



My Numbers

Book 0-20

Numbers 0-20 Tracing & Counting Workbook · Trace · Write · Count

Ages 3-6



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

Name:



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Art & Craft Academy
Numbers 0-20 Workbook · Ages 3-6



Guide for parents & teachers

Read this first — two minutes · Ages 3–6



How to use this book

- 1 Pick one or two numbers per session. Start with the small ones (0 to 5).
- 2 Show the page, say the number's name, and count things around you together.
- 3 **Finger first:** start at 1, follow the arrows in order (1, 2...) and stop at the star.
- 4 **Then marker:** trace the dots, then the faint number.
- 5 Write alone on the empty line, wipe it, and try again.
- 6 Count the pictures, write the number in the box, and color that many circles.
- 7 **From 11 to 20:** two digits — tens on the left, ones on the right, just as we read. Praise the effort, not perfect lines.



What you need

- 1 **A4 paper:** print at 100% (Actual size), not “Fit to page”.
- 2 **A wipe-clean marker** (medium tip), a soft cloth, and a laminating pouch or clear sleeve.
- 3 **Coloring pencils** for the counting section and the circles.
- 4 **Things to count from home:** buttons, beads, small blocks.



What your child will learn

- 1 **Goal:** know the numbers 0–20 and their names, write each with the right path, and link every number to a quantity.
- 2 **Skills:** pencil control · hand-eye coordination · counting · matching number to quantity · the idea of zero · tens and ones.
- 3 **Note:** this book uses the numerals 0, 1, 2, 3 ... as written in English. The Arabic numerals have their own book.
- 4 **For your child:** zero means “none”, but put a 1 in front of it and it becomes 10! Let's see how.



Talk about it

- 1 What does this number look like? (1 is a stick, 0 is 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? What if there is nothing? (zero)



Notes for parent / teacher

Child's name: _____

Numbers that need time: _____

Notes matter most: write what you saw and start the next session from it.



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Parents' guide



Pencil grip — what's normal?

Read this first · Ages 3–6



Ages 2–3 · Fist grip

The whole hand holds the crayon and the arm moves. Normal at this age.

Ages 3–4 · Finger grip

Four fingers on the crayon, palm facing down. The fingers start to take over.

Ages 4–6 · Tripod grip

Thumb and index finger pinch, the crayon rests on the middle finger, the wrist moves.

All three grips are normal at their age. Don't rush it — the grip grows with the hand.

How to help

- **Short, thick crayons:** break crayons in half so only the fingertips fit.
- **Show, don't force:** hold your own pencil next to your child; avoid moving their fingers for them.
- **Strong hands first:** dough, picking up small things with two fingers and drawing on a wall board.
- **Praise the try,** not the grip. A relaxed child learns faster.
- **Ask a specialist** if around age 6 the fist grip has not changed, or writing hurts.



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Pencil grip guide

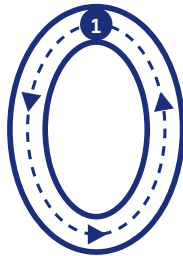


Can you help me learn the number 0?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 0 Start at 1, follow the arrows, stop at the star.



0

zero

0 = zero

2 Write the number 0 Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots



Trace the
faint
number



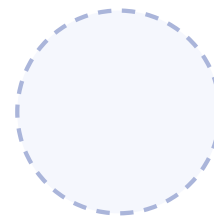
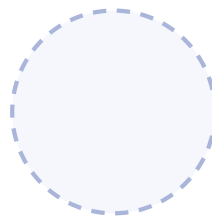
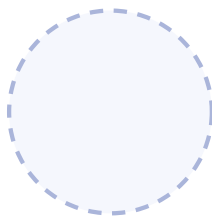
Write on
your own



 yarn  sand  clay: try making the number with your hands, too.

3 Count and color The plates are empty. How many apples are on them? Write the number in the box.

How many?



Bravo! You finished number 0 — You've got this!

My journey: number 1 of 21



I tried Good Great



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English numbers · Number 0 · 1 of 21



Can you help me learn the number 1?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 1 Start at 1, follow the arrows, stop at the star.



1
one
1 = one

2 Write the number 1 Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the dots

1

1

1

1

1



Trace the faint number

1

1

1

1

1



Write on your own



yarn sand clay: try making the number with your hands, too.

3 Count and color Count the pictures, write the number in the box, then color that many circles.

How many?



Color 1 circle:



Bravo! You finished number 1 — Great hands!

My journey: number 2 of 21



I tried Good Great



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English numbers · Number 1 · 2 of 21



Can you help me learn the number 2?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 2 Start at 1, follow the arrows, stop at the star.



2

two

2 = two

2 Write the number 2 Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots

2

2

2

2

2



Trace the
faint
number

2

2

2

2

2



Write on
your own



yarn sand clay: try making the number with your hands, too.

3 Count and color Count the pictures, write the number in the box, then color that many circles.

How many?



Color 2 circles:



Bravo! You finished number 2 — You're getting better!

My journey: number 3 of 21



I tried Good Great



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English numbers · Number 2 · 3 of 21

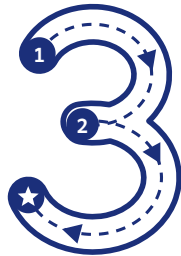


Can you help me learn the number 3?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 3 Start at 1, follow the arrows, stop at the star.



3

three

3 = three

2 Write the number 3 Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the dots

3

3

3

3

3



Trace the faint number

3

3

3

3

3



Write on your own



 yarn  sand  clay: try making the number with your hands, too.

3 Count and color Count the pictures, write the number in the box, then color that many circles.

How many?



Color 3 circles:



Bravo! You finished number 3 — Great effort!

My journey: number 4 of 21



I tried Good Great



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English numbers • Number 3 • 4 of 21

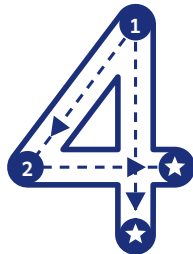


Can you help me learn the number 4?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 4 Start at 1, follow the arrows, stop at the star.



4

four

4 = four

2 Write the number 4 Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the dots

4

4

4

4

4



Trace the faint number

4

4

4

4

4



Write on your own



yarn sand clay: try making the number with your hands, too.

3 Count and color Count the pictures, write the number in the box, then color that many circles.

How many?



Color 4 circles:



Bravo! You finished number 4 — We're proud of you!

My journey: number 5 of 21



I tried Good Great



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English numbers • Number 4 • 5 of 21

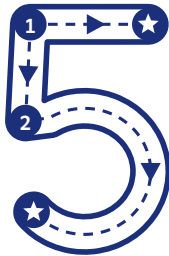


Can you help me learn the number 5?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 5 Start at 1, follow the arrows, stop at the star.



5

five

5 = five

2 Write the number 5 Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the dots

5

5

5

5

5



Trace the faint number

5

5

5

5

5



Write on your own



yarn sand clay: try making the number with your hands, too.

3 Count and color Count the pictures, write the number in the box, then color that many circles.

How many?



Color 5 circles:



Bravo! You finished number 5 — Mistakes help us learn!

My journey: number 6 of 21



I tried Good Great



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English numbers • Number 5 • 6 of 21



Can you help me learn the number 6?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 6

Start at 1, follow the arrows, stop at the star.



6

six

6 = six

2 Write the number 6

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots

6

6

6

6

6



Trace the
faint
number

6

6

6

6

6



Write on
your own



yarn sand clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 6 circles:



Bravo! You finished number 6 — You're doing great!

My journey: number 7 of 21



I tried Good Great



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English numbers · Number 6 · 7 of 21



Can you help me learn the number 7?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 7

Start at 1, follow the arrows, stop at the star.



7
seven
7 = seven

2 Write the number 7

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots



Trace the
faint
number



Write on
your own



yarn sand clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 7 circles:



Bravo! You finished number 7 — Every time is better!

My journey: number 8 of 21



I tried Good Great



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English numbers • Number 7 • 8 of 21

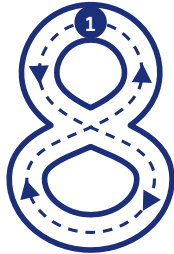


Can you help me learn the number 8?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 8 Start at 1, follow the arrows, stop at the star.



8

eight

8 = eight

2 Write the number 8 Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the dots



Trace the faint number



Write on your own



 yarn  sand  clay: try making the number with your hands, too.

3 Count and color Count the pictures, write the number in the box, then color that many circles.

How many?



Color 8 circles:



Bravo! You finished number 8 — Almost at ten!

My journey: number 9 of 21



I tried Good Great



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English numbers • Number 8 • 9 of 21

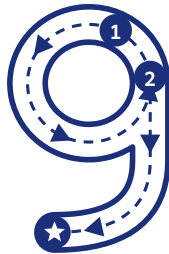


Can you help me learn the number 9?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 9 Start at 1, follow the arrows, stop at the star.



9

nine

9 = nine

2 Write the number 9 Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the dots

9

9

9

9

9



Trace the faint number

9

9

9

9

9



Write on your own



 yarn  sand  clay: try making the number with your hands, too.

3 Count and color Count the pictures, write the number in the box, then color that many circles.

How many?



Color 9 circles:



Bravo! You finished number 9 — So close to ten!

My journey: number 10 of 21



I tried Good Great



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English numbers • Number 9 • 10 of 21



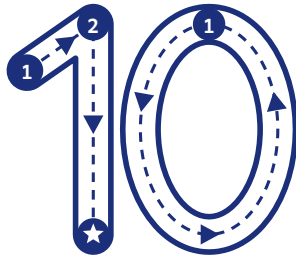
Can you help me learn the number 10?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 10

Start at 1, follow the arrows, stop at the star.



10

ten

10 = ten

2 Write the number 10

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the dots

10

10

10

10

10



Trace the faint number

10

10

10

10

10



Write on your own



 yarn  sand  clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 10 circles:



Bravo! You finished number 10 — You improve every day!

My journey: number 11 of 21



I tried Good Great



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English numbers · Number 10 · 11 of 21



Check-up 1 — 0 to 10

Ready to show what you've learned? No mistakes, just try again!



1 Count and write

Count the pictures and write the number in the box.



2 Missing number

Write the number that is missing in the row.

5 4 5 6 8

6 1 2 4 5

7 6 7 8 10

8 0 2 3 4

3 Circle the bigger

Put a circle around the bigger number in each box.

0 • 9

5 • 3

2 • 7

10 • 4

6 • 1

4 Listen and write

Read the word (or a grown-up says it) and write the number.

ten

nine

zero

one



Well done! Any result is fine — you're learning

This check-up is for fun, not for grades. Color a star for every right answer.

My score: ____ / 17



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Check-up 1 of 2



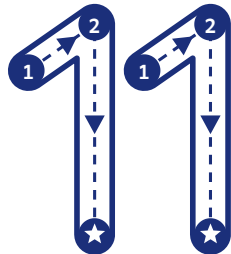
Can you help me learn the number 11?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 11

Start at 1, follow the arrows, stop at the star.



11
eleven

11 = eleven

2 Write the number 11

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots

11

11

11

11

11



Trace the
faint
number

11

11

11

11

11



Write on
your own

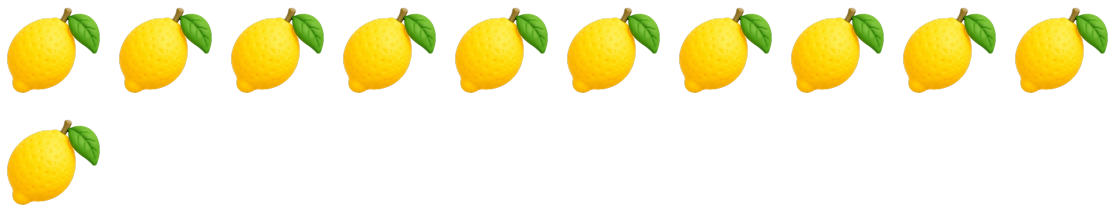


 yarn  sand  clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 11 circles:



Bravo! You finished number 11 — What great effort!

My journey: number 12 of 21



I tried Good Great



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English numbers · Number 11 · 12 of 21



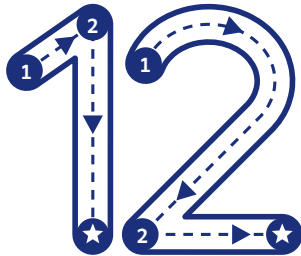
Can you help me learn the number 12?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 12

Start at 1, follow the arrows, stop at the star.



12
twelve

12 = twelve

2 Write the number 12

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots

12

12

12

12

12



Trace the
faint
number

12

12

12

12

12



Write on
your own



yarn sand clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 12 circles:



Bravo! You finished number 12 — Mistakes help us learn!

My journey: number 13 of 21



I tried Good Great



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Art & Craft Academy
English numbers · Number 12 · 13 of 21



Can you help me learn the number 13?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 13

Start at 1, follow the arrows, stop at the star.



13
thirteen

13 = thirteen

2 Write the number 13

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots

13

13

13

13

13



Trace the
faint
number

13

13

13

13

13



Write on
your own

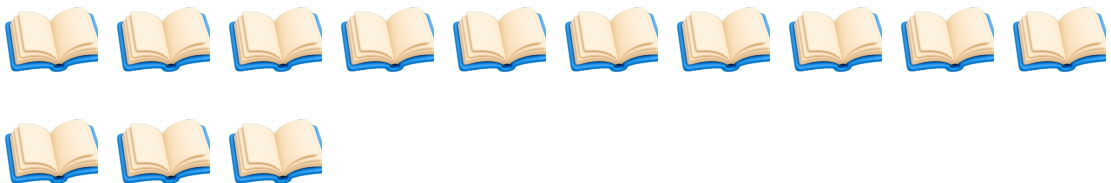


yarn sand clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 13 circles:



Bravo! You finished number 13 — Every time is better!

My journey: number 14 of 21



I tried Good Great



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English numbers · Number 13 · 14 of 21



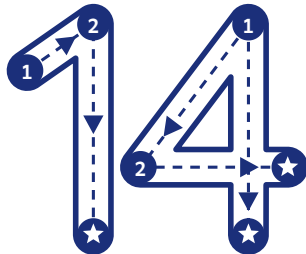
Can you help me learn the number 14?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 14

Start at 1, follow the arrows, stop at the star.



14

fourteen

14 = fourteen

2 Write the number 14

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the dots

14

14

14

14

14



Trace the faint number

14

14

14

14

14



Write on your own

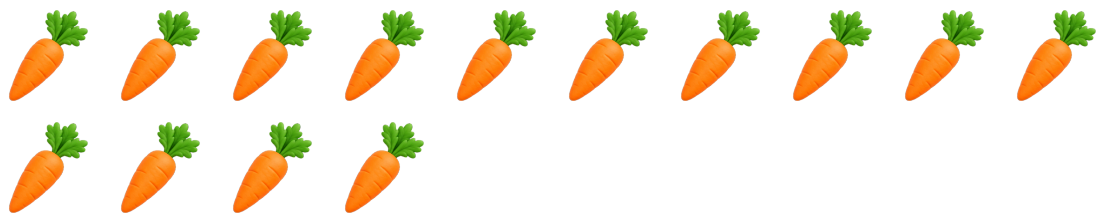


 yarn  sand  clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 14 circles:



Bravo! You finished number 14 — You're doing great!

My journey: number 15 of 21



I tried Good Great



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English numbers · Number 14 · 15 of 21



Can you help me learn the number 15?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 15

Start at 1, follow the arrows, stop at the star.



15
fifteen

15 = fifteen

2 Write the number 15

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots

15

15

15

15

15



Trace the
faint
number

15

15

15

15

15



Write on
your own

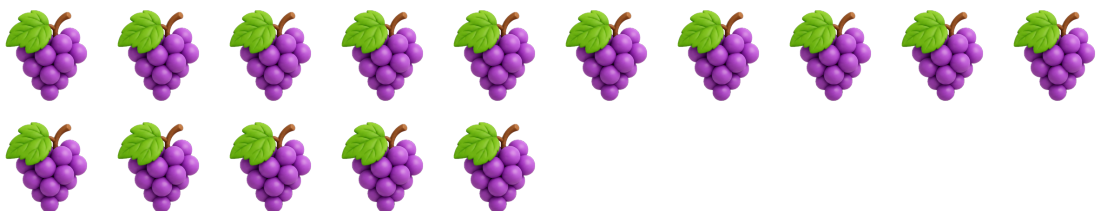


yarn sand clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 15 circles:



Bravo! You finished number 15 — Over halfway there!

My journey: number 16 of 21



I tried Good Great



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English numbers · Number 15 · 16 of 21



Can you help me learn the number 16?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 16

Start at 1, follow the arrows, stop at the star.



16
sixteen

16 = sixteen

2 Write the number 16

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots

16

16

16

16

16



Trace the
faint
number

16

16

16

16

16



Write on
your own



yarn sand clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 16 circles:



Bravo! You finished number 16 — Almost there!

My journey: number 17 of 21



I tried Good Great



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English numbers · Number 16 · 17 of 21



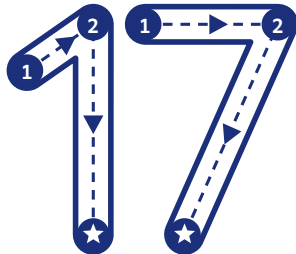
Can you help me learn the number 17?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 17

Start at 1, follow the arrows, stop at the star.



17
seventeen

17 = seventeen

2 Write the number 17

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots

17

17

17

17

17



Trace the
faint
number

17

17

17

17

17



Write on
your own

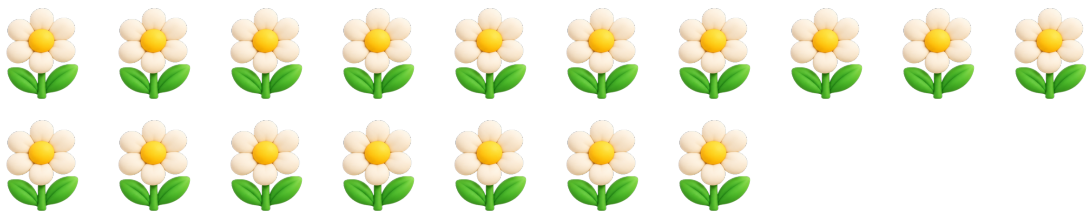


yarn sand clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 17 circles:



Bravo! You finished number 17 — Great hands!

My journey: number 18 of 21



I tried Good Great



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English numbers · Number 17 · 18 of 21



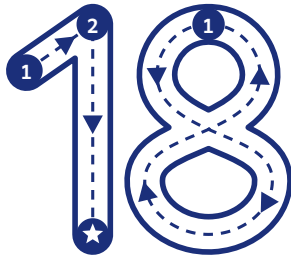
Can you help me learn the number 18?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 18

Start at 1, follow the arrows, stop at the star.



18
eighteen

18 = eighteen

2 Write the number 18

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots

18

18

18

18

18



Trace the
faint
number

18

18

18

18

18



Write on
your own



yarn sand clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 18 circles:



Bravo! You finished number 18 — So close to twenty!

My journey: number 19 of 21



I tried Good Great



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English numbers · Number 18 · 19 of 21



Can you help me learn the number 19?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 19

Start at 1, follow the arrows, stop at the star.



19
nineteen

19 = nineteen

2 Write the number 19

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots

19

19

19

19

19



Trace the
faint
number

19

19

19

19

19



Write on
your own



yarn sand clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 19 circles:



Bravo! You finished number 19 — One more to go!

My journey: number 20 of 21



I tried Good Great



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English numbers · Number 19 · 20 of 21



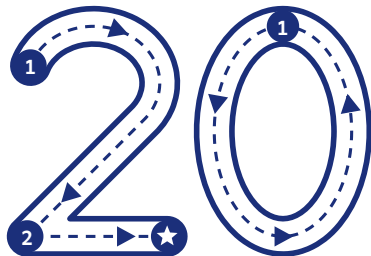
Can you help me learn the number 20?

Trace it, write it, count it... no mistakes, just try again!



1 Trace the number 20

Start at 1, follow the arrows, stop at the star.



20
twenty

20 = twenty

2 Write the number 20

Finished a row? Color its star. There are no mistakes: wipe it and try again.

Trace the
dots



Trace the
faint
number



Write on
your own



yarn sand clay: try making the number with your hands, too.

3 Count and color

Count the pictures, write the number in the box, then color that many circles.

How many?



Color 20 circles:



Bravo! You finished number 20 — We're proud of you!

My journey: number 21 of 21



I tried Good Great



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English numbers · Number 20 · 21 of 21



Check-up 2 — 0 to 20

Ready to show what you've learned? No mistakes, just try again!



1 Count and write

Count the pictures and write the number in the box.



2 Missing number

Write the number that is missing in the row.

5 11 12 14 15

6 16 17 19 20

7 8 9 11 12

8 13 15 16 17

3 Circle the bigger

Put a circle around the bigger number in each box.

12 • 19

20 • 11

5 • 15

13 • 17

18 • 14

4 Tens and ones

Add and write the answer in the box.

$10 + 3 =$

$10 + 5 =$

$10 + 7 =$

$10 + 10 =$



Well done! Any result is fine — you're learning

This check-up is for fun, not for grades. Color a star for every right answer.

My score: ____ / 17



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Check-up 2 of 2



Memory Challenge

Write the number without looking



Write the number you hear

The grown-up says a number. The child writes it in the box without peeking at the pages. The small number in the corner is for the grown-up.

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



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Memory Challenge



My progress & certificate



 **My progress** 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	

 **Certificate of achievement**



Congratulations!

Champion:

finished “My Numbers Book” — numbers 0 to 20

Date: Parent / teacher signature:



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Progress & certificate

Bravo! You finished all the numbers



Want to learn more?

Scan the code with a grown-up's phone
and discover new free activities and printables



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