

1

My Number Cards

ART & CRAFT
ACADEMY

My Number Cards 0 to 20

Number Tracing Cards 0-20 · Ages 3-6

Trace · Count · Write

Name: _____



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?

How to use (for kids)

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- 1 **Front:** start at 1, follow the arrows on the dashed line and **stop at the star**. Then **count the pictures** and say the number.
- 2 **Arrows show the way.** The numbers 1, 2 show where to start and where to turn. Some numbers have two lines.
- 3 **Back:** trace the dots from the **green dot**, then write the number on your own in the empty box.
- 4 Color a star on “**My progress**”, then wipe the card and try again!



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My progress

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Color a star for every number you finish!

0	★	1	★	2	★	3	★	4	★	5	★	6	★
7	★	8	★	9	★	10	★	11	★	12	★	13	★
14	★	15	★	16	★	17	★	18	★	19	★	20	★

I did it — 0 to 20!



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Play with the cards

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- 1 **Pick a card:** pick one without looking, say the number, count the pictures, then trace it.
- 2 **Show me:** the grown-up picks a card and says “show me 7 blocks” — count out exactly that many.
- 3 **Missing number:** put 5 cards in order, close your eyes, the grown-up hides one. Which number is gone?
- 4 **0 to 20:** put all the cards in order, then from 20 back to 0.

Laminate the cards so you can play with them again and again.



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Prepare the space



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- 1 **A calm, fixed place:** a table and chair at your child's size, good light, no screens.
- 2 **Everything in its place:** cards, marker and cloth on a small tray your child can reach.
- 3 **Count real things:** beans, buttons, blocks, fruit — the real quantity before the card.
- 4 **Less is better:** one or two cards per session; change them every day.
- 5 **Talk less:** name the number, don't correct while they write. Let them compare with the card and fix it.



If your child refuses



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- 1 **Stop — no pressure, no blame.** Refusing is a message, not stubbornness.
- 2 **Make it easier:** back to the finger instead of the pen, or the easiest numbers (1, 0, 7).
- 3 **Change the feel:** trace the number with a finger in sand, flour or clay.
- 4 **Back to real counting:** count things around them, no pen at all.
- 5 **End calmly, come back soon:** 5 to 10 minutes is enough.

If refusing goes on for weeks, or holding the pen is very hard, ask a specialist.



What you need



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- 1 **A4 paper:** print at 100% (Actual size), not "Fit to page".
- 2 **Dry-erase marker** and a tissue or soft cloth.
- 3 **Laminating pouch** or a clear sleeve, so it can be written on and wiped.
- 4 **Safe scissors** if your child helps with cutting.
- 5 **Setup:** cut on the dotted horizontal line → fold on the vertical line, print outside → laminate.



What your child will learn



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- 1 **Goal:** know the numerals 0–20, write each one along the right path, and link it to a quantity and a name.
- 2 **Skills:** fine motor control · one-to-one counting (picture = number) · counting up and down · the idea of zero · tens and ones.
- 3 **Suggested age:** about 3.5 to 6, depending on readiness.
- 4 **Fun fact:** zero means "none" — but put a 1 in front of it and it becomes 10!



How to present it



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- 1 Pick one or two numbers per session. Start with the small ones (0 to 5).
- 2 Show the card, say the number's name, and count the pictures together with a finger.
- 3 **Finger first:** trace from 1, follow the arrows, stop at the star.
- 4 **Then the marker** on the same path.
- 5 **Back side:** trace the dots from the green dot, then write alone.
- 6 **11 to 20:** tens on the left, ones on the right (like 17).
- 7 Color the star, and praise the effort, not the perfect line.



Talk about it



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- 1 "What does this number look like?" (1 like a stick, 0 like a circle)
- 2 "Where do we start? Which way do we go?"
- 3 "Where in the house can you find 3 things? And 5?"
- 4 "How many things are on the plate? And if there are none?" (zero)
- 5 "Which is more, 6 or 9? How do you know?"

These cards use the numerals 0, 1, 2, 3 ... as written in English books.



Warm-up before writing



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- 1 **Dough and clay:** roll balls and snakes.
- 2 **Sand or flour:** draw lines and curves with a finger on a tray.
- 3 **In the air:** draw the number with a finger while saying its name.
- 4 **Pen grip:** pick up small beads with tweezers before the pen.
- 5 Start with two or three minutes, then go to the card.

Goal: hands ready before the pen.



Notes for parent / teacher



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Child's name: _____

Numbers they know well: _____

Numbers that need time: _____

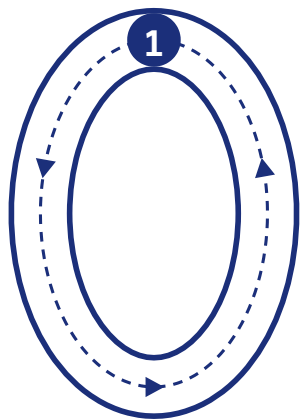
Pen grip / interest: _____

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Notes are your best tool: write what you saw and start the next session from it.

**0****Number 0 · trace the arrows**ART & CRAFT
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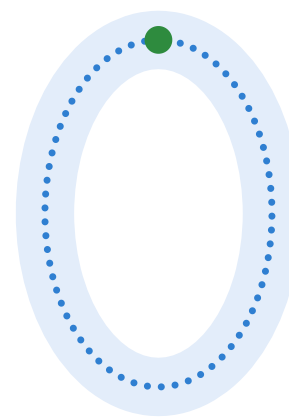
Count with me

Nothing here!
zero = none**zero**

Start at 1, follow the arrows, stop at the star · then count the pictures



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**0****Number 0 · dots, then write**ART & CRAFT
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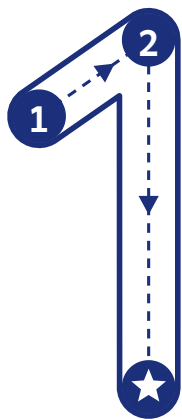
Start at the green dot · then write it on your own in the empty box



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**1****Number 1 · trace the arrows**ART & CRAFT
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Count with me

**one**

Start at 1, follow the arrows, stop at the star · then count the pictures



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**1****Number 1 · dots, then write**ART & CRAFT
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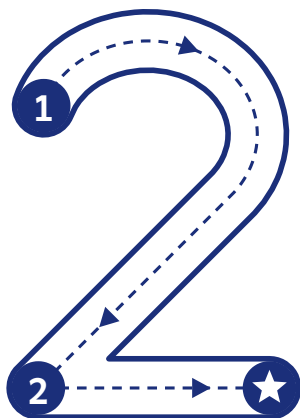
Start at the green dot · then write it on your own in the empty box



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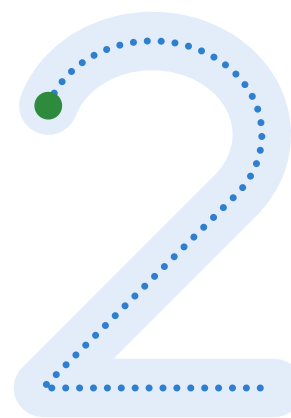


**2****Number 2 · trace the arrows**ART & CRAFT
ACADEMY

Count with me

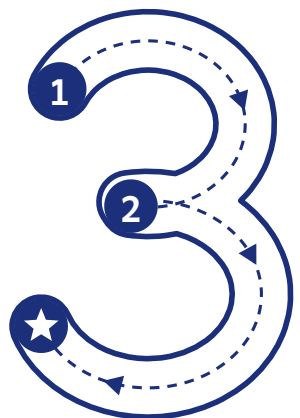
**two**

Start at 1, follow the arrows, stop at the star · then count the pictures

artandcraftacademy.com**2****Number 2 · dots, then write**ART & CRAFT
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2
2

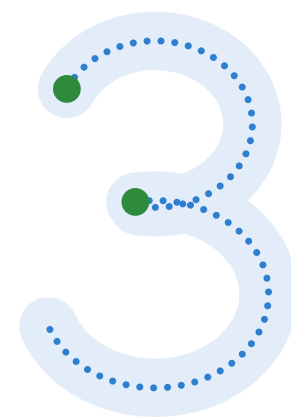
Start at the green dot · then write it on your own in the empty box

artandcraftacademy.com**3****Number 3 · trace the arrows**ART & CRAFT
ACADEMY

Count with me

**three**

Start at 1, follow the arrows, stop at the star · then count the pictures

artandcraftacademy.com**3****Number 3 · dots, then write**ART & CRAFT
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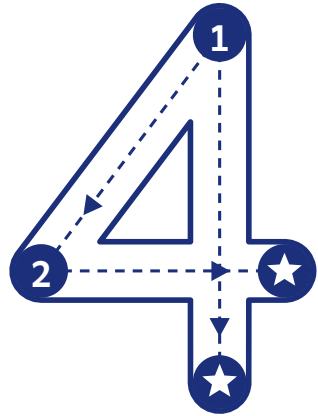
3
3

Start at the green dot · then write it on your own in the empty box

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4

Number 4 • trace the arrows

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Count with me



four

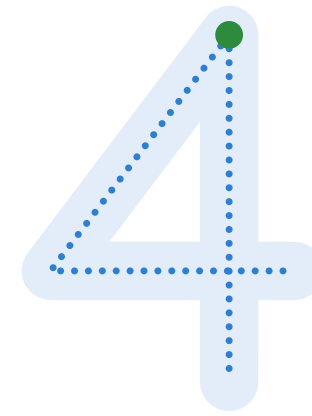
Start at 1, follow the arrows, stop at the star • then count the pictures



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4

Number 4 • dots, then write

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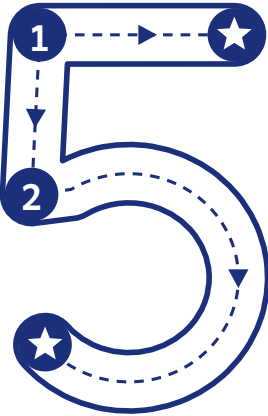
Start at the green dot • then write it on your own in the empty box



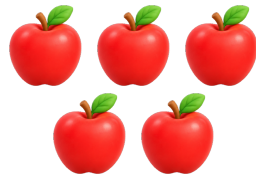
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5

Number 5 • trace the arrows

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Count with me



five

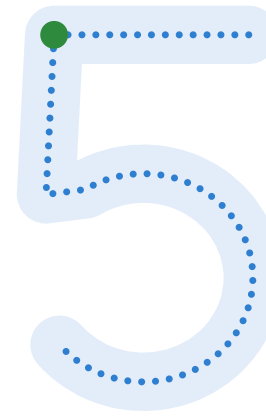
Start at 1, follow the arrows, stop at the star • then count the pictures



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5

Number 5 • dots, then write

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Start at the green dot • then write it on your own in the empty box



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6

Number 6 · trace the arrows

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Count with me



six

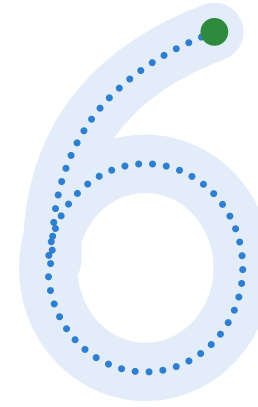
Start at 1, follow the arrows, stop at the star · then count the pictures



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6

Number 6 · dots, then write

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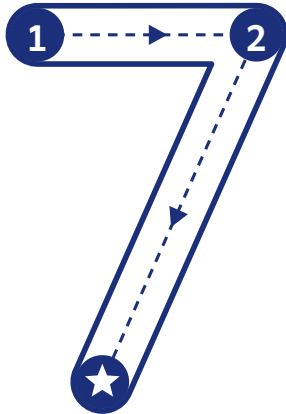
Start at the green dot · then write it on your own in the empty box



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7

Number 7 · trace the arrows

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Count with me



seven

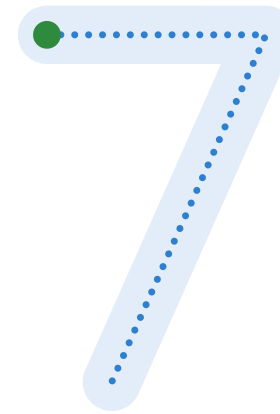
Start at 1, follow the arrows, stop at the star · then count the pictures



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7

Number 7 · dots, then write

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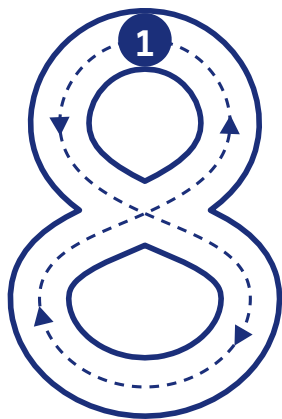
Start at the green dot · then write it on your own in the empty box



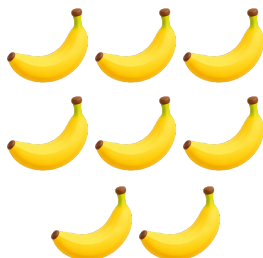
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8

Number 8 • trace the arrows

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Count with me



eight

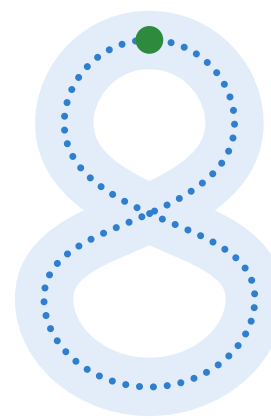
Start at 1, follow the arrows, stop at the star • then count the pictures



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8

Number 8 • dots, then write

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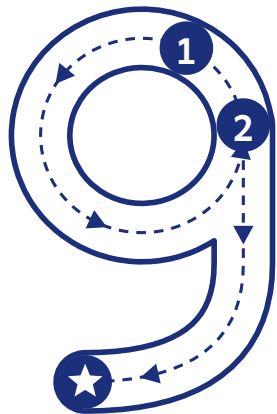
Start at the green dot • then write it on your own in the empty box



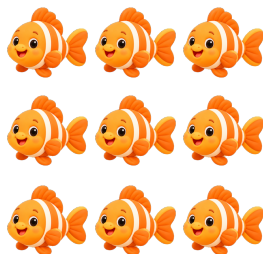
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9

Number 9 • trace the arrows

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Count with me



nine

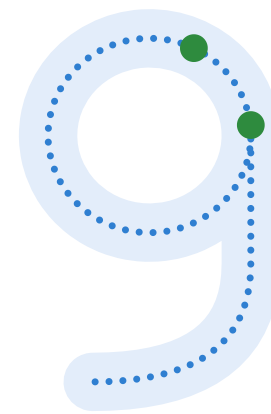
Start at 1, follow the arrows, stop at the star • then count the pictures



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9

Number 9 • dots, then write

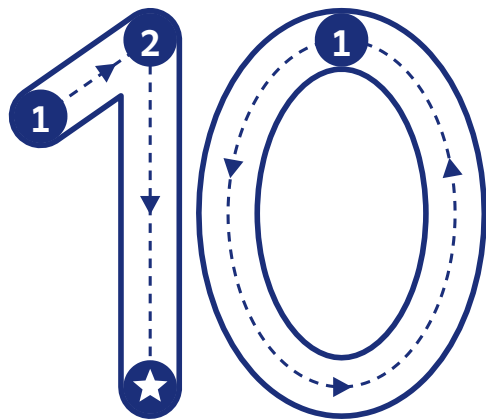
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Start at the green dot • then write it on your own in the empty box

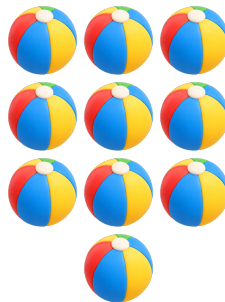


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10 Number 10 • trace the arrows



Count with me



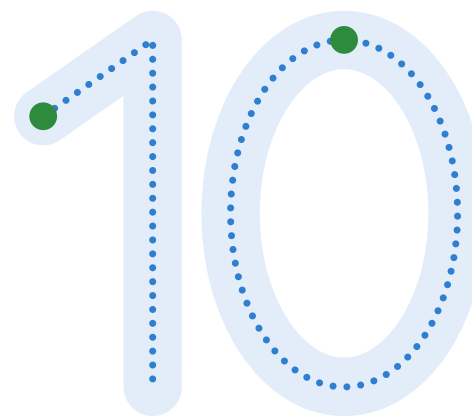
ten

Start at 1, follow the arrows, stop at the star • then count the pictures



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10 Number 10 • dots, then write



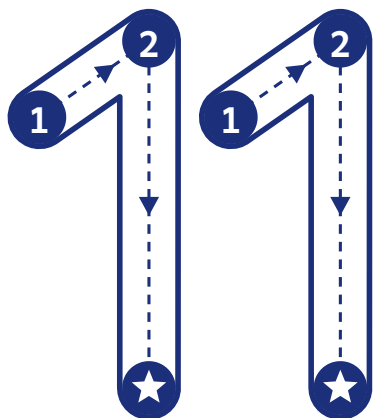
Start at the green dot • then write it on your own in the empty box



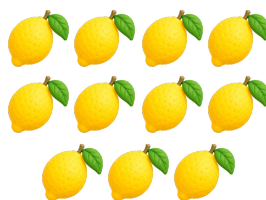
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10
10

11 Number 11 • trace the arrows



Count with me



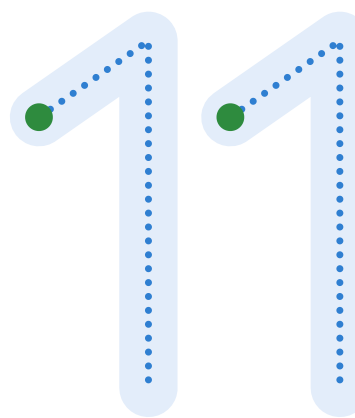
eleven

Start at 1, follow the arrows, stop at the star • then count the pictures



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11 Number 11 • dots, then write



Start at the green dot • then write it on your own in the empty box

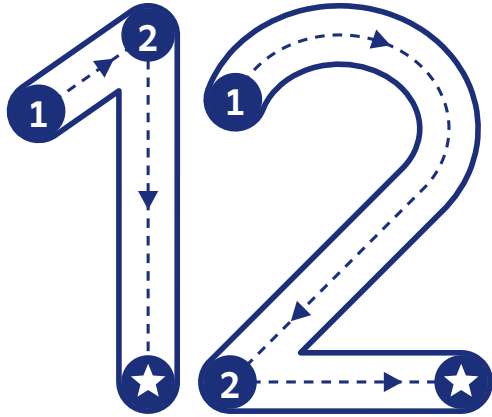


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11
11

12

Number 12 · trace the arrows

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Count with me



twelve

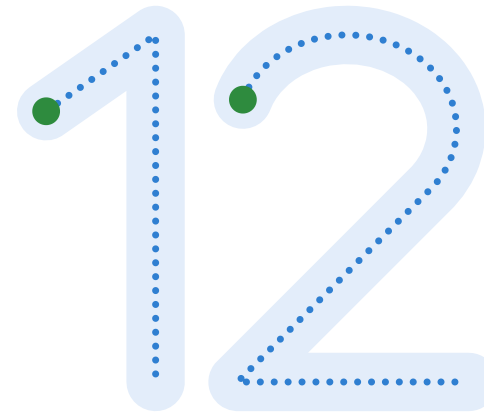
Start at 1, follow the arrows, stop at the star · then count the pictures



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12

Number 12 · dots, then write

ART & CRAFT
ACADEMY

Start at the green dot · then write it on your own in the empty box

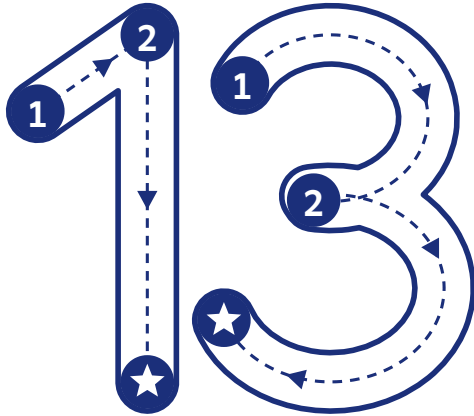


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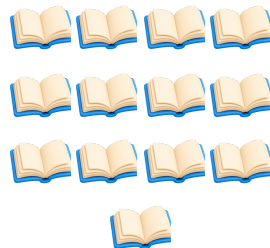


13

Number 13 · trace the arrows

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ACADEMY

Count with me



thirteen

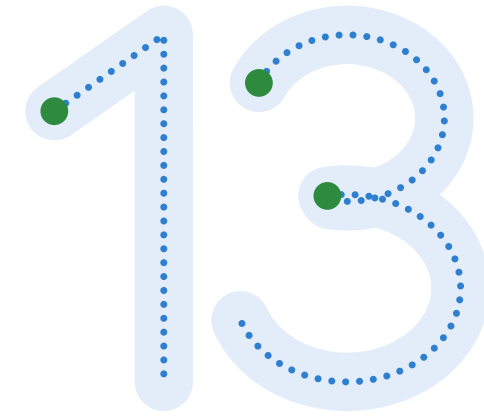
Start at 1, follow the arrows, stop at the star · then count the pictures



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13

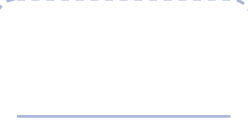
Number 13 · dots, then write

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Start at the green dot · then write it on your own in the empty box

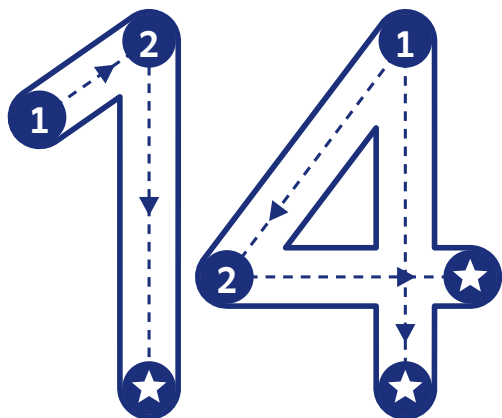


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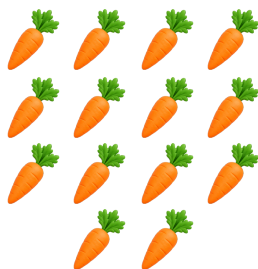


14

Number 14 • trace the arrows

ART & CRAFT
ACADEMY

Count with me



fourteen

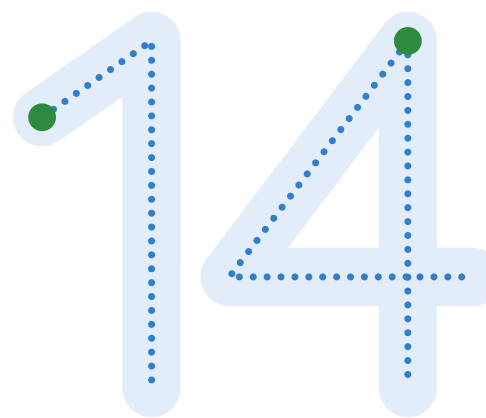
Start at 1, follow the arrows, stop at the star • then count the pictures



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14

Number 14 • dots, then write

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14

14

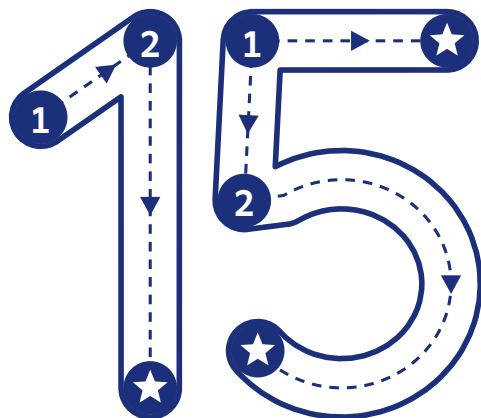
Start at the green dot • then write it on your own in the empty box



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15

Number 15 • trace the arrows

ART & CRAFT
ACADEMY

Count with me



fifteen

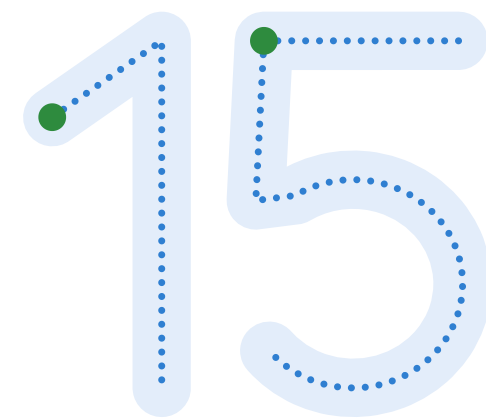
Start at 1, follow the arrows, stop at the star • then count the pictures



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15

Number 15 • dots, then write

ART & CRAFT
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15

15

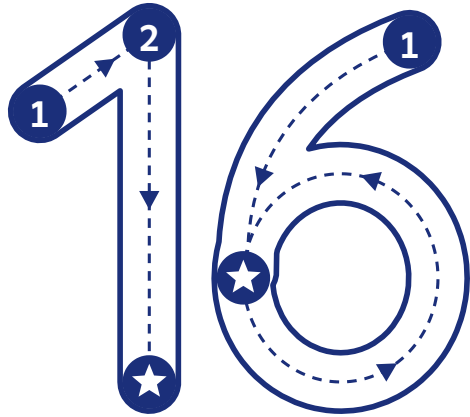
Start at the green dot • then write it on your own in the empty box



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16

Number 16 · trace the arrows

ART & CRAFT
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Count with me



sixteen

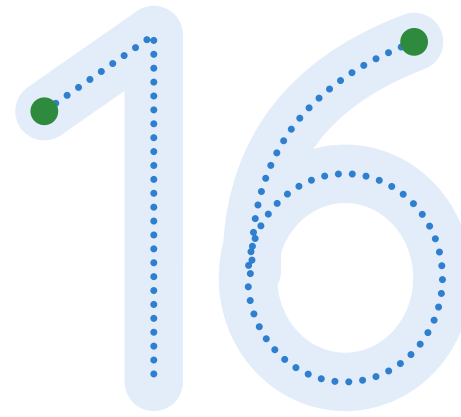
Start at 1, follow the arrows, stop at the star · then count the pictures



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16

Number 16 · dots, then write

ART & CRAFT
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Start at the green dot · then write it on your own in the empty box

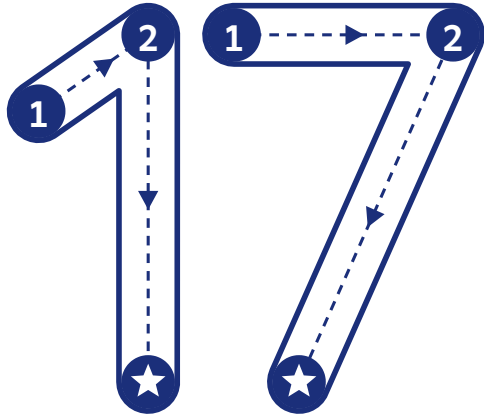


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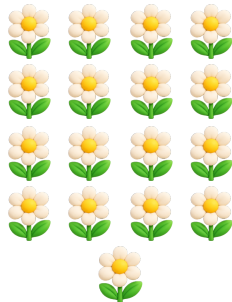


17

Number 17 · trace the arrows

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Count with me



seventeen

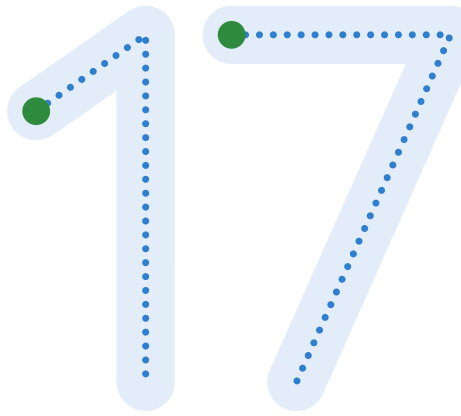
Start at 1, follow the arrows, stop at the star · then count the pictures



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17

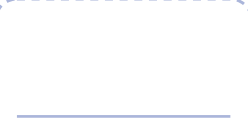
Number 17 · dots, then write

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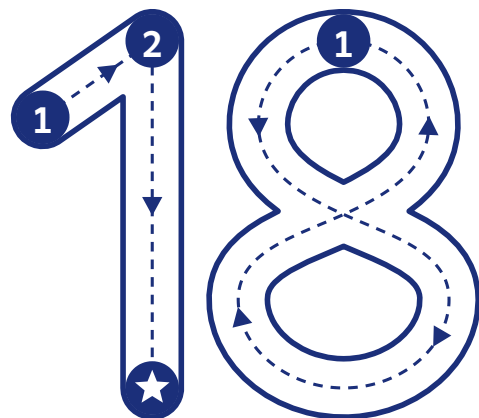
Start at the green dot · then write it on your own in the empty box



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18 Number 18 · trace the arrows



Count with me



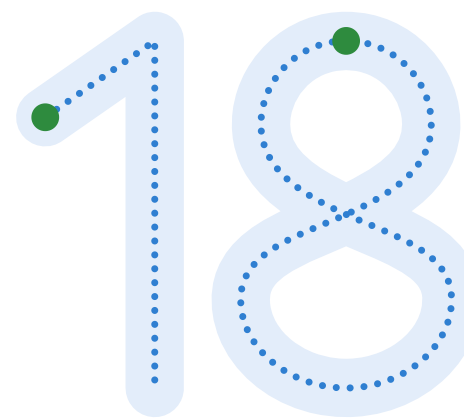
eighteen

Start at 1, follow the arrows, stop at the star · then count the pictures



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18 Number 18 · dots, then write



Start at the green dot · then write it on your own in the empty box



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18

18

19 Number 19 · trace the arrows



Count with me



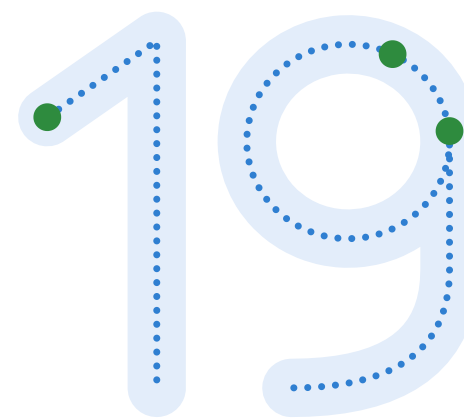
nineteen

Start at 1, follow the arrows, stop at the star · then count the pictures



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19 Number 19 · dots, then write



Start at the green dot · then write it on your own in the empty box



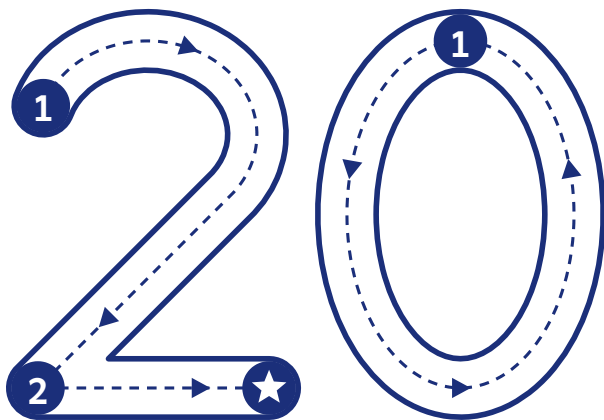
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19

19

20

Number 20 · trace the arrows

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Count with me



twenty

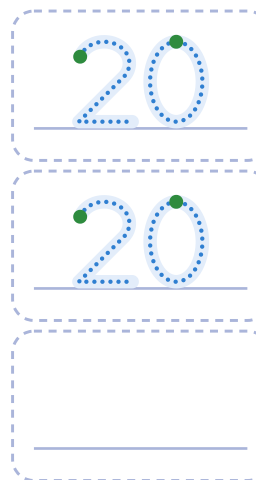
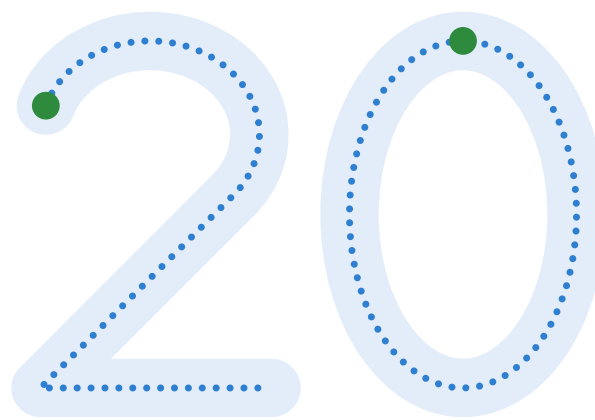
Start at 1, follow the arrows, stop at the star · then count the pictures



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20

Number 20 · dots, then write

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Start at the green dot · then write it on your own in the empty box



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↑

Count up — 1 to 10

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1



2



3



4



5



6



7



8



9



10



Point at each picture and say: one, two, three...



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↓

Count down — 10 to 0

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ACADEMY

10

9

8

7

6

5

4

3

2

1



Zero... Blast off!

Count down together, then shout "Blast off!" at zero.



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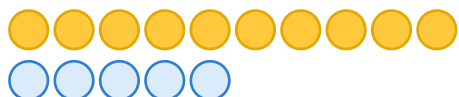
10 Ten and ones



$$10 + 1 = 11$$



$$10 + 3 = 13$$



$$10 + 5 = 15$$

Yellow = one ten, blue = ones. Two-digit numbers: tens first, then ones.



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2 Skip counting



By twos: 2, 4, 6, 8, 10 (count the ducks two at a time)



2



4



6



8



10

By tens: 10, 20

10 → 20 ten · twenty

Jump on the spot while you count: two, four, six...



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? More or less?



?



?



?



Count each group and circle the group that has more.



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🔍 Number hunt at home



1 door

☐

2 eyes

☐

3 chairs

☐

4 table legs

☐

5 fingers on one hand

☐

Find things with that number around the house and tick ✓ when you find them.



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Congratulations!



Champion:

finished “My Number Cards” — numbers 0 to 20

Date: Parent / teacher signature:





Bravo! You finished all the numbers



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