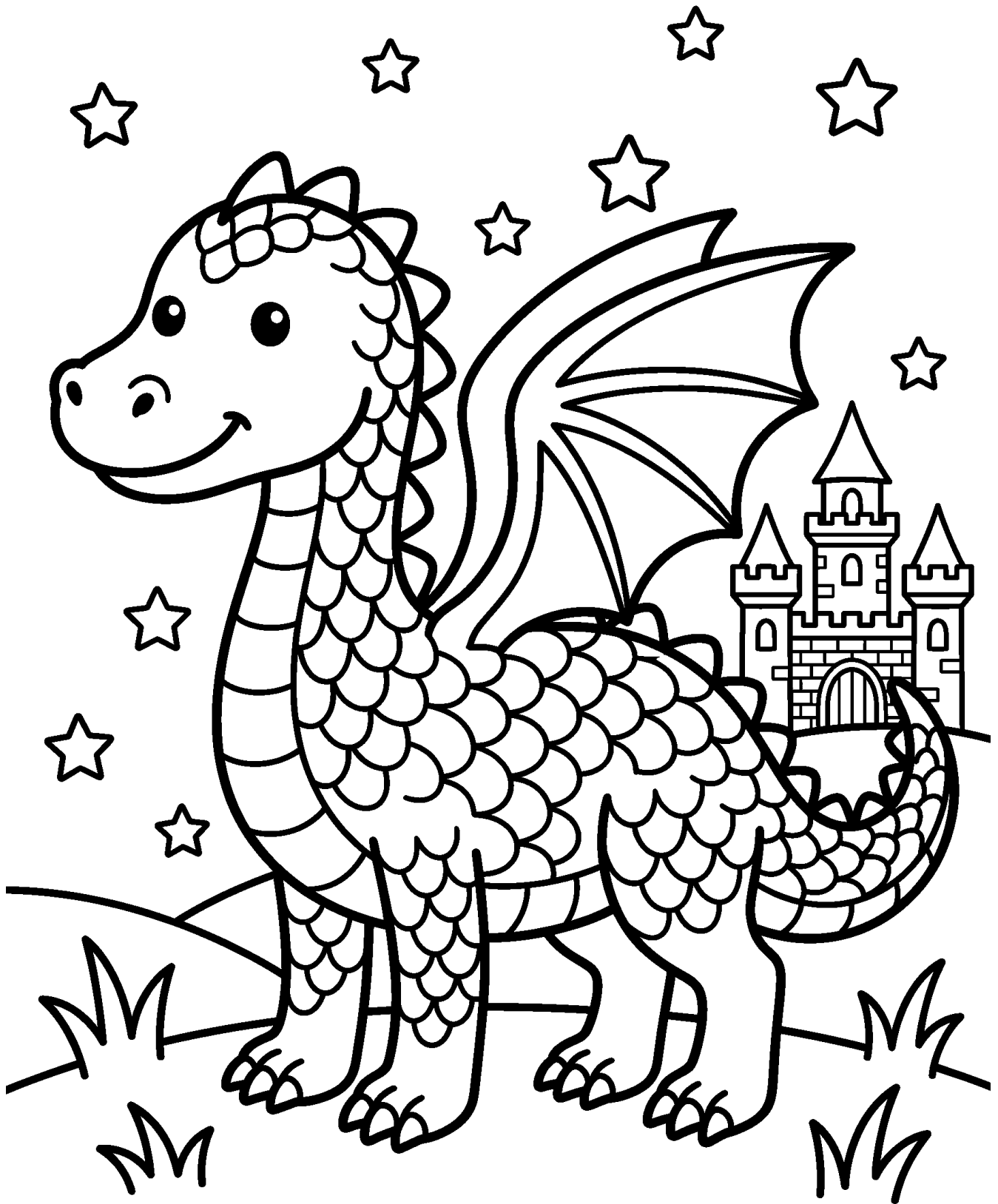
Talk about it: What does a hedgehog do when it is scared?

Grown-up tip: Use the tip of the pencil, not the side, and work in one direction. Short repeated strokes are the grip-strength exercise occupational therapists recommend most.

Friendly Dragon

Fantasy · Castles

Builds: scales as a pattern · wings · castle behind



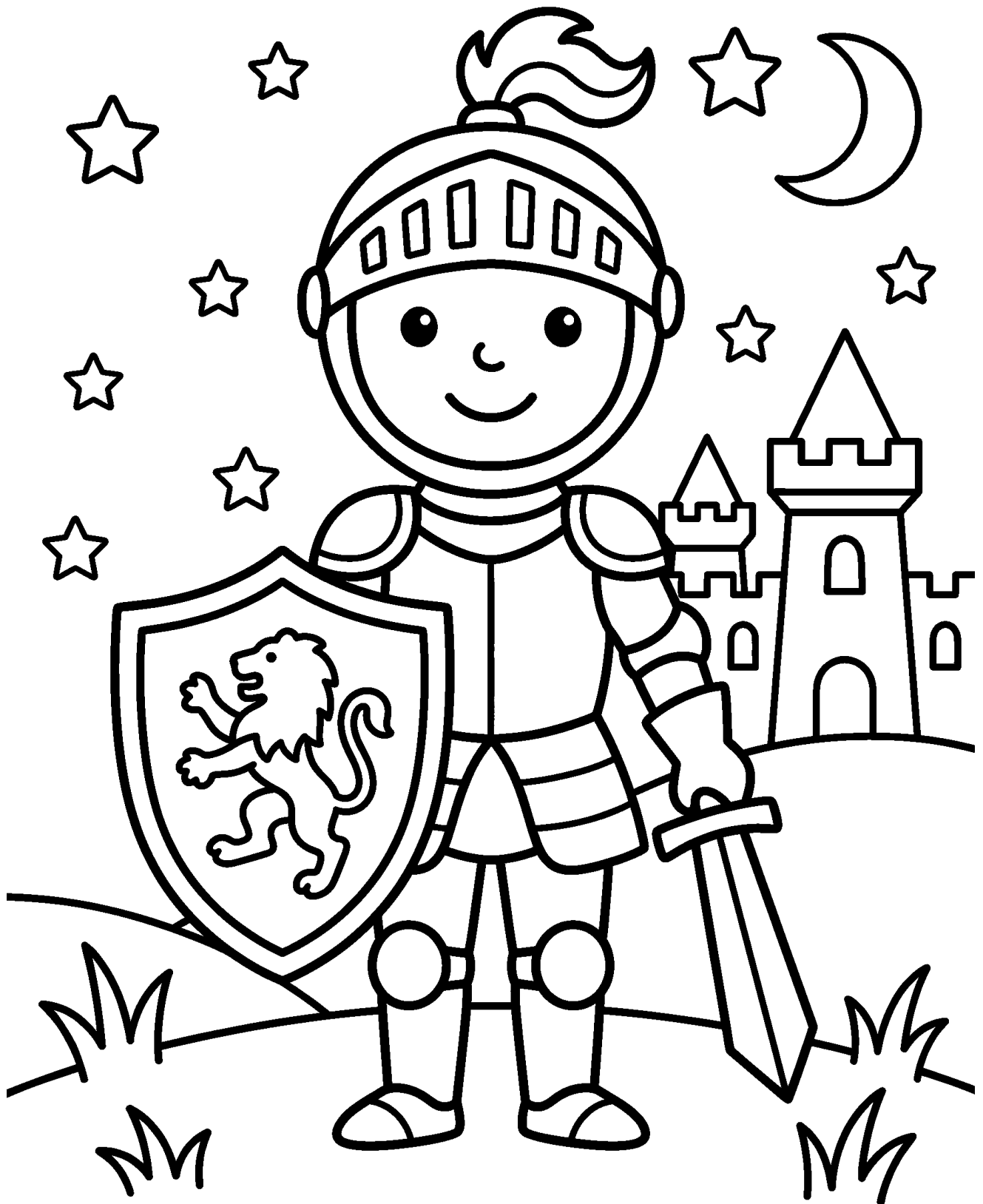
Talk about it: Is this dragon friendly or fierce? How many ridges are on its back?

Grown-up tip: The scales are dozens of small panels. Pick two colours and alternate — it looks better than one.

Knight

Fantasy · Castles

Builds: an emblem on the shield · armour in sections · castle behind



Talk about it: Which animal is on the shield? What emblem would you choose?

Grown-up tip: The shield is a picture inside the picture. Let them start there — it has its own small finish.

Pirate

Fantasy · Pirates and the Sea

Builds: treasure chest · parrot · ship on the horizon



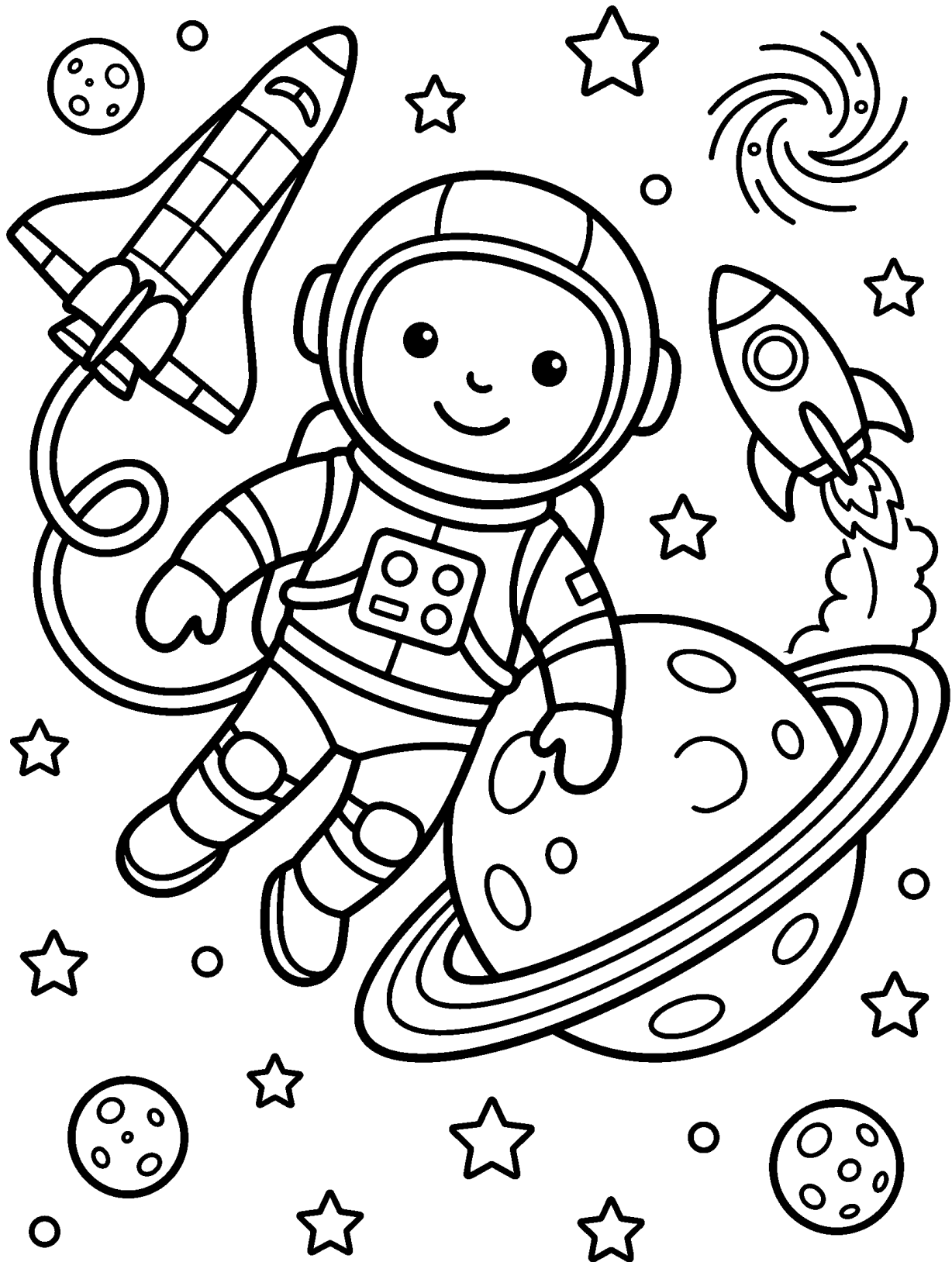
Talk about it: What is inside the chest? What do you think the parrot is called?

Grown-up tip: The treasure is the one place to use every colour at once. Two or three will do everywhere else.

Astronaut in Space

Fantasy · Space and Robots

Builds: a suit in sections · ringed planet · stars and rockets



Talk about it: Why does the astronaut wear a helmet? What would you take to space?

Grown-up tip: The ringed planet is the biggest circle here. The rings take one long sweeping stroke.

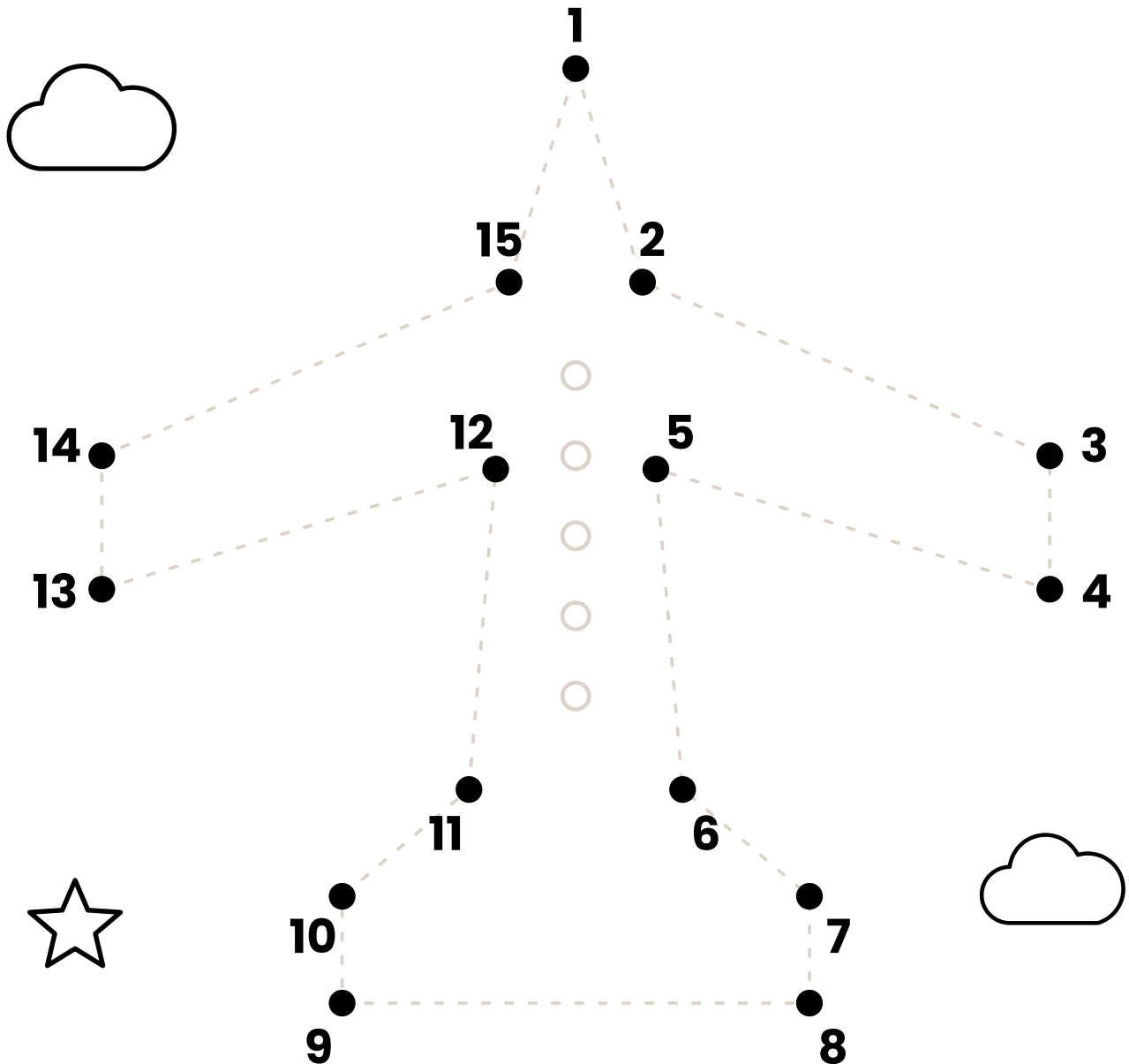
Dot-to-dot 1-15: airplane

Join the dots from 1 to 15 and 15 back to 1. An airplane appears. Colour it and draw where it is flying.

Recommended age: 4-5 years · dot-to-dot

Name

Date



Tip for parents: Let the child say where the plane is flying – then draw it (clouds, sun, an airport). If they lose the sequence, point to the last correct dot, not the start.

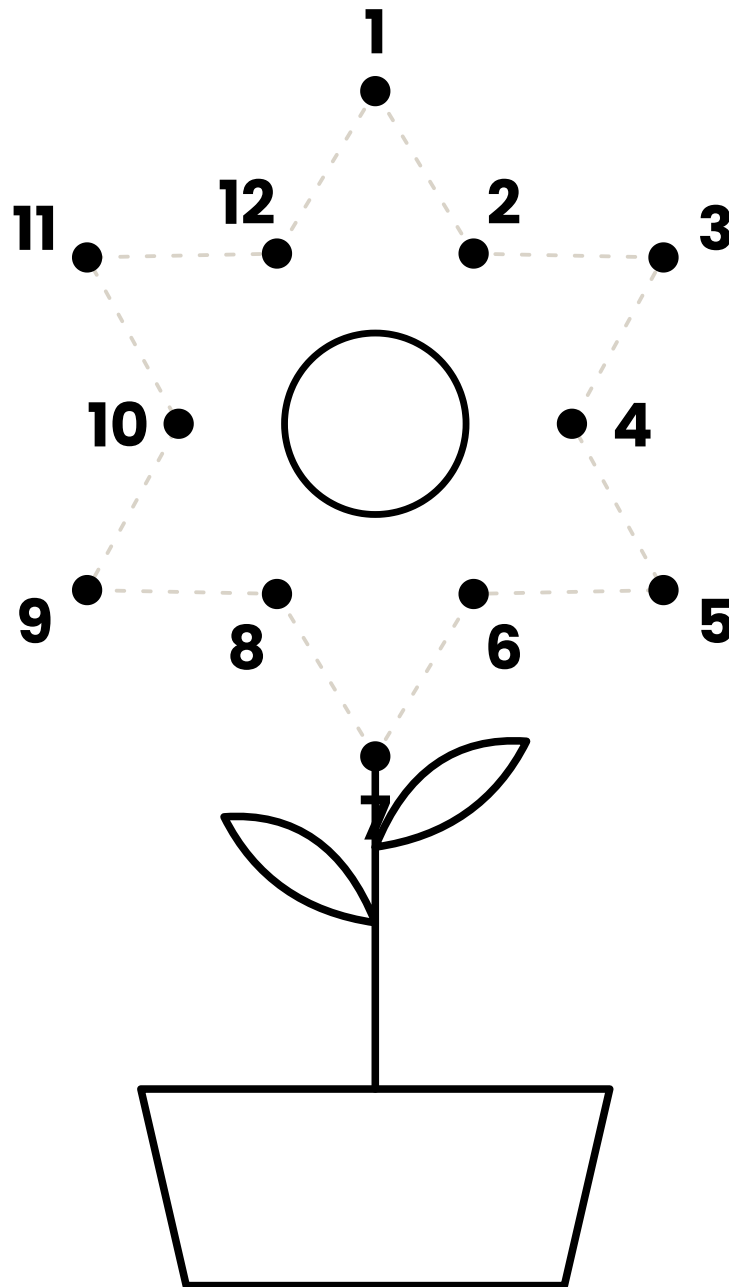
Dot-to-dot 1-12: flower

Join the dots from 1 to 12 and 12 back to 1. A flower in a pot appears. Colour it.

Recommended age: 4-5 years · dot-to-dot

Name

Date



Tip for parents: Praise when the child stops on their own to look for the next number – that is exactly the skill. Read 11 and 12 out loud together before they start.

Shape sudoku and tangled lines

1. Every row, column and box has each shape once – draw the missing ones. 2. Follow the line with a finger: who gets what?

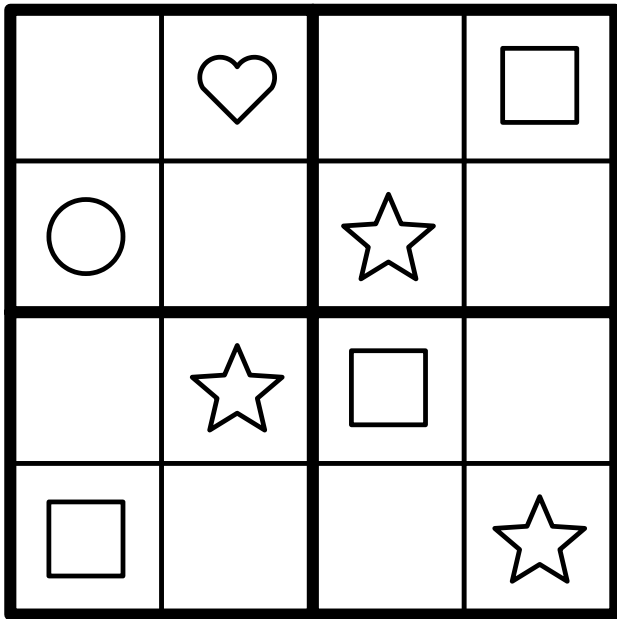
Recommended age: 4–5 years • puzzles

Name

Date

1. Shape sudoku

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



star



heart



circle



square

2. Who gets what? Follow the line with a finger.



Tip for parents: Start the sudoku with a box where only one shape is missing – solve it together. For the lines, let the child follow with a finger and say out loud whose line it is before answering.

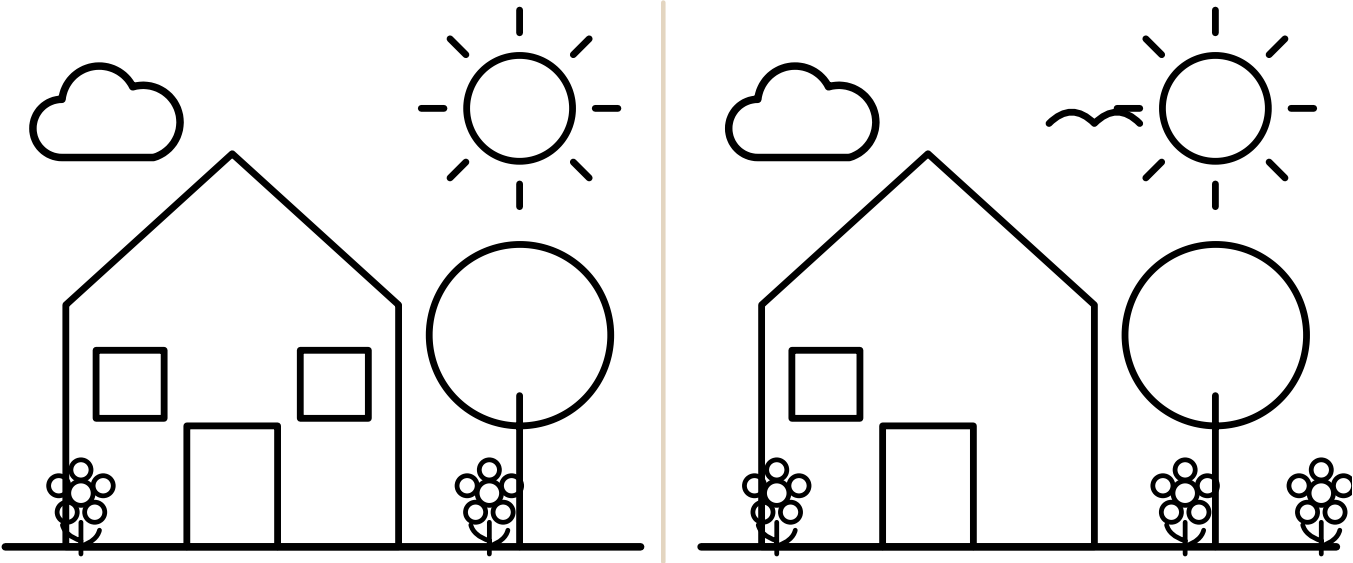
Spot the difference and sudoku

1. The pictures differ in three things — find and circle them. 2. In the sudoku, draw the missing shapes: every row, column and box has each shape once.

Recommended age: 4–5 years · puzzles

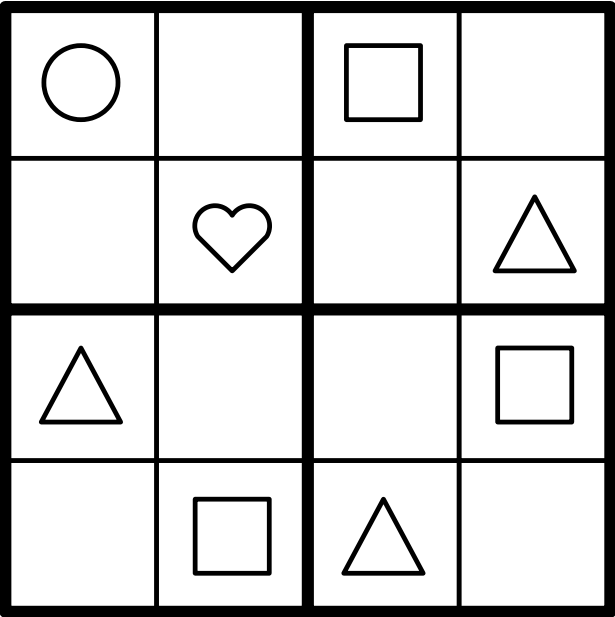
Name _____ Date _____

1. Spot 3 differences



2. Picture sudoku

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



Tip for parents: Teach the child to “walk” the picture top to bottom. For the sudoku, say the rule in one sentence and solve the first square together. The differences: window, bird, flower.