



TimeNinja

Play and Learn Activity Pack

10 calm, printable sheets for 5-year-olds: shapes, size, counting, colours, feelings and early pencil skills. Made for every child, including children with ADHD.

Age 5 · 10 sheets · Free to print

What's inside

1 Find my twin! Matching shapes

2 Big or small? Comparing size

3 Count the treats! Counting to 5

4 Help them get home! Pencil control

5 Colour code! Colours and shapes

6 How do I feel? Naming feelings

7 Wide or narrow? Comparing width

8 Find the fish! Visual scanning

9 Dot-to-dot lines Pre-writing lines

10 My little classroom wins Tips for grown-ups

How to use these sheets

2 or 3 a day

Short and happy beats long and tiring. Stop while it is still fun.

No timers

Let your child go at their own pace. Speed is not the skill.

Praise trying

Tick a circle on "I tried!" for every go, right or not.

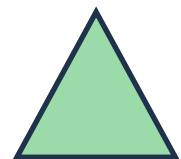
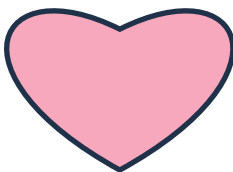
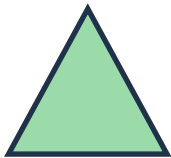
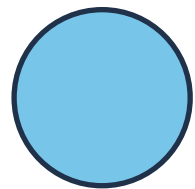
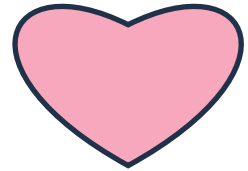
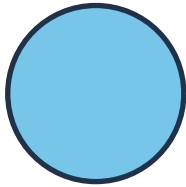


More free learning games online. Hungry Crocodile, Size Safari and more, built around how ADHD brains learn: timeninja.app/games
TimeNinja is also a visual time coach app for ADHD families.



Find my twin!

Draw a line to connect the same shapes.



Name: _____

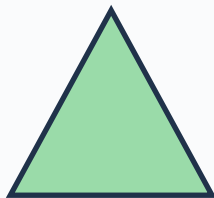
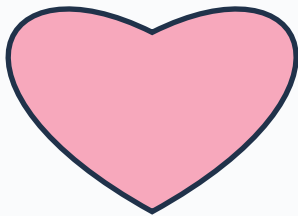
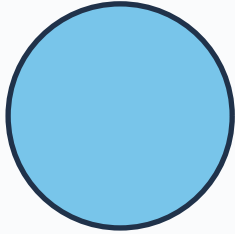
I tried! ☐ ☐ ☐





Big or small?

Circle the BIG object in each row.



Name: _____

I tried! ☐ ☐ ☐





Count the treats!

Count the apples. Circle the correct number.



1

2

3



3

4

5



3

4

5



2

3

4

Name: _____

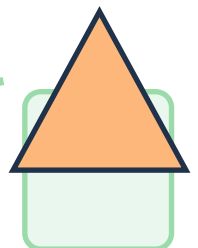
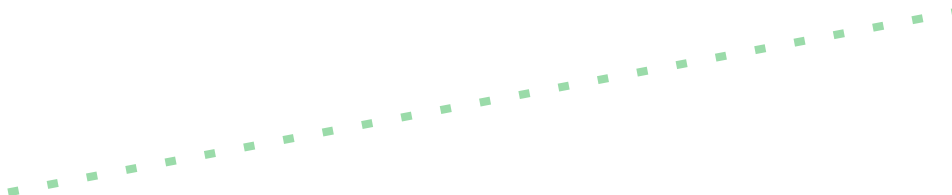
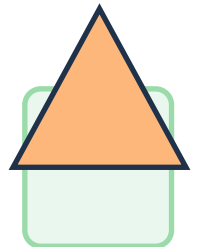
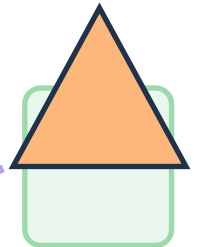
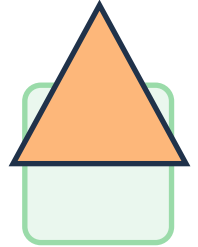
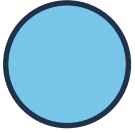
I tried! O O O





Help them get home!

Trace each dotted path with a crayon.



Name: _____

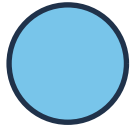
I tried! ○ ○ ○





Colour code!

Colour each shape using the colour key.



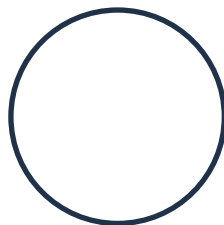
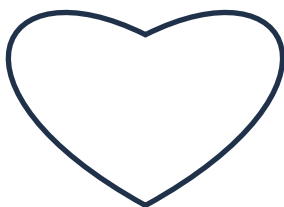
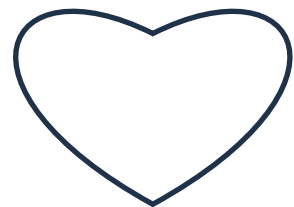
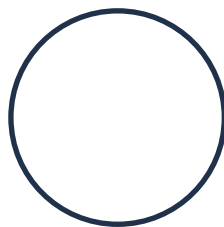
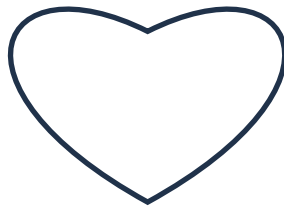
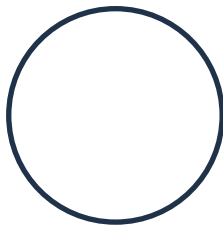
BLUE



YELLOW



PINK



Name: _____

I tried! ☐ ☐ ☐





How do I feel?

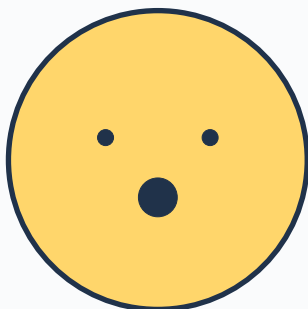
Point to the face. Say or show: happy, sad, wow!



HAPPY



SAD



WOW!

Name: _____

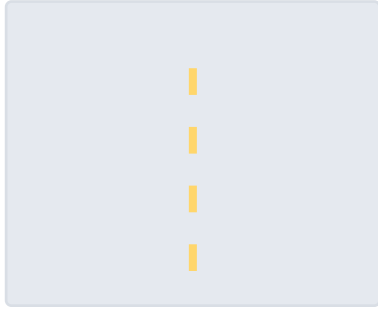
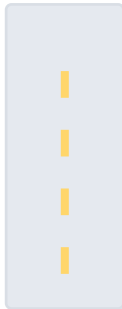
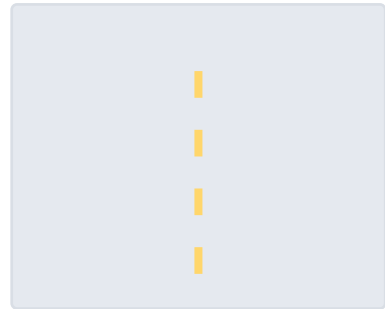
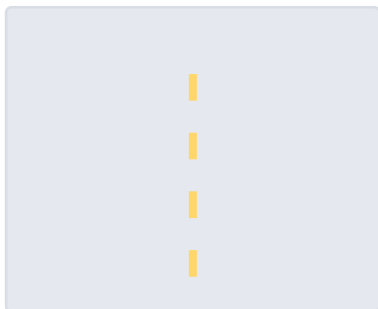
I tried! ☐ ☐ ☐





Wide or narrow?

Put a tick next to the WIDE road.

☐☐☐☐☐☐

Name: _____

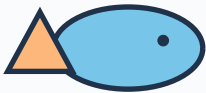
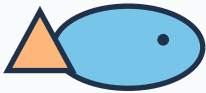
I tried! ☐ ☐ ☐





Find the fish!

Circle every fish you see.



Name: _____

I tried! ○ ○ ○





Dot-to-dot lines

Trace with your finger first, then with a pencil.



Name: _____

I tried! ☐ ☐ ☐





My little classroom wins

Choose only 2 or 3 games each day. Celebrate effort!



LOOK

Point to the picture together.



DO

Show one example, then let the child try.



SAY OR POINT

A word, sound, gesture or pointing all count.



MOVE

Offer a short movement break.



CELEBRATE

Say: You tried! Great job!

Tip: Avoid timed tasks. Offer thick crayons and praise attempts.

Name: _____

I tried! ○ ○ ○

