



TimeNinja

Play & Learn Practice Pack • Level 1

13 ten-minute mini games for ages 4 to 6: trace, match, spot, circle and move. No reading or writing needed. Made for kids with ADHD and autism, and every child.

Level 1 • 15 pages

Ages 4 to 6

Free to print

What's inside (14 pages)

1	Drive the Car	Tracing	2	Find My Twin	Matching
3	Spot It!	Visual search	4	Finger Maze	Planning
5	Copy the Pattern	Patterns	6	Big or Small?	Size
7	Which One Is Different?	Attention	8	Dot Adventure	Hand control
9	Feed the Monster	Counting 1 to 5	10	Look, Cover, Remember	Memory
11	Treasure Hunt	Scanning	12	Cut & Sort	Sorting
13	Move & Match	Movement	14	My Game Board	Rewards

How to use this pack

Stop while it is fun

One page, 10 minutes. Print one page at a time if the pack feels like too much.

Use what you have

Crayons, stickers, coins, buttons or fingers all work.

Collect stars

Colour a star for every try, then pick a reward from the game board.



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.

Game 1: Drive the Car

No reading needed

Trace the roads with a crayon.



💡 **Extra fun:** make car sounds while tracing.

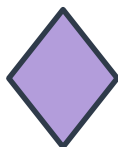
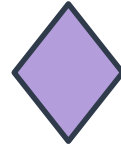
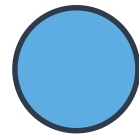
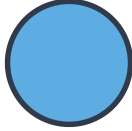
My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

Game 2: Find My Twin

No reading needed

Draw a line to the same shape.



💡 No need to stay inside lines. Just connect the twins.

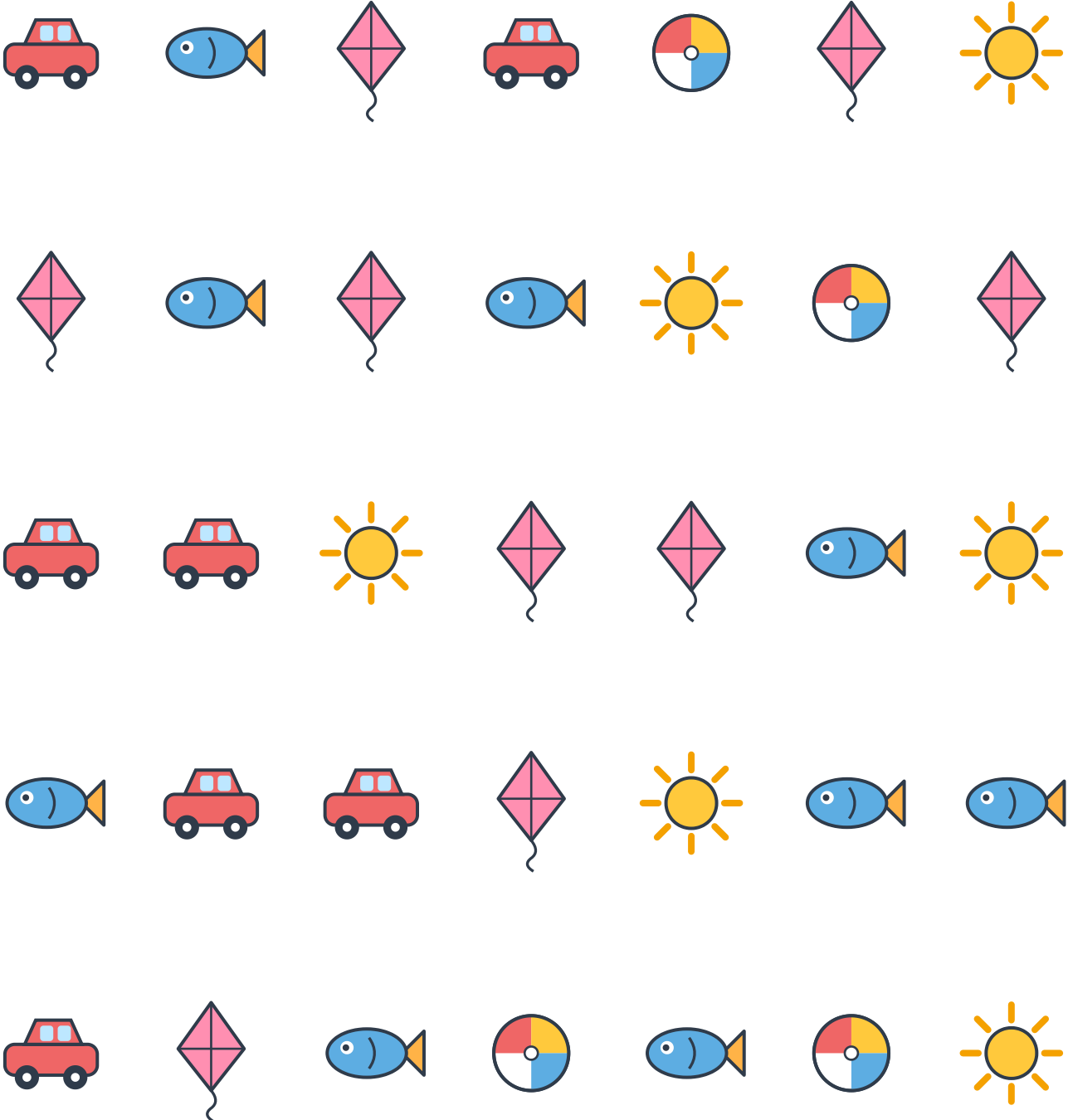
My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

Game 3: Spot It!

Circle every fish.

No reading needed



💡 **Challenge:** tap each fish first, then circle it.

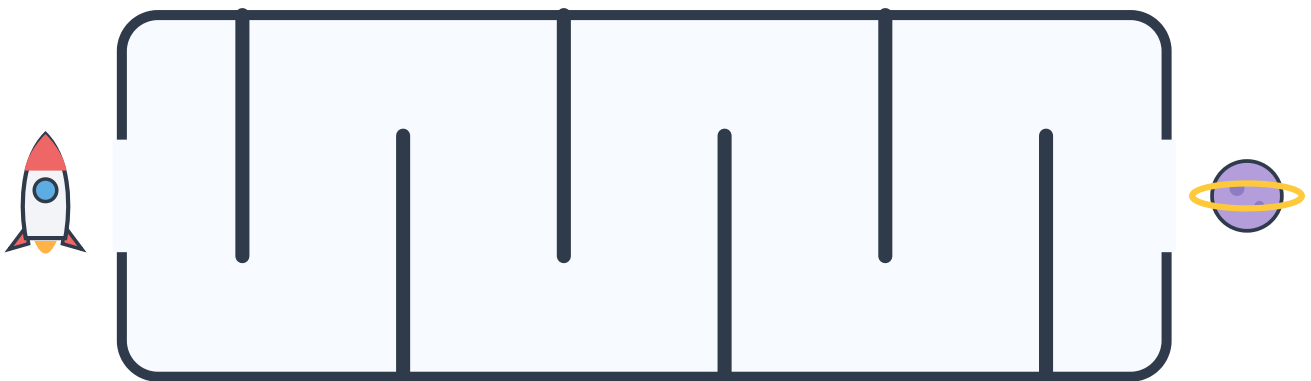
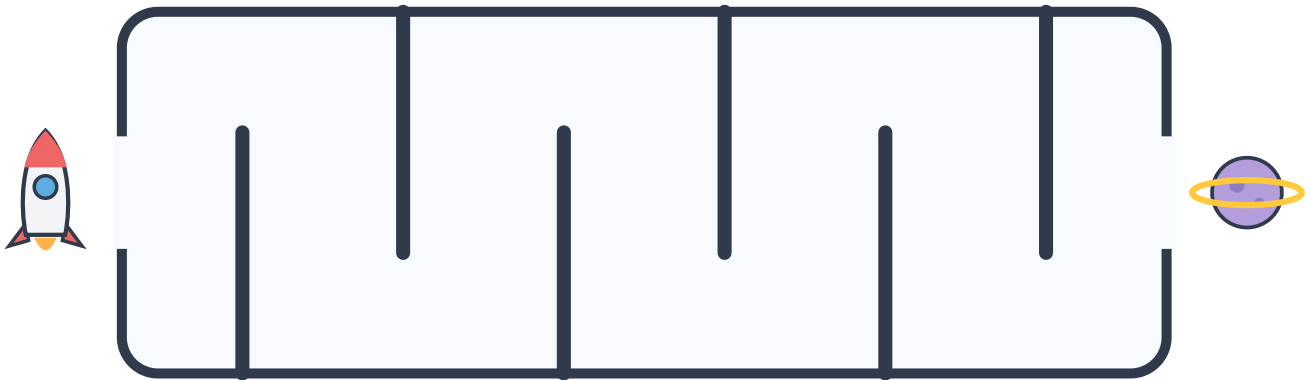
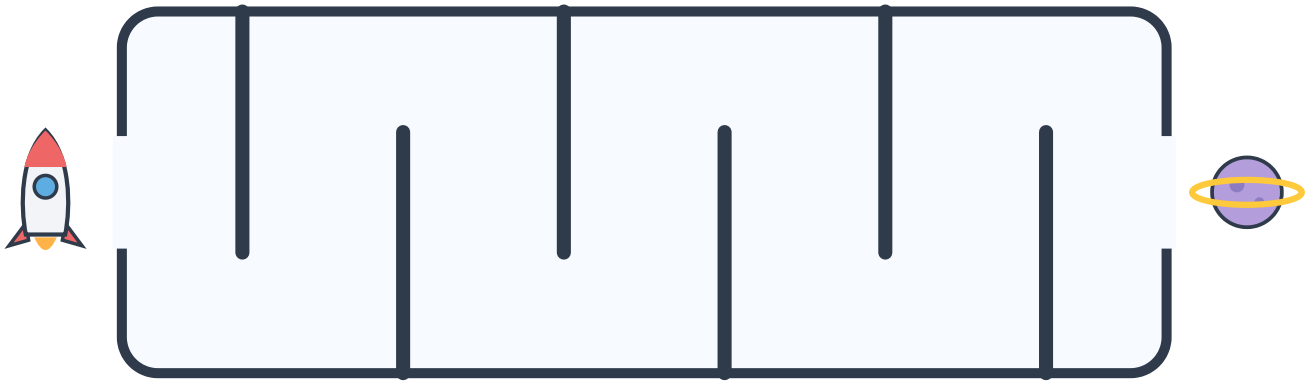
My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

Game 4: Finger Maze

No reading needed

Use your finger first, then a crayon.



💡 If the maze is hard, let the child use a finger only.

My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

Game 5: Copy the Pattern

No reading needed

Put coins or buttons on the empty circles.



💡 Use real objects instead of drawing if that is more fun.

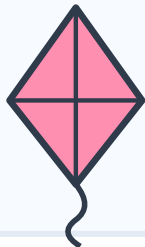
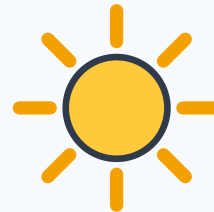
My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

Game 6: Big or Small?

No reading needed

Circle the BIG one in each pair.



💡 After circling, make your body BIG, then tiny.

My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

Game 7: Which One Is Different?

No reading needed

Put an X on the odd one.



💡 You can point instead of making an X.

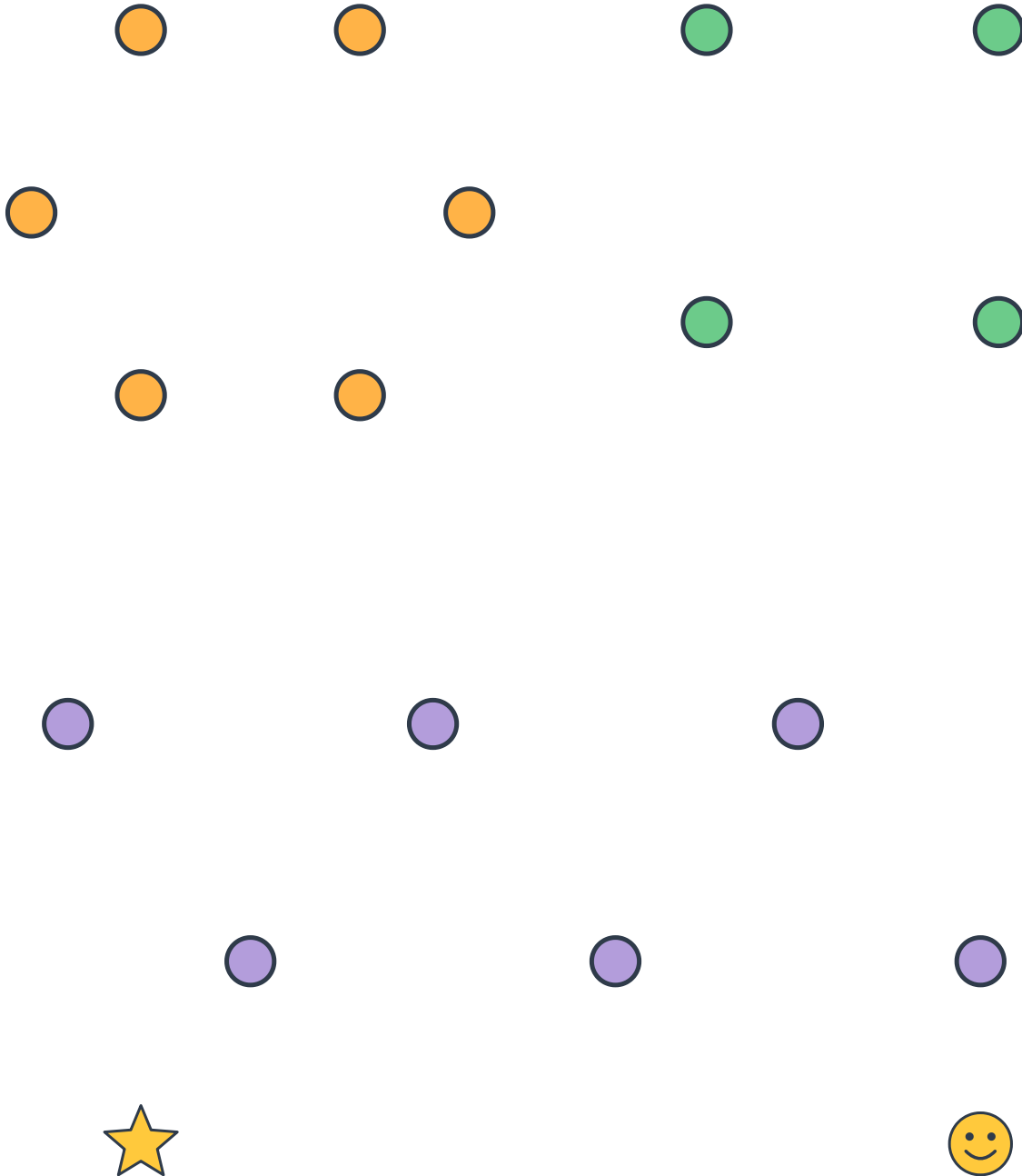
My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

Game 8: Dot Adventure

No reading needed

Join the dots. Any direction is okay.



 This is about hand control, not perfect lines.

My stars today:     

Name: _____

Game 9: Feed the Monster

No reading needed

Put the right number of dots in each mouth.

1



2



3



4



5



💡 Use stickers, fingerprints or small circles as "food".

My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

Game 10: Look, Cover, Remember

No reading needed

Look for 5 seconds, cover, then point.



Cover the top row. Which pictures were there?



💡 An adult can cover the top row with another sheet of paper.

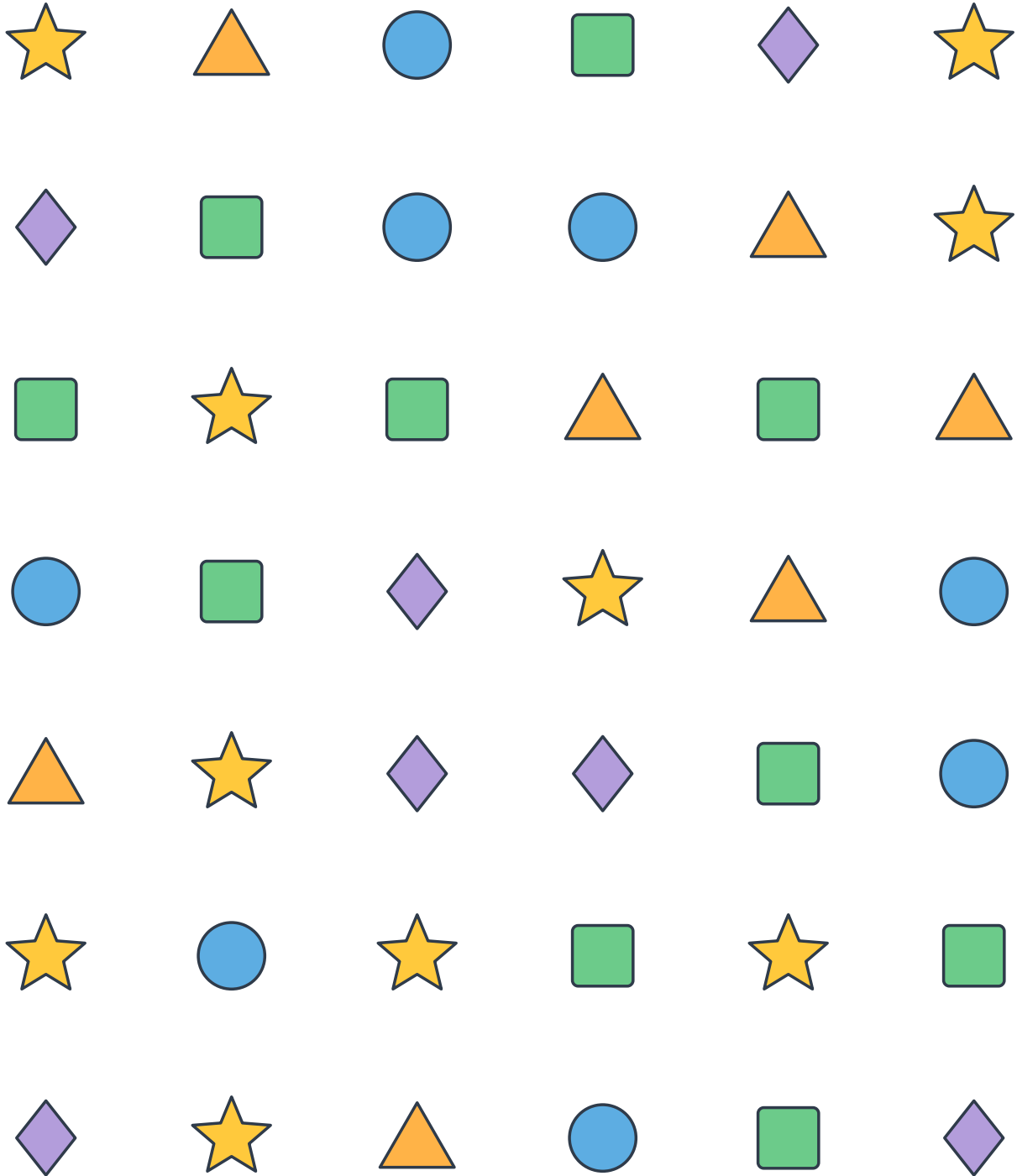
My stars today: ★ ★ ★ ★ ★

Name: _____

Game 11: Treasure Hunt

No reading needed

Find and circle all the stars.



💡 Find as many as you like, then stop. Speed is not important.

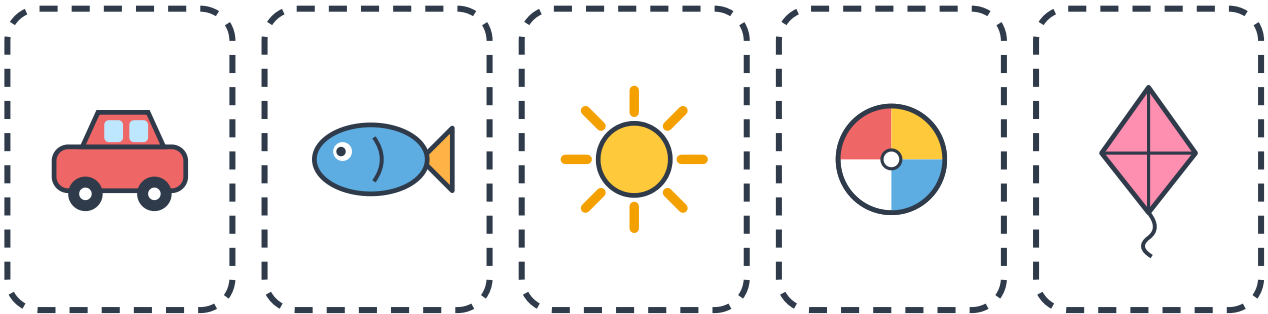
My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

Game 12: Cut & Sort

No reading needed

An adult cuts the cards; the child sorts matching pairs.



✂ cut along the dotted lines



✂ cut along the dotted lines

Mix the cards. Match the twins.

💡 Use safety scissors only with adult supervision.

My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

Game 13: Move & Match

No reading needed

Do the action that matches the picture.

**Reach up high**☐**Jump 3 times**☐**Wiggle like a fish**☐**Run in place**☐**Stand on one foot**☐

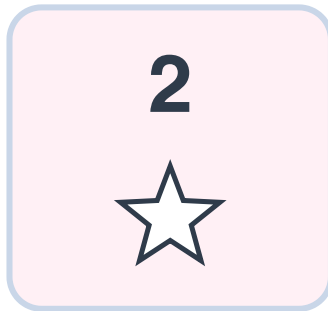
💡 Movement breaks can be the reward between paper games.

My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____

My Game Board

Choose any 3 games today. Colour a star for each one.



I finished:



Reward ideas: sticker · high-five · 2-minute dance · choose the next game

💡 Celebrate effort, not neatness.

My stars today: ☆ ☆ ☆ ☆ ☆

Name: _____