

# My first tracing

From drawing shapes to capital letters.



**A little workshop.  
Something new to discover.**

Go at your own pace, with a grown-up to help.  
Try, look closely, and have another go.

- 01 Tips to help with writing movements.
- 02 Patterns, the alphabet, numbers and the child's name.

# Getting off to a good start

Three tips before sharpening pencils

---

## The right grip

The pencil is held between the thumb and index finger, resting on the middle finger – the “pincer”. A triangular pencil really helps little hands.

## The right direction

Lines go from top to bottom, and circles go round anticlockwise: these are the movements of future joined-up handwriting. It is better to go slowly in the right direction than quickly in the wrong one.

## Keep sessions short

Five to ten minutes, when your child feels like it. A five-year-old's hand tires quickly: three carefully traced lines are worth more than a rushed page. And put the best work up on the fridge!

### Why capital letters, not joined-up?

These sheets practise capital letters and pre-writing patterns. Joined-up writing can also be started in Kindergarten, with the teacher, depending on each child's readiness.

## Pattern 1 – vertical lines

From top to bottom, like falling rain.

[illegible]

# Pattern 2 – circles

Go round anti-clockwise – just like you will for an 'a'!

---

---



---



---



---



---



---



---



---



---



---

# Pattern 3 – arches

Up, over, and down again – just like the letters ‘m’ and ‘n’.

---

---



















# Pattern 4 – waves

Don't lift your pencil, like the sea – smooth and even.

---

---



---

---



---

---



---

---



---

---



---

---



---

---



---

---



---

---



---

---

# Pattern 5 – loops

Go up and round, then down – just like the loop in an 'l'.

# Capital letters – A B C D E F G

Trace over the grey letters, then keep going by yourself to the end of the line.

**A**

A A A A

**B**

B B B B

**C**

C C C C

**D**

D D D D

**E**

E E E E

**F**

F F F F

**G**

G G G G

# Capital letters – H I J K L M N

Trace over the grey letters, then keep going by yourself to the end of the line.

H

H H H H

I

I I I I

J

J J J J

K

K K K K

L

L L L L

M

M M M M

N

N N N N

# Capital letters – O P Q R S T

Trace over the grey letters, then keep going by yourself to the end of the line.

O

O O O O

P

P P P P

Q

Q Q Q Q

R

R R R R

S

S S S S

T

T T T T

# Capital letters – U V W X Y Z

Trace over the grey letters, then keep going by yourself to the end of the line.

u

U U U U

v

V V V V

w

W W W W

x

X X X X

y

Y Y Y Y

z

Z Z Z Z

# Numbers from 0 to 9

Trace over the grey numbers, then carry on by yourself.

0 0 0

1 1 1

2 2 2

3 3 3

4 4 4

5 5 5

6 6 6

7 7 7

8 8 8

9 9 9

I write my name

The adult writes the name in light grey on the first line – the child traces over it, then carries on.

[illegible]

Tip: write the example very lightly in pencil – your child can go over it with felt tip.

# Shall we keep going together?

A book suggestion for parents, after the free activities.



PAID PAPERBACK BOOK

## Bibou and the Star Tree

A large activity book for Kindergarten (ages 5–6) with Bibou the owl: letters from A to Z, numbers and first tracing.

See inside pages  
and choose with peace of mind

Discover this book



On screen: click the button. On paper: scan the QR code.

[editions.kidibook.com](https://editions.kidibook.com)

Price, previews, and delivery details are shown on the book page. The activities in this PDF remain free, no purchase needed.