

Pre-Writing Practice Sheets (Age 4)

Pencil grip, strokes, shapes, and name writing

Pencil Grip Guide

- Tripod grip: thumb + index finger pinch, middle finger supports
- Use short crayons or golf pencils to encourage finger grip
- Vertical surfaces (easels, wall-taped paper) promote correct wrist position
- Do a 1-minute finger gym before writing: squeeze, tap, crumple

Pre-Writing Strokes Checklist

- Vertical line (|) — draw rain, fences, tall grass
- Horizontal line (—) — draw roads, bridges, shelves
- Circle (O) — draw faces, suns, wheels, bubbles
- Cross (+) — draw windows, tic-tac-toe grids
- Diagonal line (/) — draw mountains, zigzag paths
- Square — draw presents, houses, picture frames

10 Pre-Writing Activities

- 1. Sand/salt tray writing — draw with finger, shake to erase
- 2. Playdough letters — roll snakes, bend into letter shapes
- 3. Vertical surface drawing — tape paper to wall or use easel
- 4. Trace and erase — dotted lines on whiteboard
- 5. Cotton swab painting — trace shapes with paint
- 6. Sticker tracing — place stickers along drawn lines
- 7. Maze paths — trace without touching edges
- 8. Connect the dots — 3–8 numbered dots forming shapes
- 9. Name writing — trace dotted letters, build one at a time
- 10. Finger gym — squeeze, tap fingers, crumple paper

Name Writing Progression

- Weeks 1–2 — Recognize name in print
- Weeks 3–4 — Trace first letter (dotted, large)
- Weeks 5–6 — Write first letter independently
- Weeks 7–8 — Trace first 2–3 letters
- Weeks 9–12 — Write first 2–3 letters from memory
- Week 13+ — Write full first name

Daily Routine (10 min)

- Block 1 (1 min) — Finger gym warm-up
- Block 2 (4 min) — Stroke practice (one shape/line)
- Block 3 (3 min) — Name writing (current goal)
- Block 4 (2 min) — Free drawing

Start today's lesson: [kindergartenstart.com/?src=pdf](https://www.kindergartenstart.com/?src=pdf)