



TimeNinja

Doodle Practice for Little Hands

Five calm doodle and tracing sheets for 3-year-olds: lines, shapes, patterns and free drawing. Made for every child, including children with ADHD and autism.

Age 3 · 5 sheets

Free to print

What's inside (5 pages)

1

Trace the Paths

Pencil control

2

Colour the Big Shapes

Colouring

3

Copy the Doodle

Patterns

4

Finish the Picture

Creativity

5

My Free Doodle

Free drawing

How to use this pack

One sheet at a time

Little hands tire quickly. Stop while it is still fun.

Thick crayons

Chunky crayons are easier to hold than pencils.

Praise trying

Say what they did: "you made big circles!"



More free games online. Hungry Crocodile, Size Safari and more, built for kids with ADHD and autism: timeninja.app/games

TimeNinja is also a visual time coach app for ADHD families.

Trace the Paths

Move slowly from the star to the smiley.

No reading needed



💡 Use a thick crayon. Wobbly lines are perfect.

I tried!

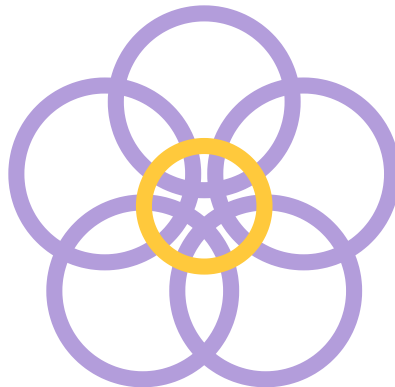
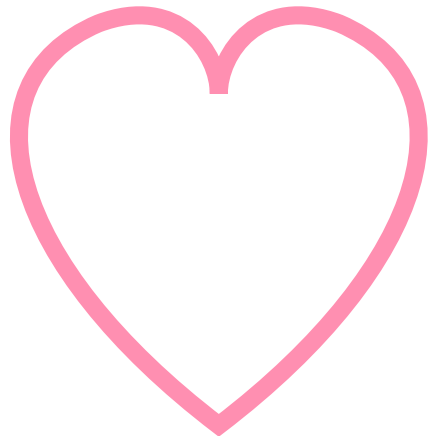
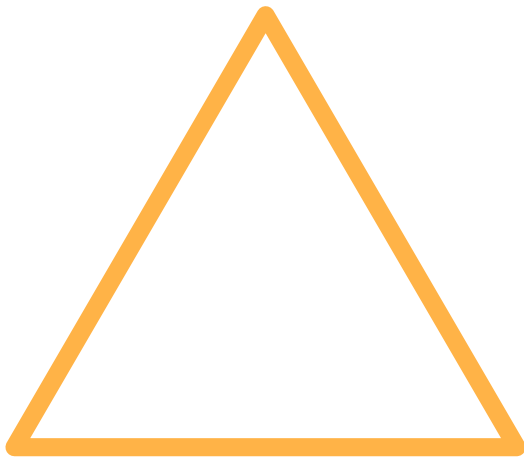
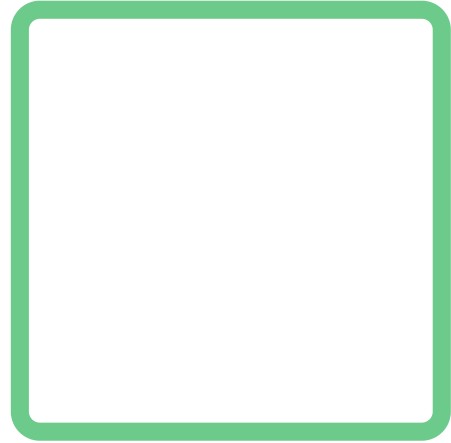
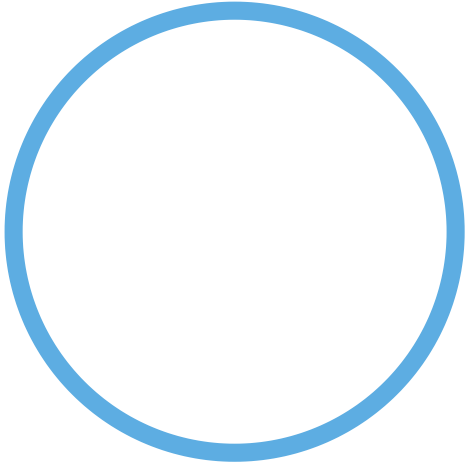


Name: _____

Colour the Big Shapes

No reading needed

Use any colours you like. Try to stay inside the thick line.



💡 Going over the line is fine. Colouring is the practice.

I tried!

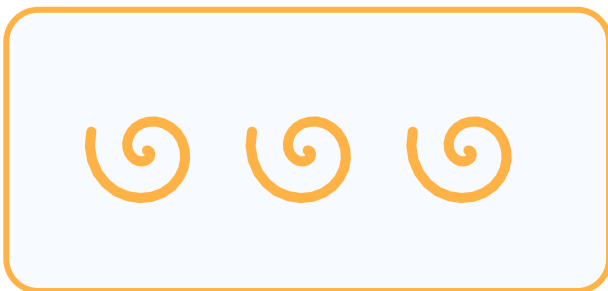
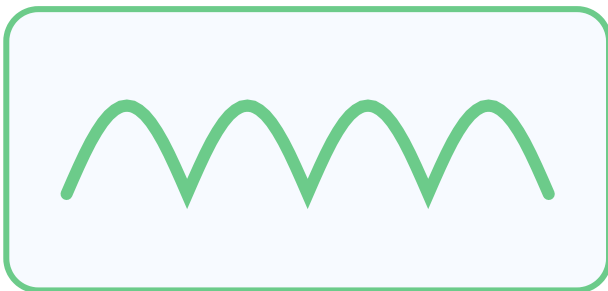


Name: _____

Copy the Doodle

No reading needed

Look at the pattern on the left. Try making the same pattern on the right.



💡 Any try counts. It does not need to match exactly.

I tried!

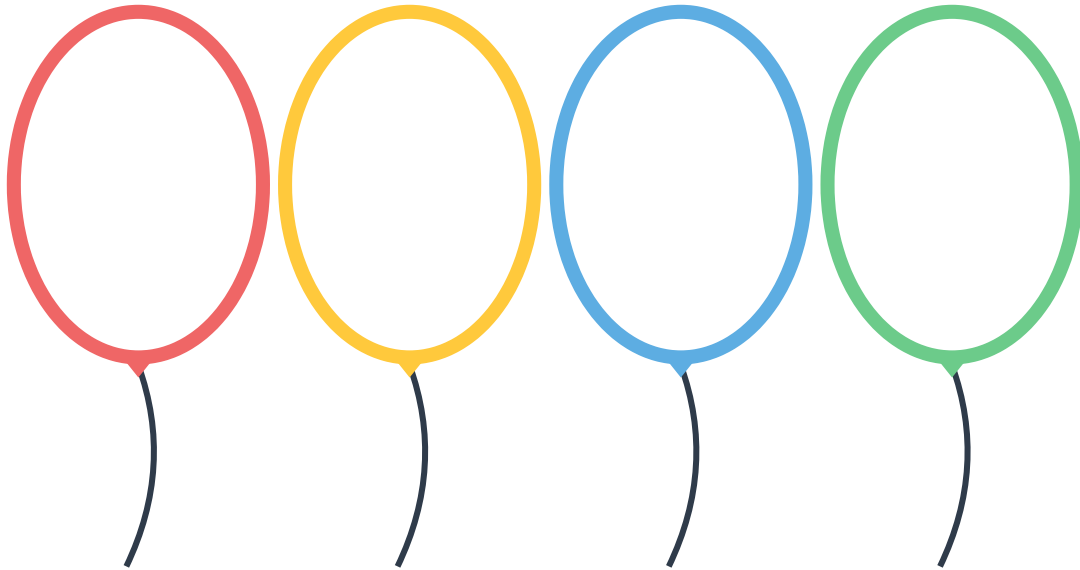


Name: _____

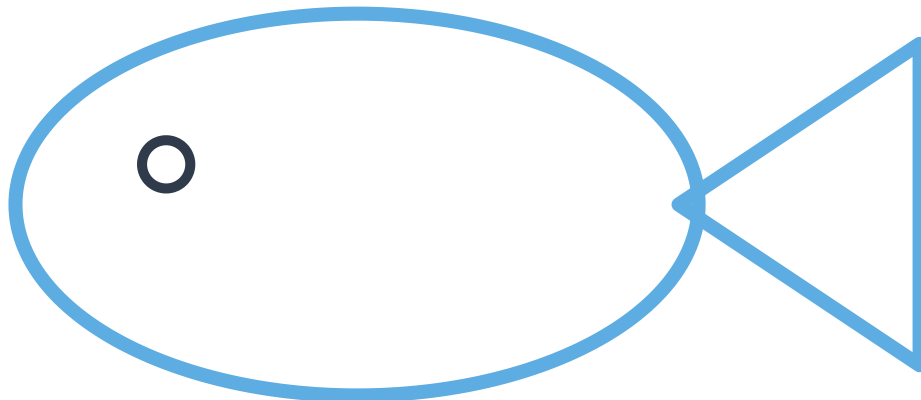
Finish the Picture

No reading needed

Add simple doodles and colour the picture.



1. Add lines and dots inside the balloons.



2. Add scales, bubbles or waves around the fish.

💡 Dots, lines, circles: any mark makes the picture theirs.

I tried!



Name: _____

My Free Doodle

No reading needed

Fill the page with dots, circles, lines, loops, flowers and colours.



💡 There is no wrong way to doodle.

I tried!



Name: _____