A gentle growing start

A grown-up guide for short, offline pre-writing practice.

Choose by readiness

For adults supporting many children ages 3-4. Start with finger tracing; try a supervised pencil or crayon when comfortable. Age is a starting point, not a standard or assessment.

Start small

Print at 100% / actual size on the matching paper. Offer a stable surface and a comfortable grip. Demonstrate one path. Try one or two rows for 3-5 minutes; stop earlier if tired or frustrated. No page must be finished.

Read the path

An open circle means START; an outlined square means FINISH. The small arrow shows the first movement. Follow the dotted line. On Planting pauses, lift between each short stroke. Use either hand; do not force a grip or speed.

Choose a next step

Begin: rain, rows and leaning stems (pages 2-4). Then try corners, arches and ripples (5-7). When ready, offer curls, loops and pencil lifts (8-10). Mix moves on page 11. Skip or repeat any page.

Notice effort, not perfection

Accept wobbling and pauses. Say: You started at the circle and kept going. These are tracing guides, not scored puzzles; no separate answer key is needed. The optional drawing spaces have many valid results.

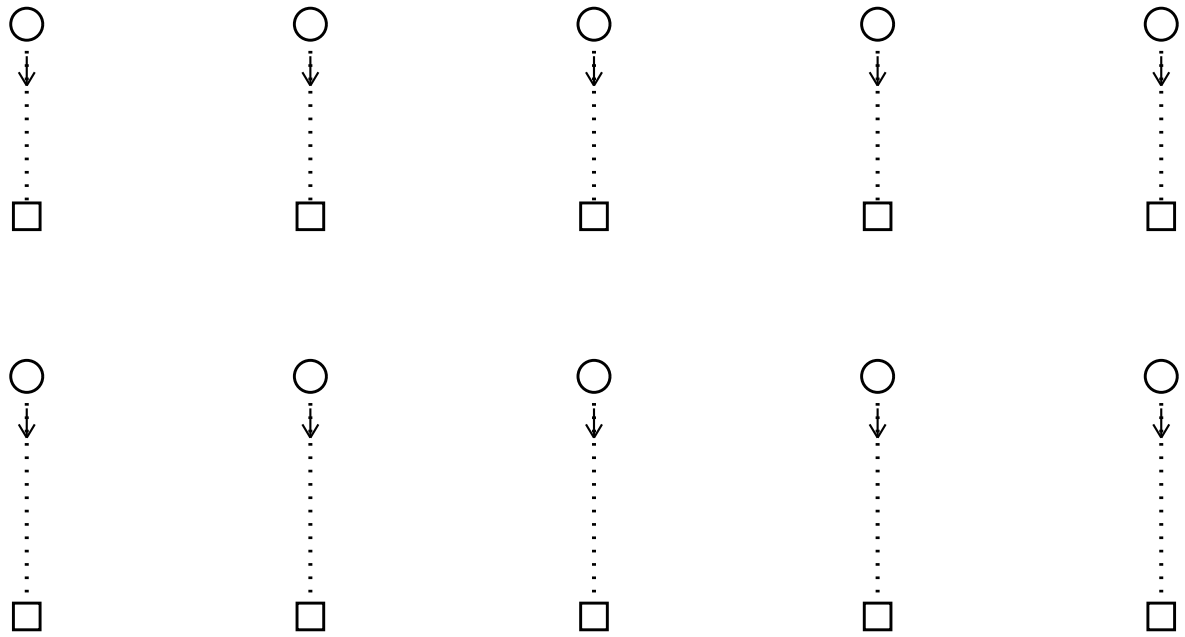
Use and support

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1. Rain strokes

Start at each circle. Trace down to the square.

Circle = start. Square = finish. Trace with your finger first.



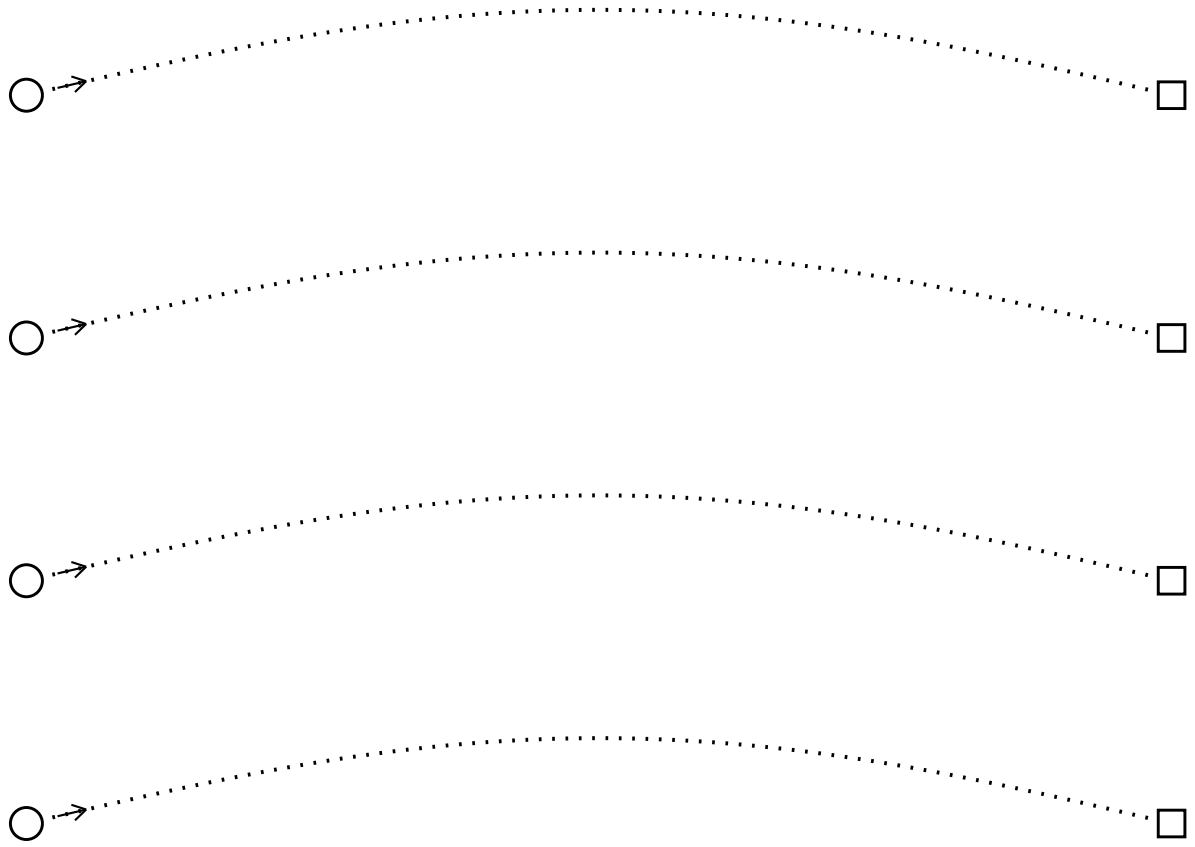
Ready for more? (Optional)

Make three rain strokes in the space below.

5. Soft arches

Start at the circle. Trace up, over and down.

Circle = start. Square = finish. Trace with your finger first.



Ready for more? (Optional)

Draw one big arch and one small arch.