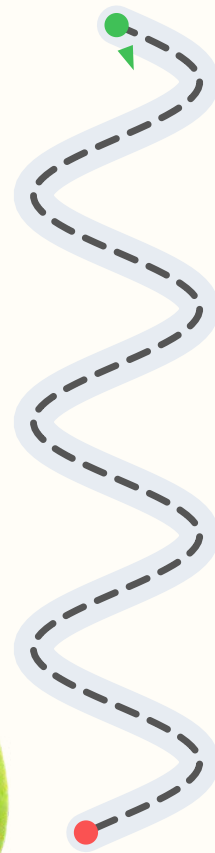




My First Tracing Strips

Pre-writing practice for little hands



18 wipe-clean strips

3 levels

Ages 3–6



Art & Craft Academy · My First Tracing Strips

How to Use



1

Laminate the pages, then cut along the dashed lines.

2

Punch the little hole and keep all the strips on a ring.

3

LINES: start at the green dot, follow the arrow to the red dot.

4

SHAPES: start at the green dot and go all the way around.

5

Wipe clean and try again — as many times as you like!

What the symbols mean

● ► Start here and go this way

● Stop here

--- Gray track = helper road. It gets thinner in Level 2 and disappears in Level 3 as skills grow.

Level 1 · Ages 3+

Level 2 · Ages 4+

Level 3 · Ages 5+

Levels are a guide, not a rule — move on when your child is ready.



For Grown-ups

A little guide to make tracing fun — and useful

Skills your child builds

- Fine motor control & finger strength
- Hand–eye coordination
- Pre-writing strokes used in letters
- Direction: top → bottom, left → right
- Focus, patience & confidence
- Using both hands (one holds the strip)

Pencil grip — roughly what to expect

Age 3

Whole-hand (fist) grip is normal. Use a thick marker and big moves.

Age 4

Fingers start to take over. Offer short, thick markers to guide them.

Age 5–6

Tripod grip: thumb + two fingers, resting on the middle finger.

How to help (without pushing)

- Trace with a finger first, then with the marker.
- Keep it short: 5–10 minutes is plenty.
- Praise effort, not neatness. Going off the line is part of learning.
- Don't correct every try — let them wipe and try again.
- Repeat a strip as often as your child wants before moving on.
- Stop while it's still fun!

Every child develops at their own pace — the ages here are only a guide.

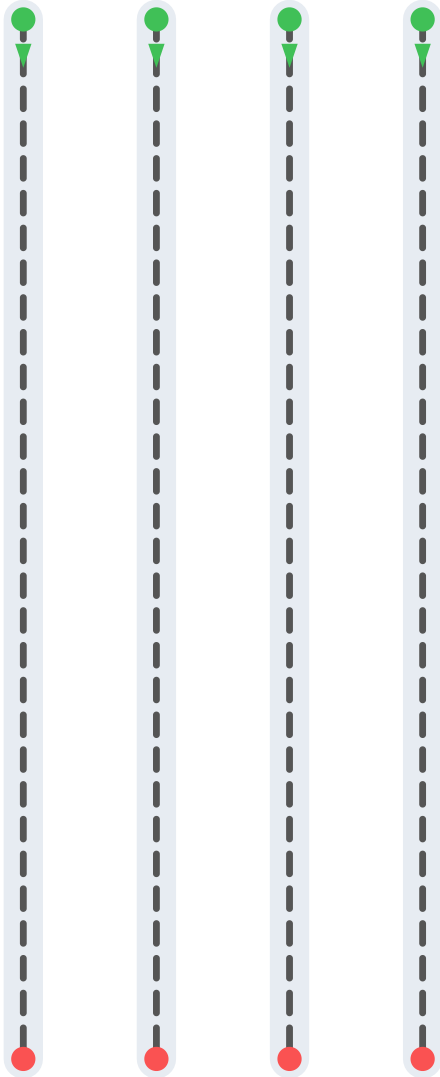




1

Straight Lines

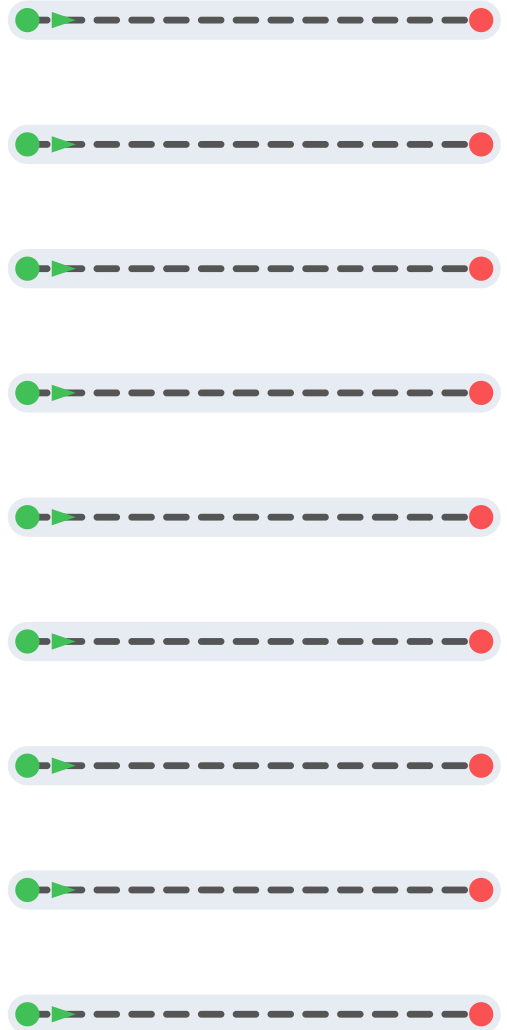
Level 1 · Ages 3+



2

Sleeping Lines

Level 1 · Ages 3+

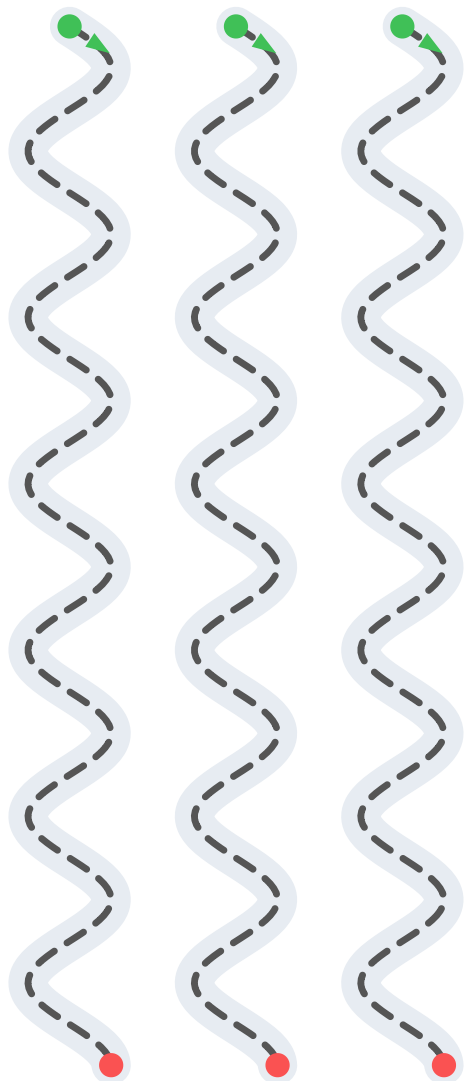




3 Waves



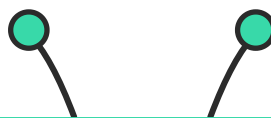
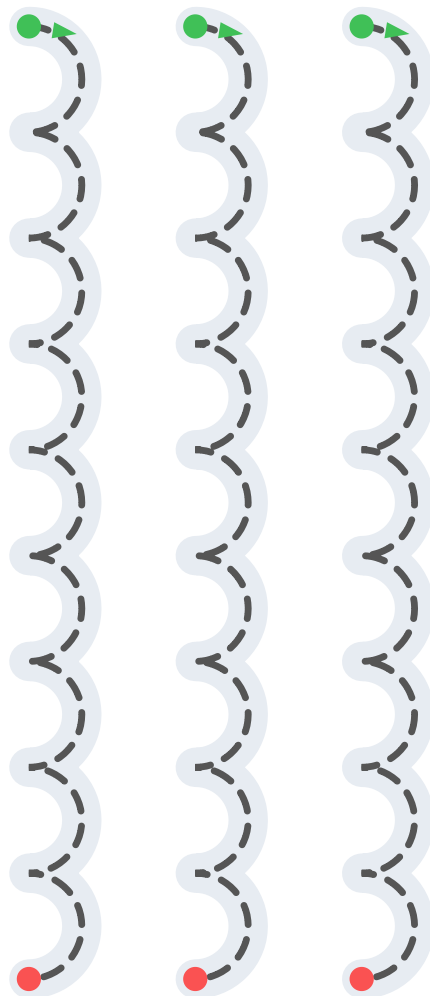
Level 1 · Ages 3+



4 Arches



Level 1 · Ages 3+



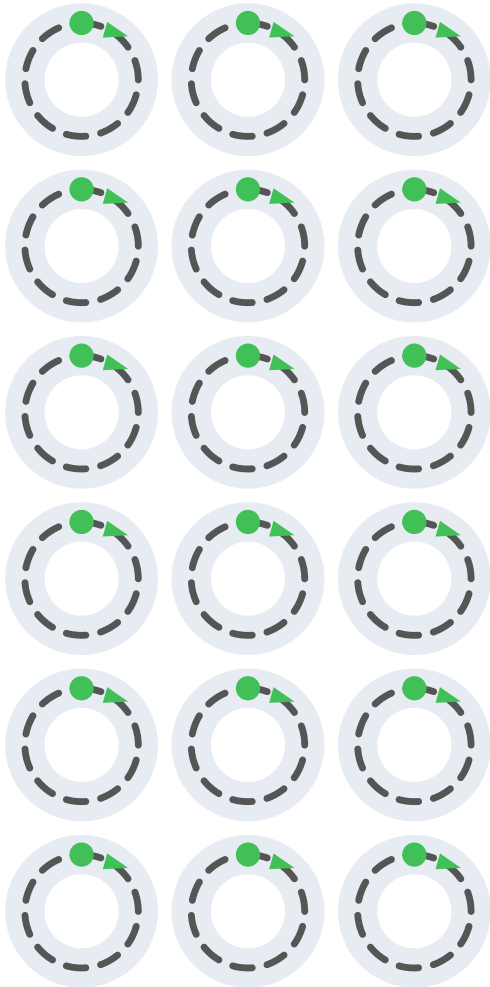


5

Circles



Level 1 · Ages 3+

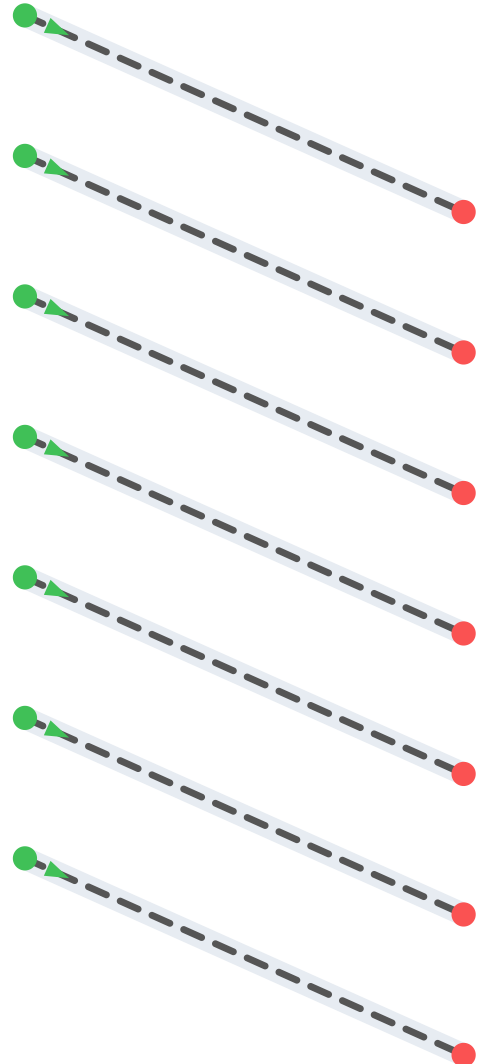


6

Slides



Level 2 · Ages 4+



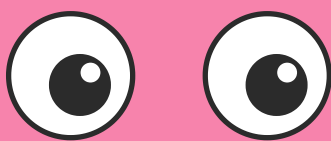
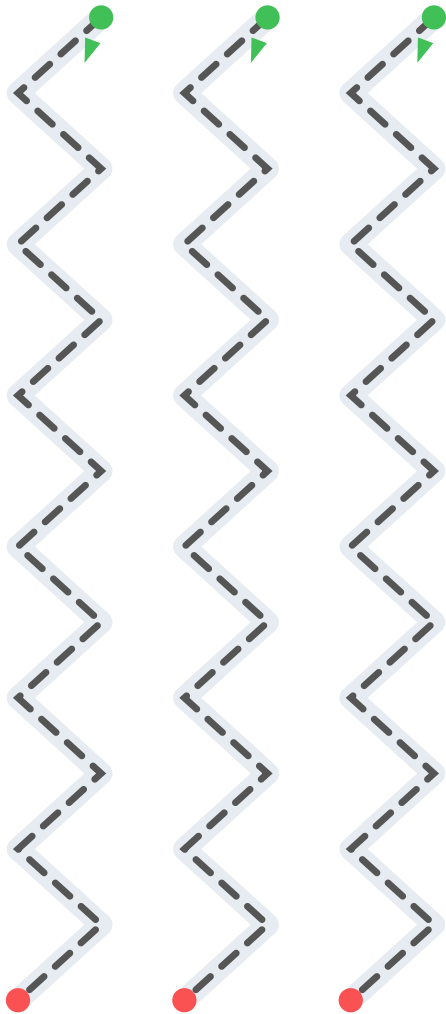


7

Zigzag



Level 2 · Ages 4+

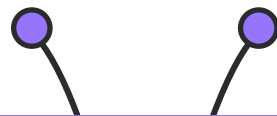
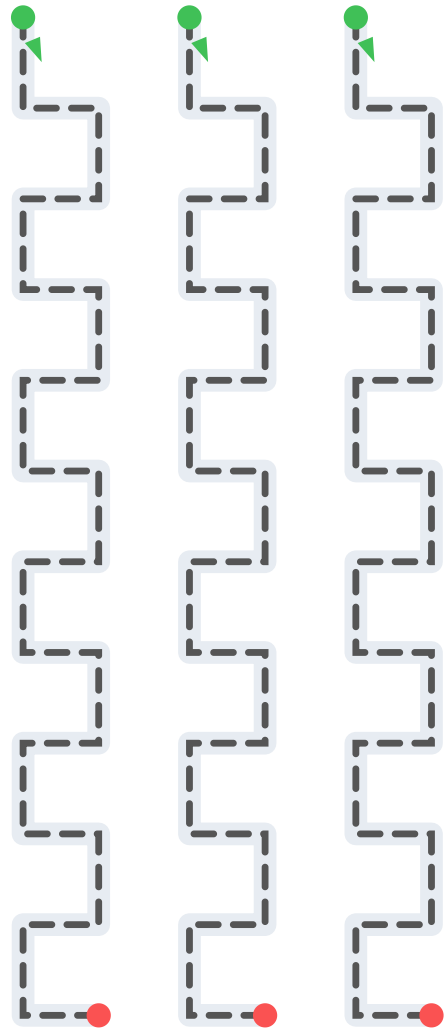


8

Castle Walls



Level 2 · Ages 4+



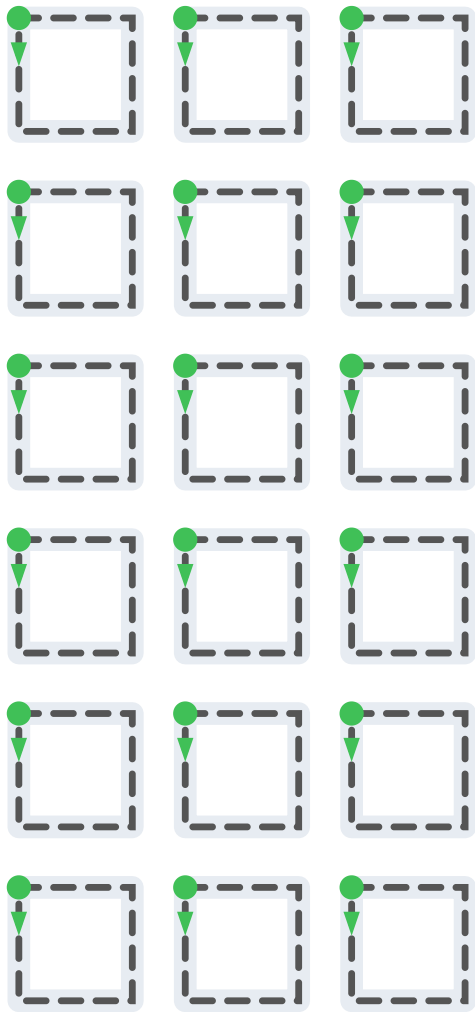


9

Squares



Level 2 · Ages 4+

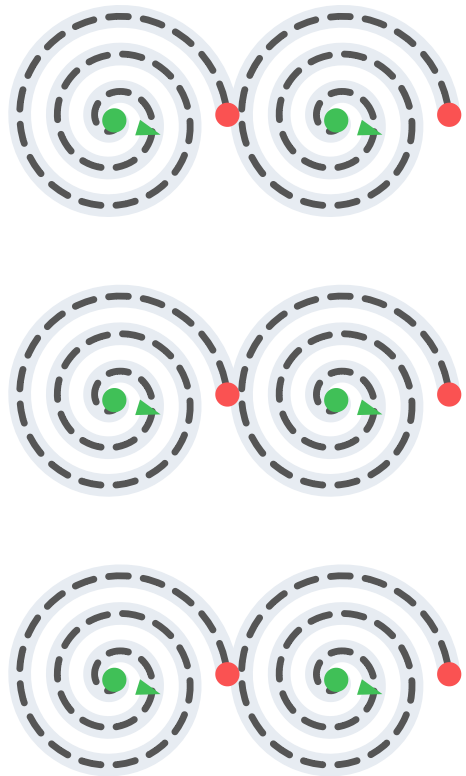


10

Spirals



Level 2 · Ages 4+

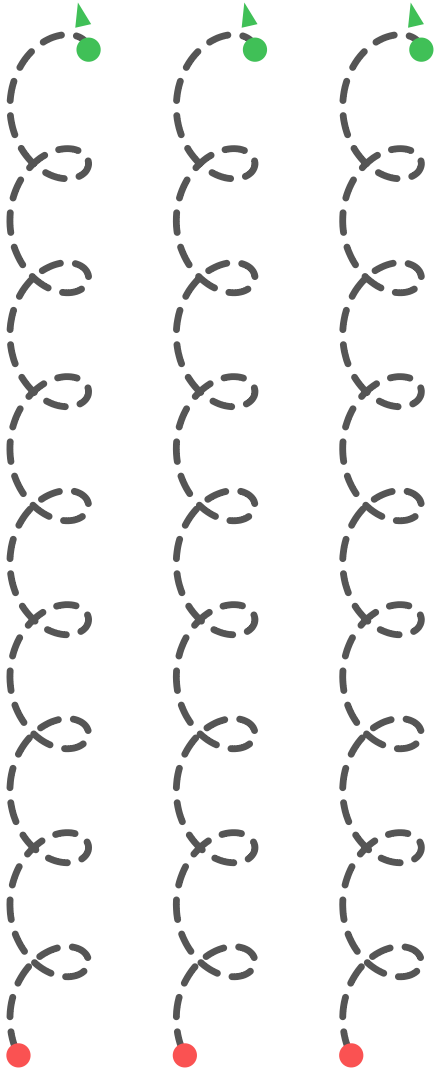




11 Loops



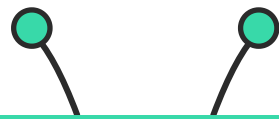
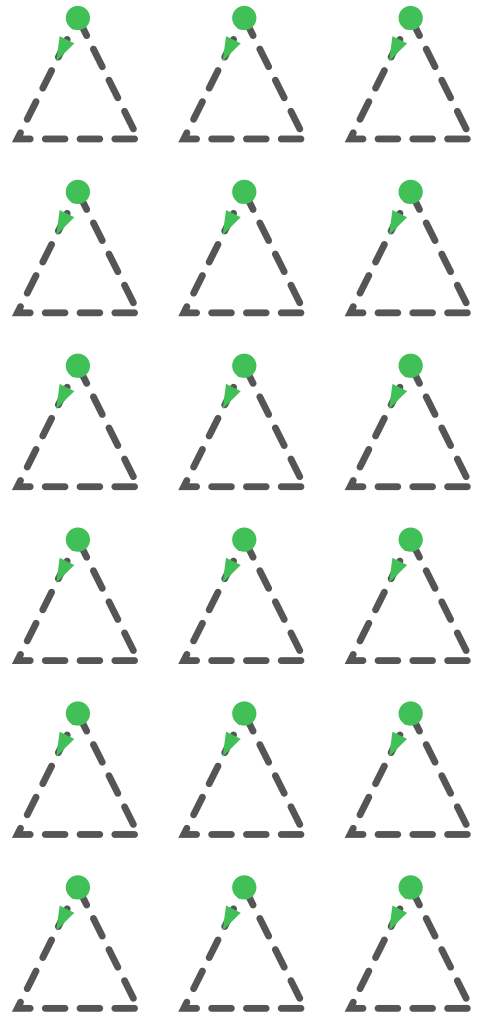
Level 3 · Ages 5+



12 Triangles



Level 3 · Ages 5+

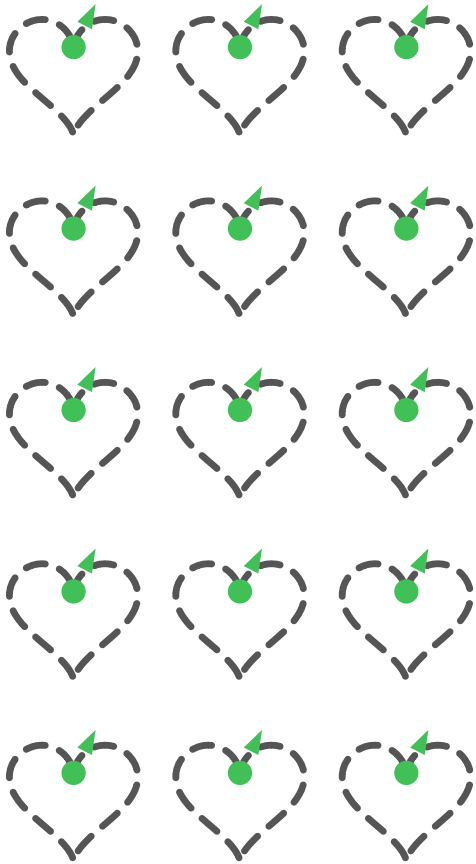




13 Hearts



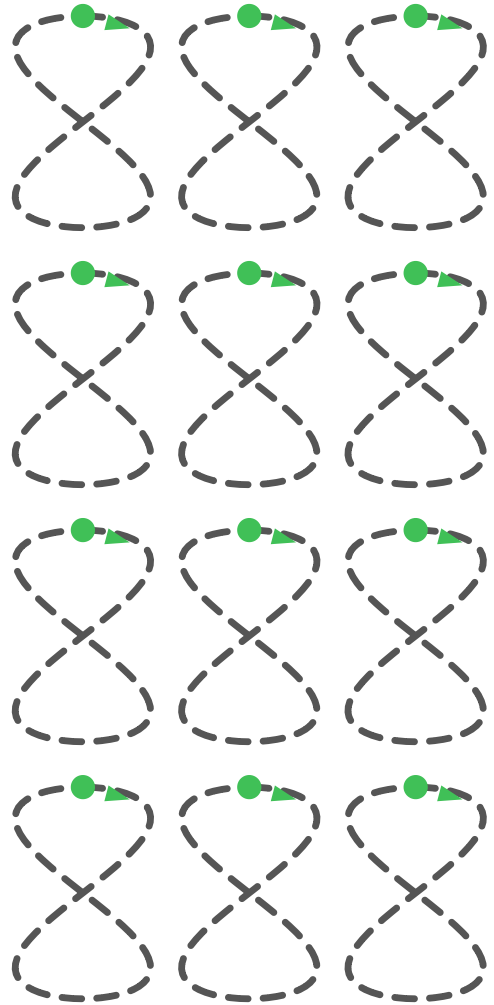
Level 3 · Ages 5+



14 Figure Eights



Level 3 · Ages 5+

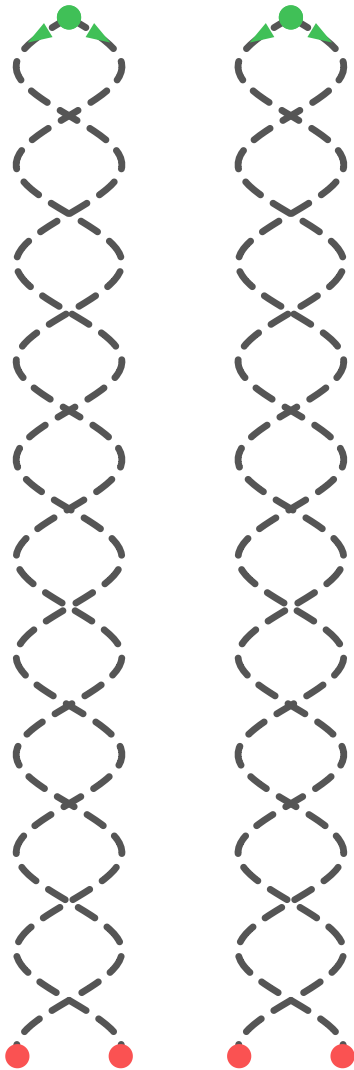




15 Rope



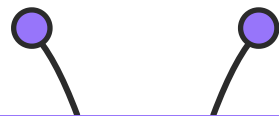
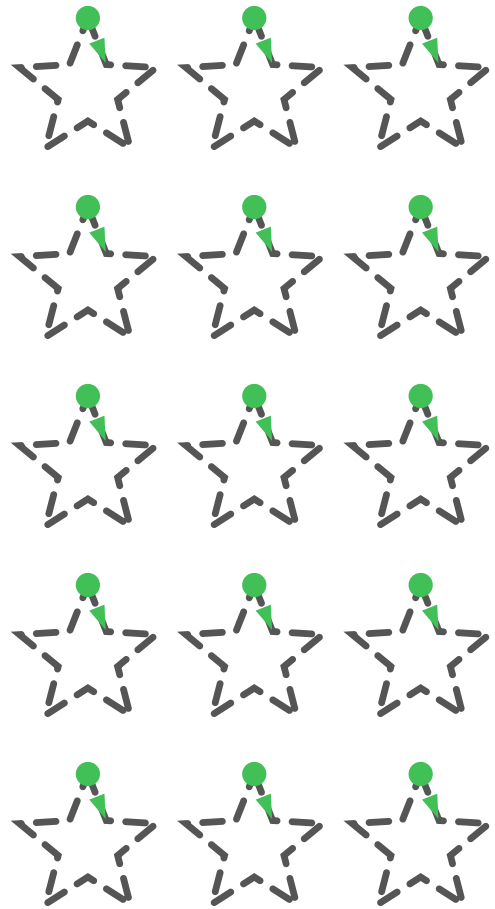
Level 3 · Ages 5+



16 Stars



Level 3 · Ages 5+





17

Your Turn!

Free Draw



Draw your own lines!

Waves, zigzags, loops...



18

Mix & Match

Free Draw



Make a pattern!

Circle, line, circle, line...





Great Job!

I practiced all 16 tracing strips



Color a star for every strip you practice!



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16

Name: _____

