

BASIC SHAPE EXERCISES





HANDWRITING CHALLENGE WORKBOOK



Basic Shape Exercises

(Designed for children with Dysgraphia and writing difficulties)

Benefits of Basic Shape Tracing for Children With Dysgraphia

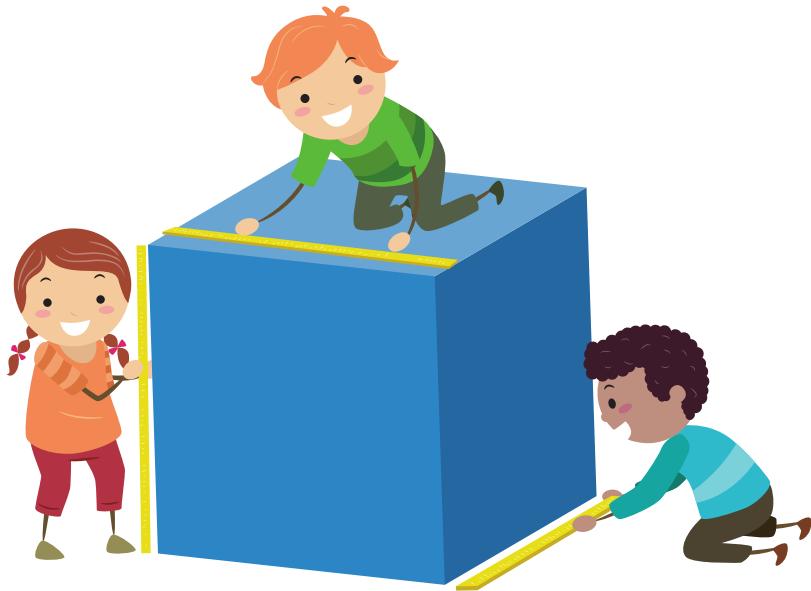
- Builds foundational shape recognition essential for letter formation
- Strengthens pencil control through simple geometric patterns
- Develops spatial awareness for proper letter sizing and spacing
- Improves hand-eye coordination with predictable shapes
- Trains the hand to create circles, squares, triangles, and rectangles—the building blocks of letters
- Reduces writing anxiety through familiar, achievable shapes
- Enhances visual-motor integration skills
- Increases writing confidence with success-based practice that feels like play

DYSGRAPHIA SUPPORT

EXERCISES

Straight Line tracing	Curve line tracing	Zig-zag tracing	Loop tracing	Shape tracing (basic shapes)	Complex shape tracing
Complex shape tracing	Pattern tracing	Dotted line tracing	Dotted paths (directional)	Handwriting warm-ups (pre-writing strokes)	Dot-marking worksheets
Simple graph paper practice	Uppercase letter tracing	Lowercase letter tracing	Number tracing	Color by letter	Circle the correct letter
Arrow direction following	Grid copy drawing (simple)	Grid copy drawing (complex)	Trace & color objects	Cut the shape	Straight-line cutting
Curve-line cutting	Geometric path following	Directional arrow tracing	Complete the shape	Connect matching pairs with a line	Color by number
Label simple pictures	Match picture to word	Sorting worksheets (size/height)	Dot-to-dot (Numbers/Alphabets)	Join the numbers (Numbers/alphabets)	Finish the pattern
Copy the pattern	Shape & color matching	Object-shadow matching	Simple mazes	Medium mazes	Draw the missing half (symmetry)
Mirror image drawing	Find the hidden picture	Spot the difference	Odd-one-out worksheets	Matching cards (pairs)	"Find & circle" symbol search

SHAPE TRACING (BASIC SHAPES)



Message For Parents

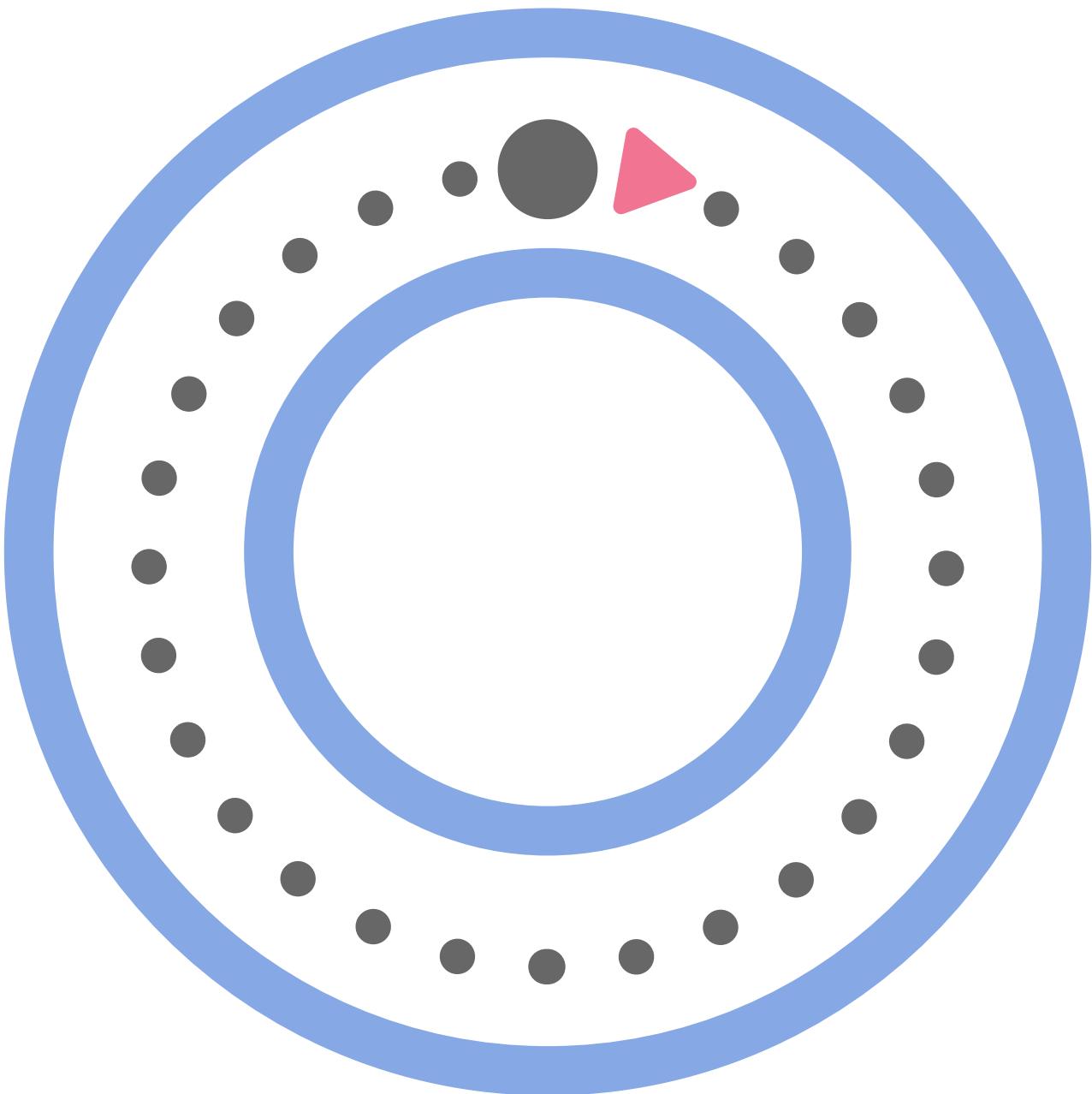
This activity strengthens finger agility for sharp turns.
Improves eye-hand coordination during complex tracing patterns.
Supports cognitive focus needed for structured handwriting tasks.

Date: _____



CIRCLE

2D Shape Tracing Mat



Date: _____



OVAL

2D Shape Tracing Mat

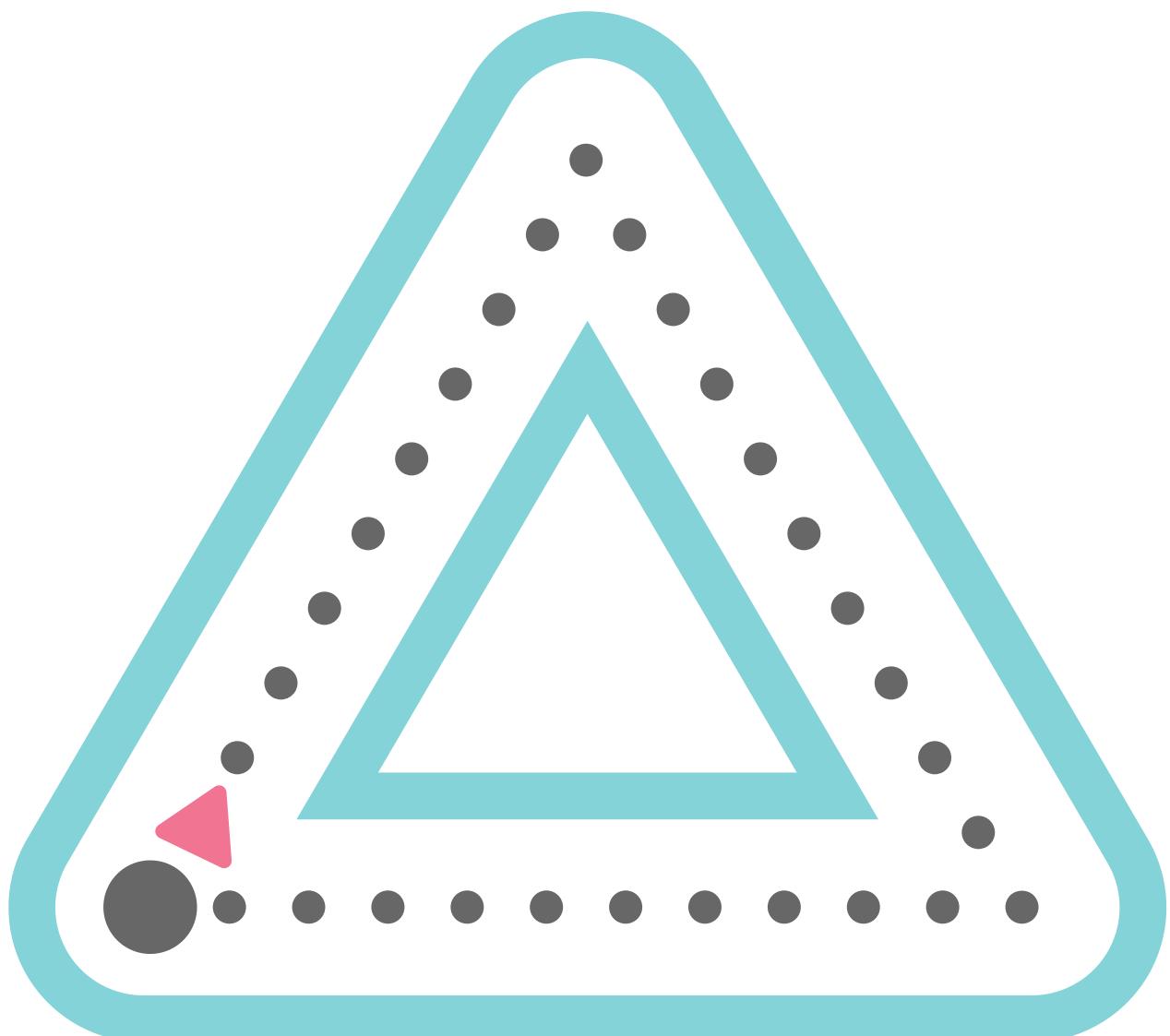


Date: _____



TRIANGLE

2D Shape Tracing Mat

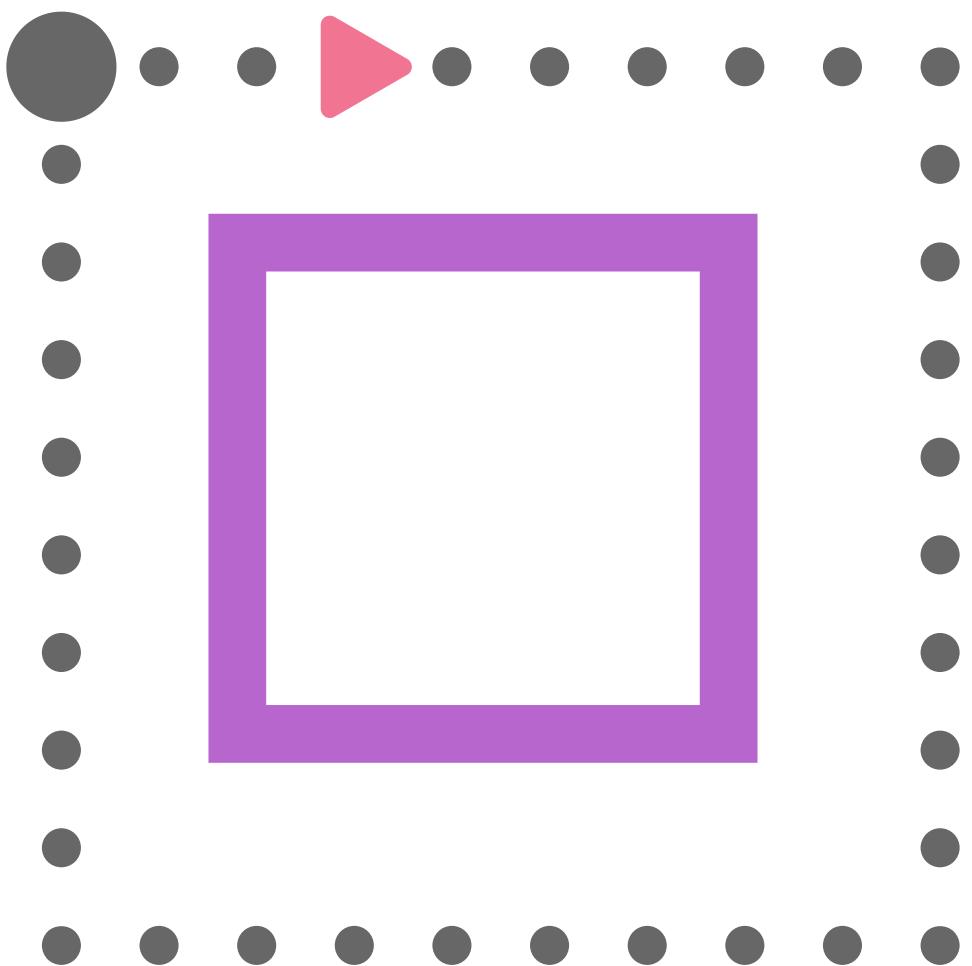


Date: _____



SQUARE

2D Shape Tracing Mat

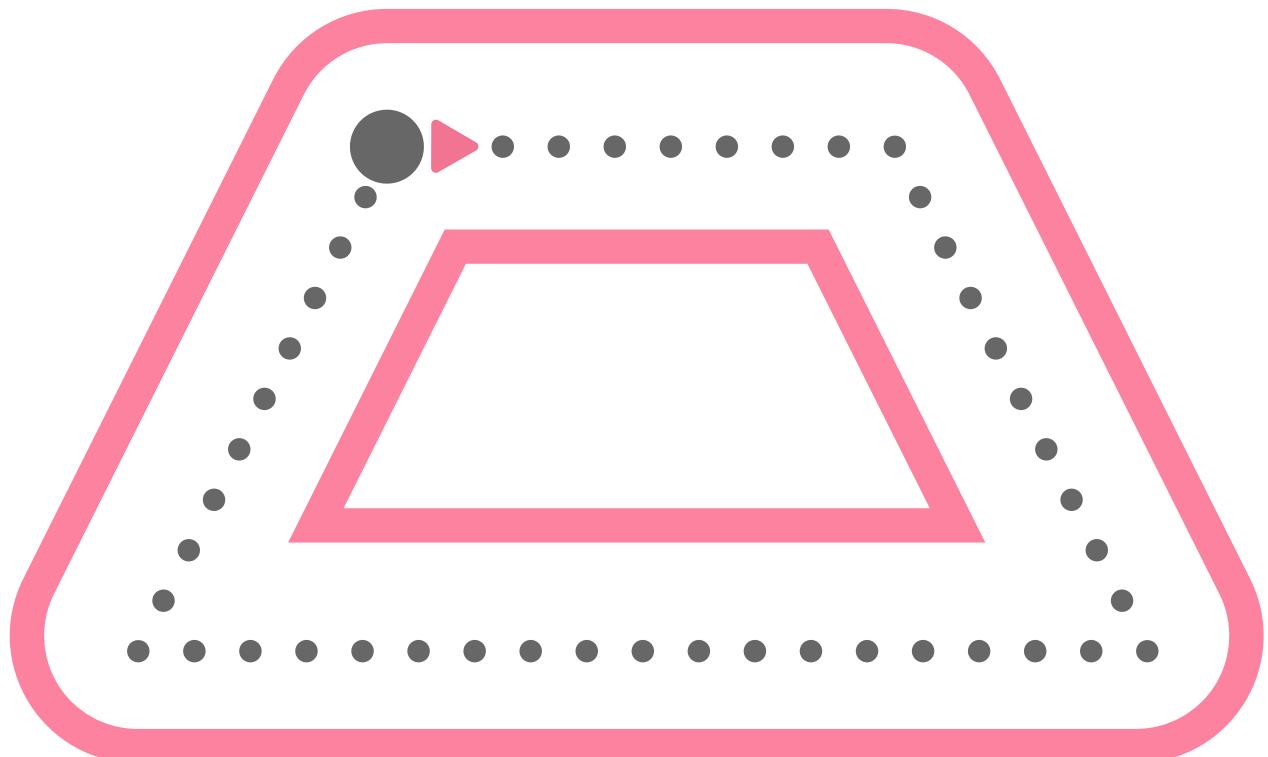


Date: _____



TRAPEZIUM

2D Shape Tracing Mat

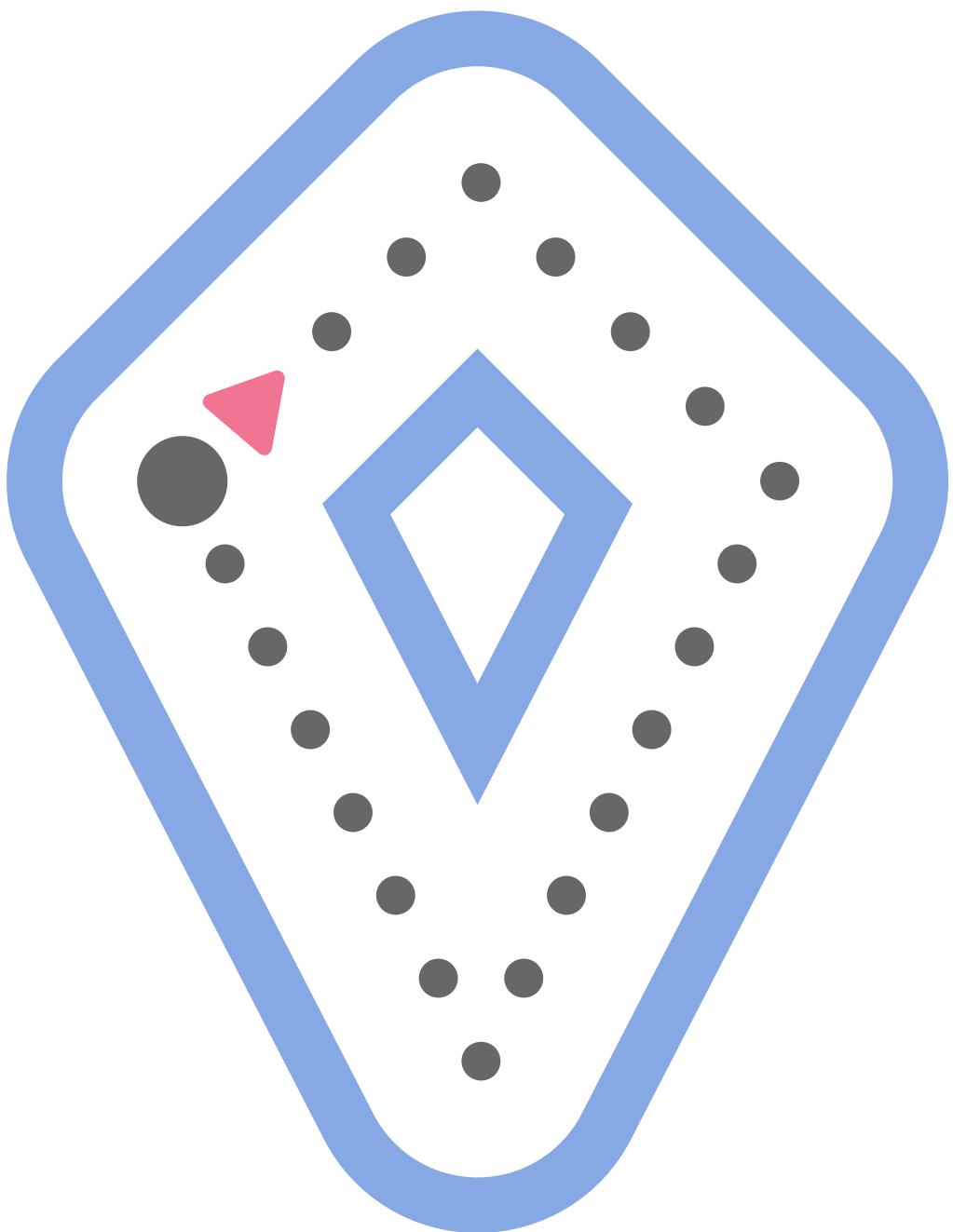


Date: _____



KITE

2D Shape Tracing Mat

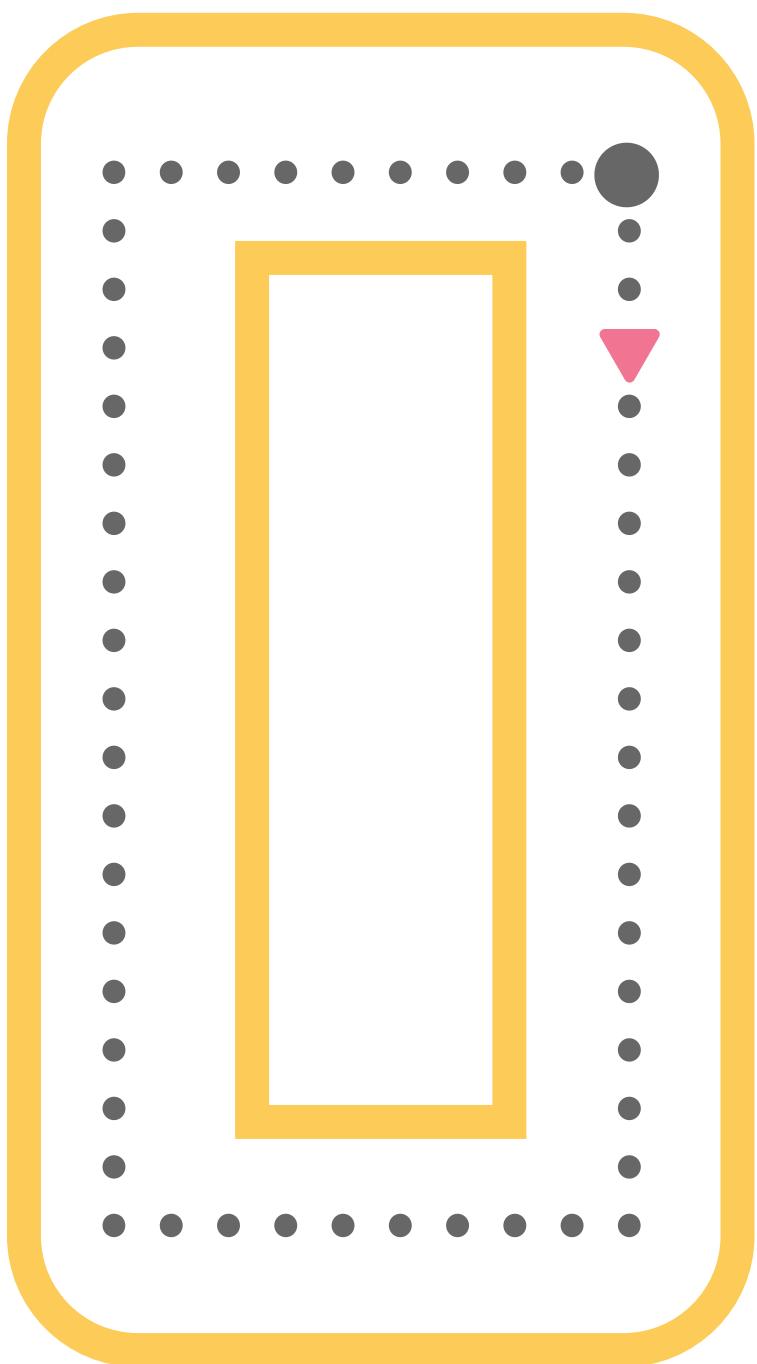


Date: _____



RECTANGLE

2D Shape Tracing Mat

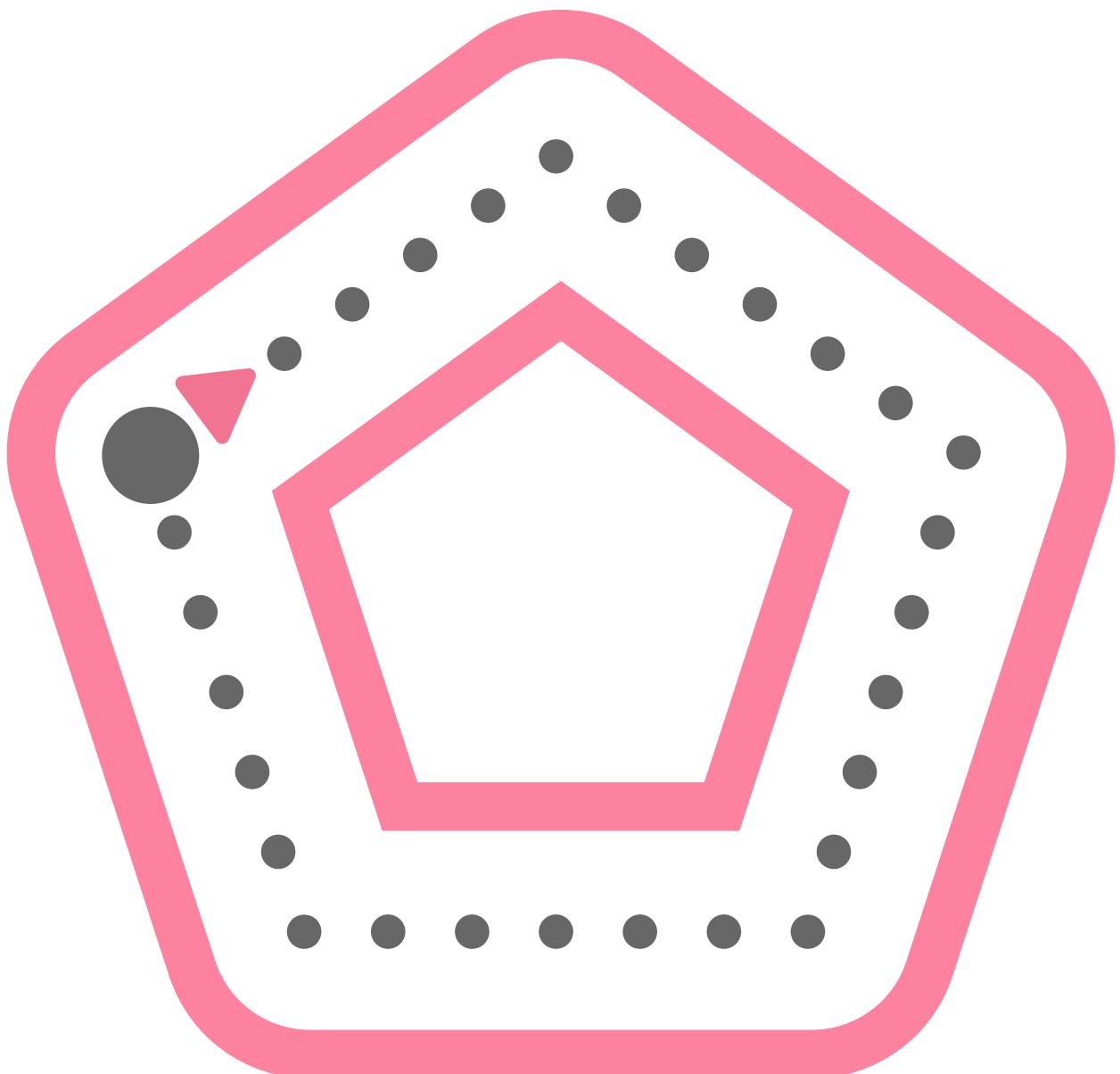


Date: _____



PENTAGON

2D Shape Tracing Mat

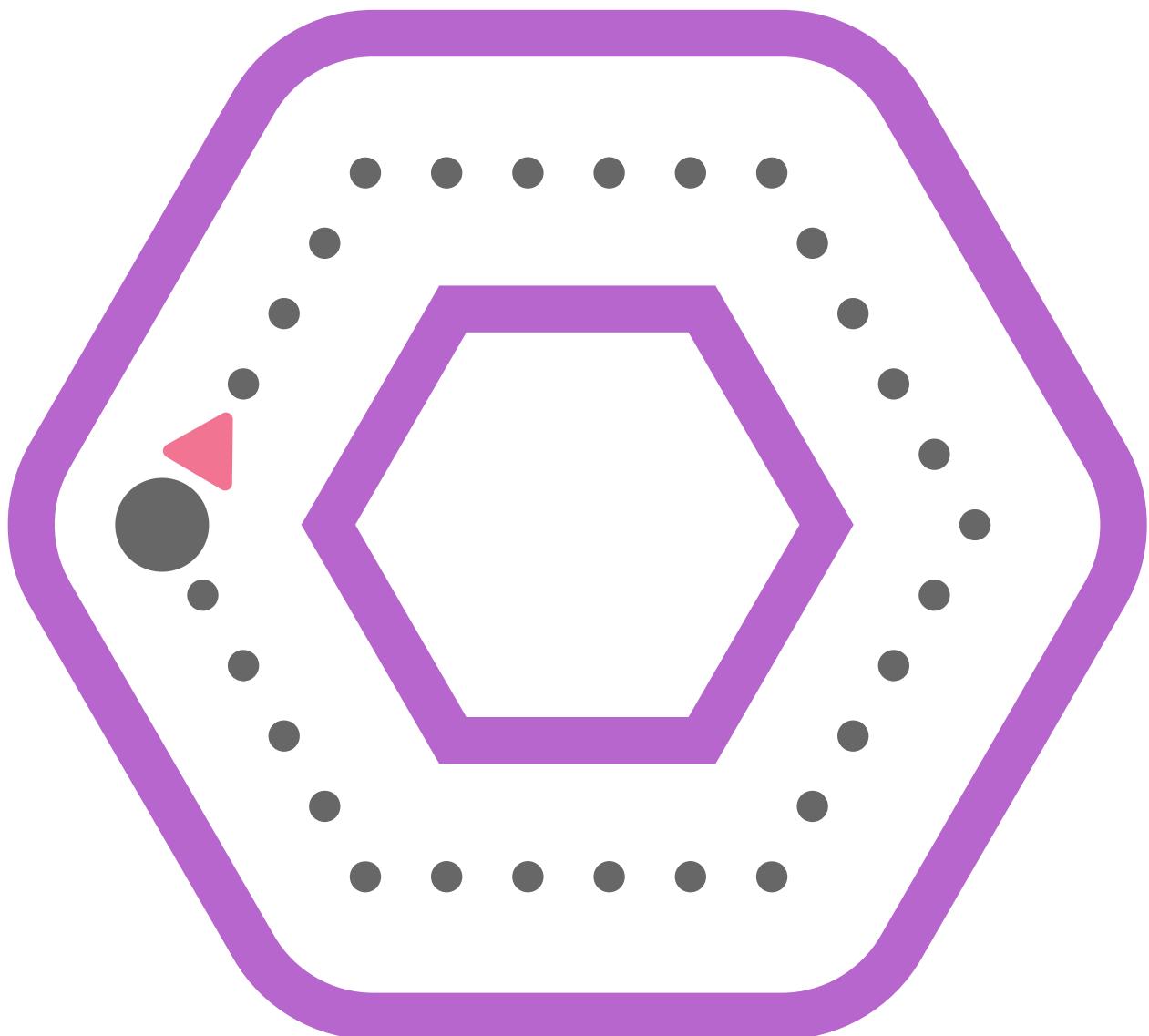


Date: _____



HEXAGON

2D Shape Tracing Mat



Date: _____



HEPTAGON

2D Shape Tracing Mat



Date: _____



STAR

2D Shape Tracing Mat

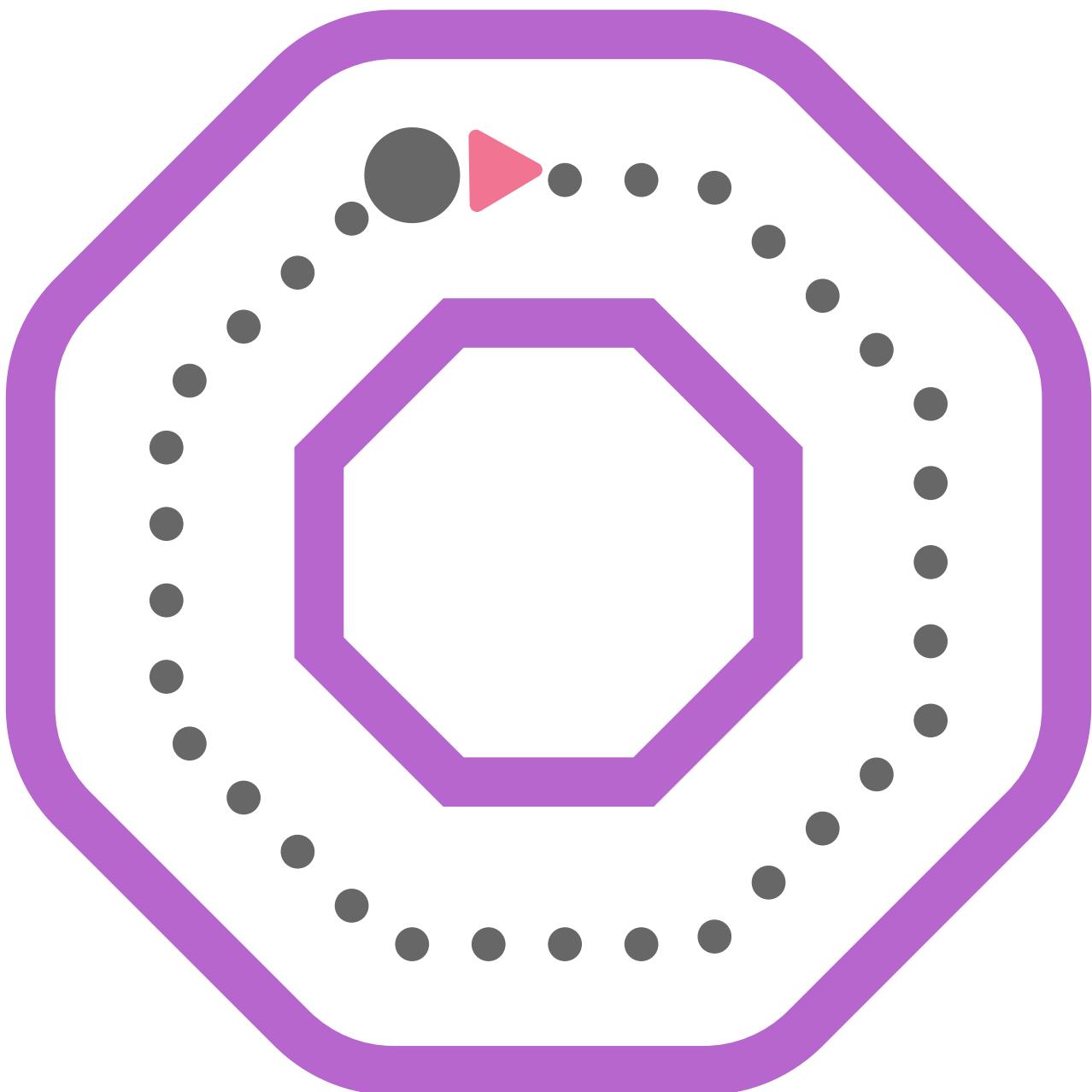


Date: _____



OCTAGON

2D Shape Tracing Mat

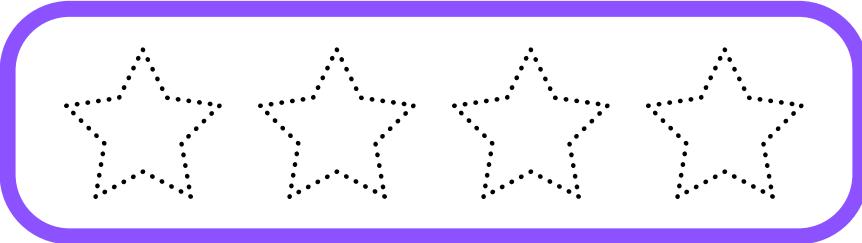
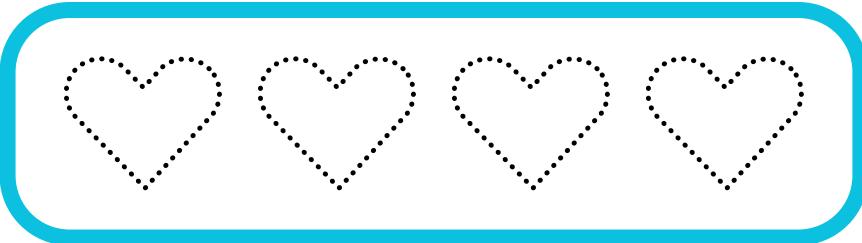
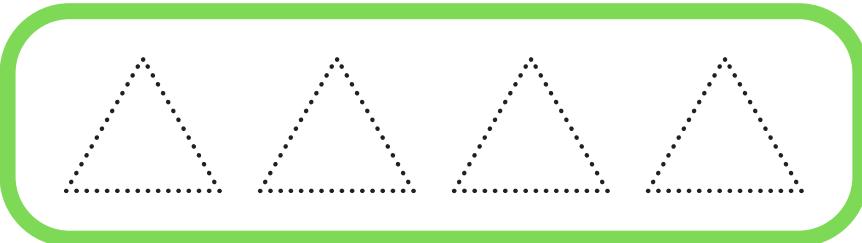
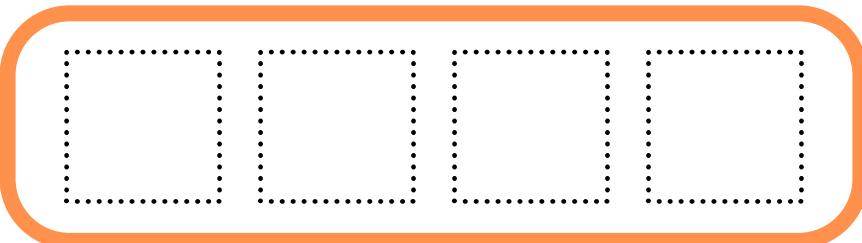
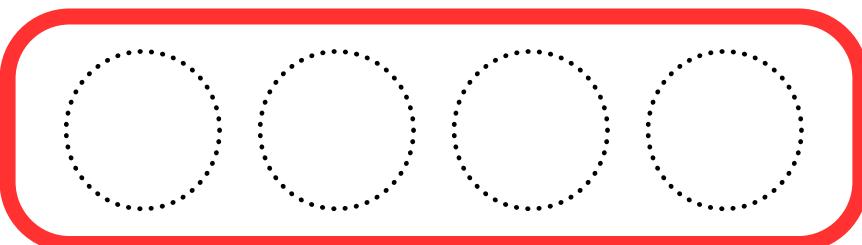


Date: _____



Tracing Shapes

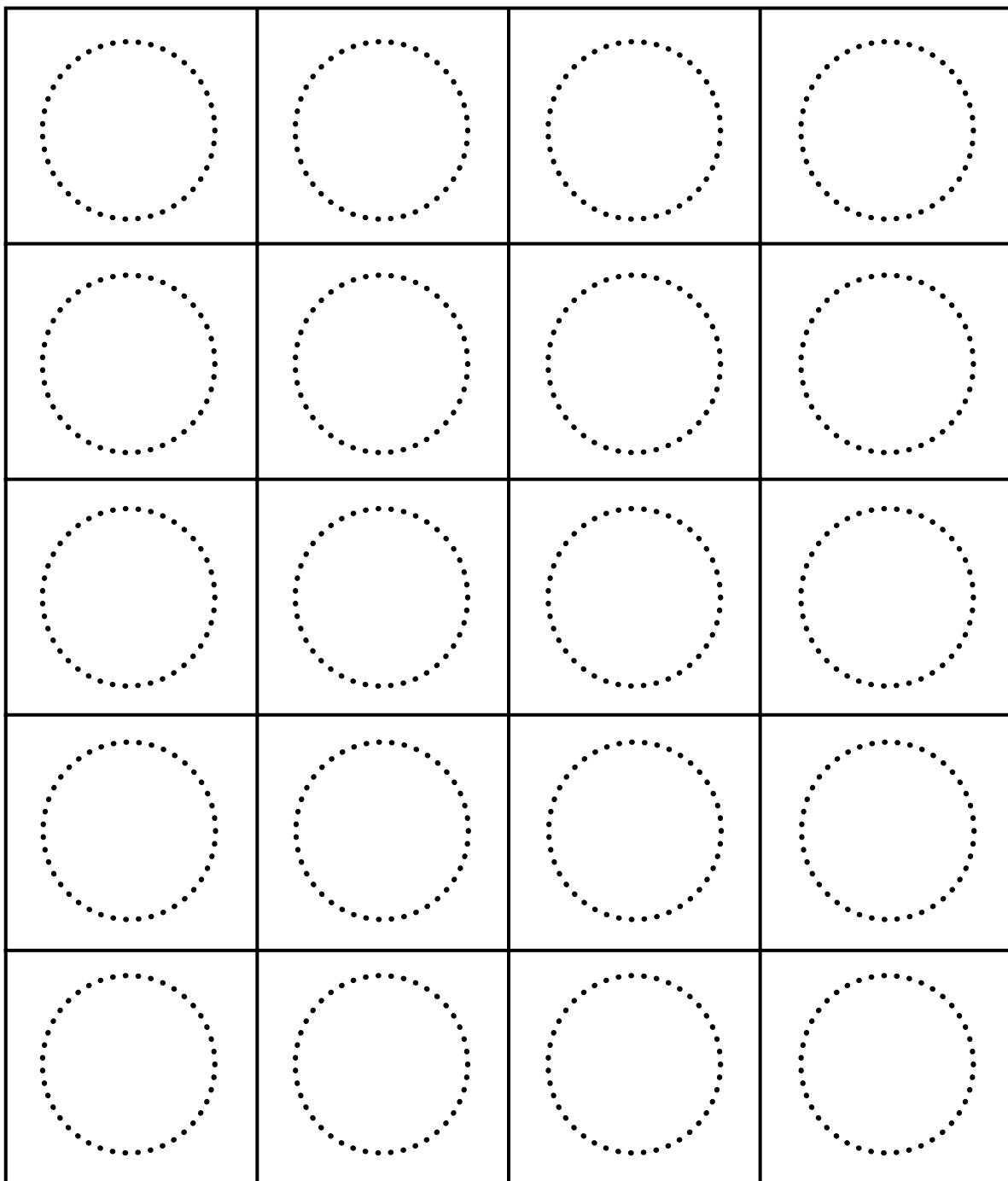
Trace the dots to complete the shapes!



Date: _____



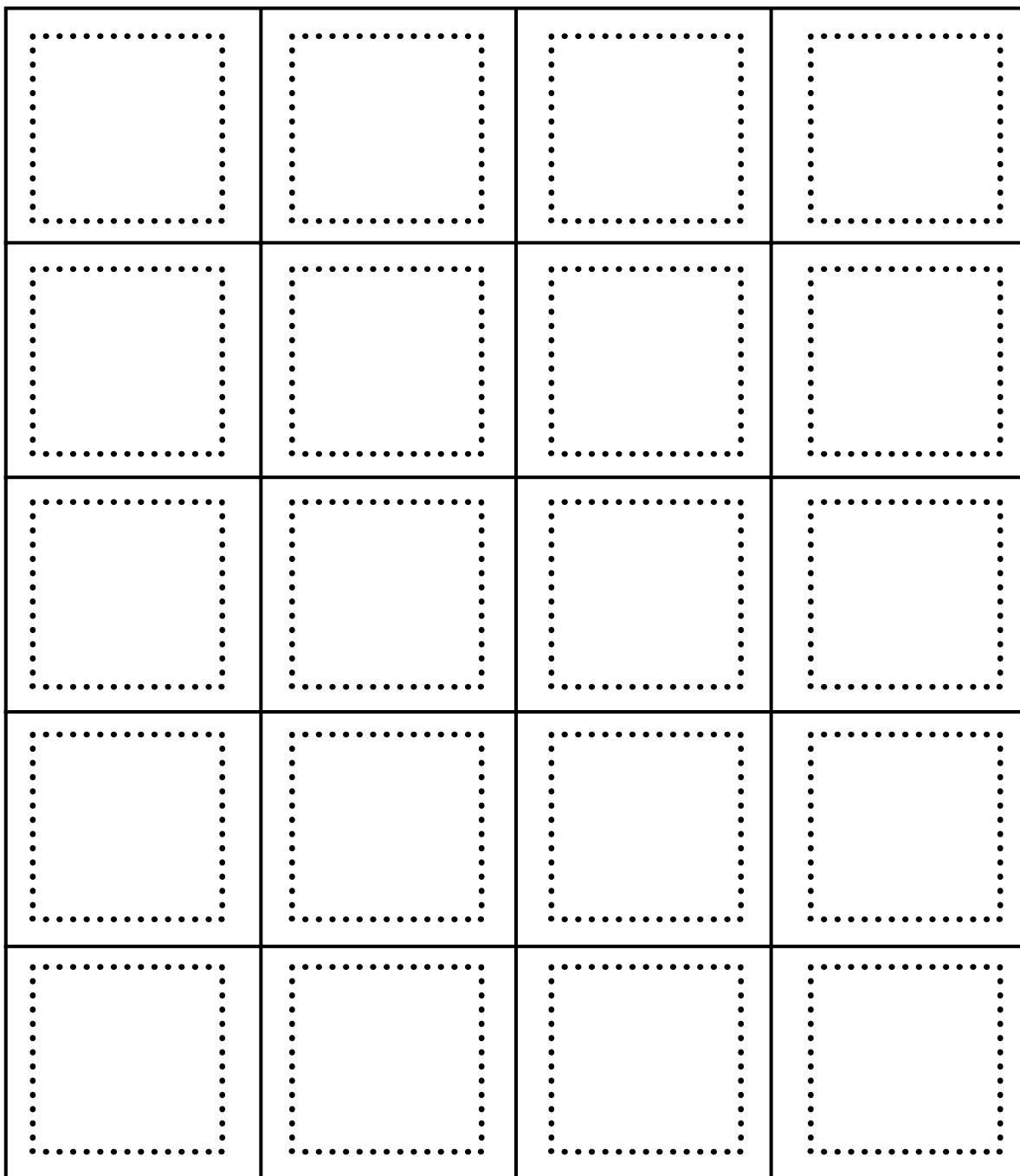
Tracing shapes



Date: _____



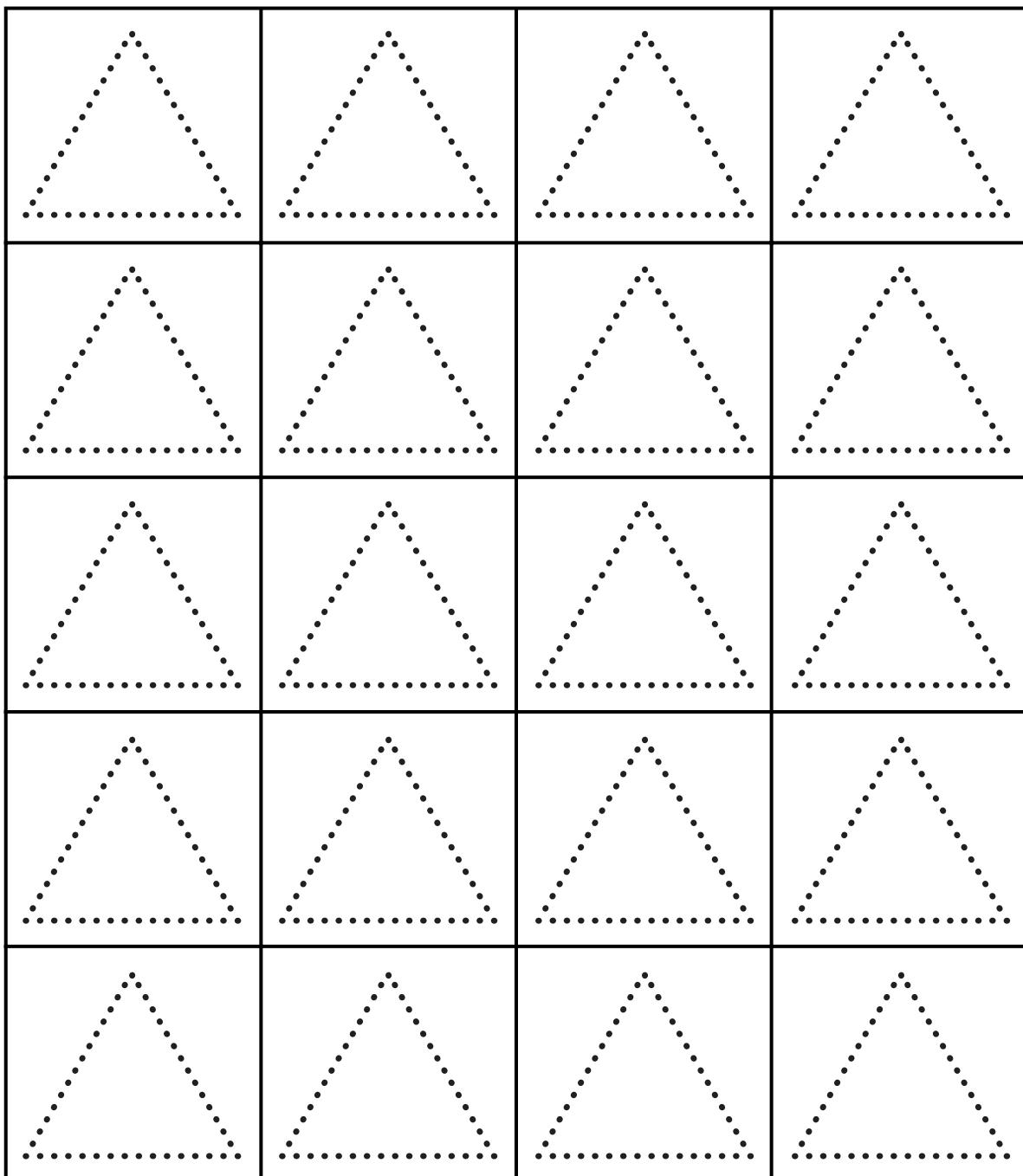
Tracing shapes



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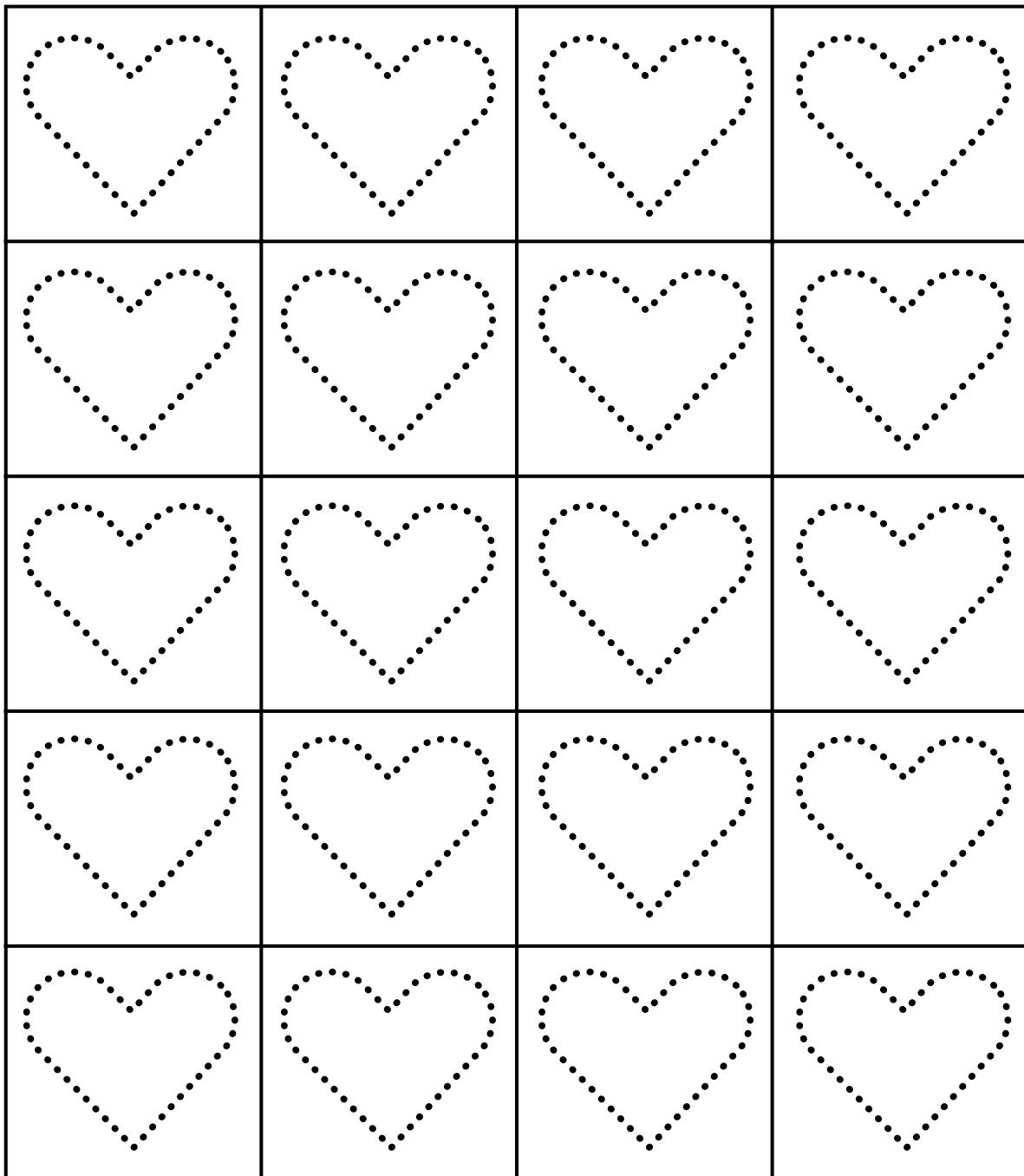
Tracing shapes



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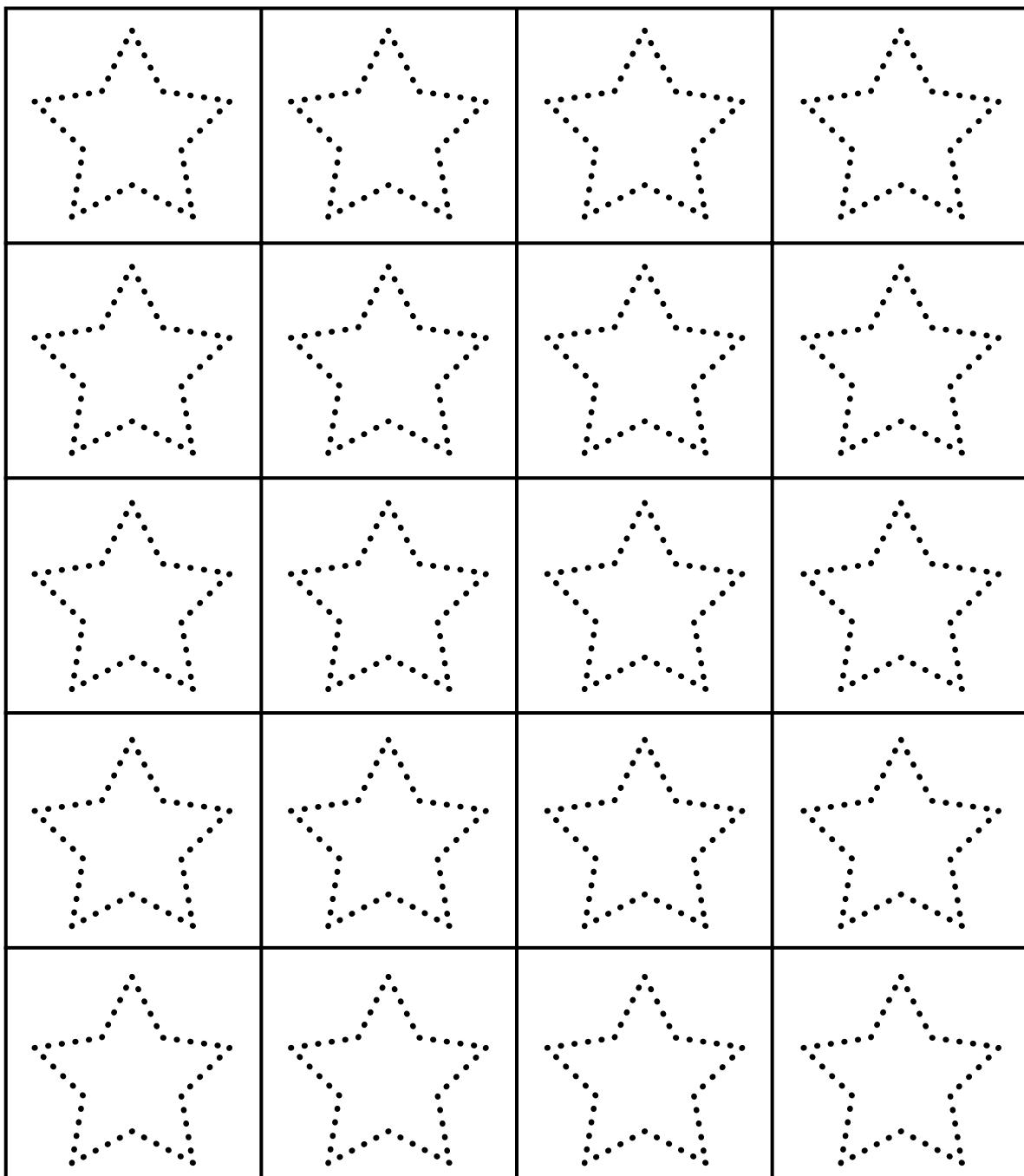
Tracing shapes



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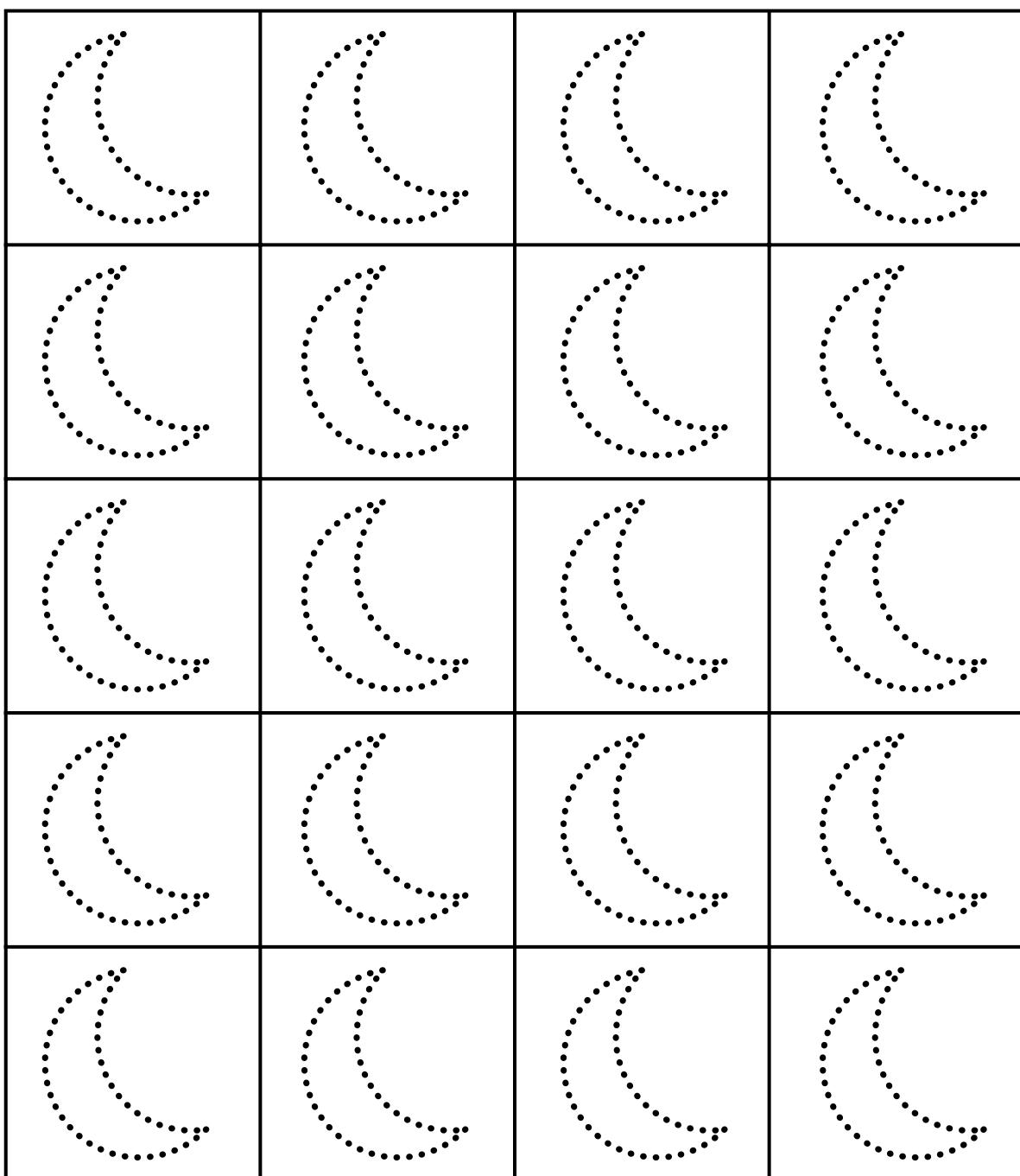
Tracing shapes



Date: _____



Tracing shapes

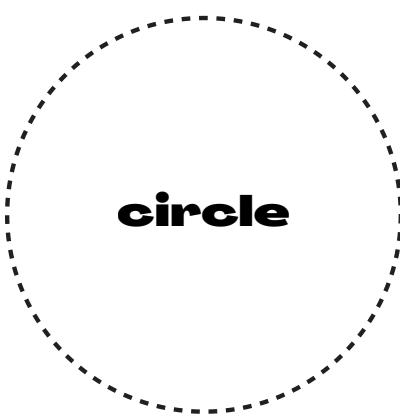
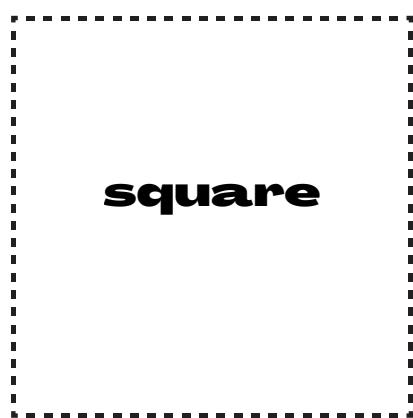
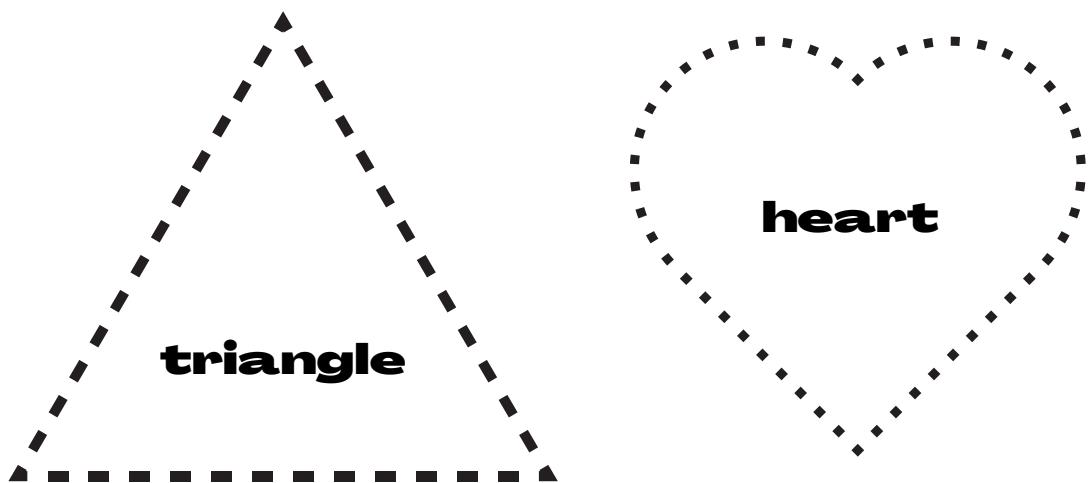


Date: _____



Trace and Color

Trace the shapes and color them.



Date: _____



Shapes Game

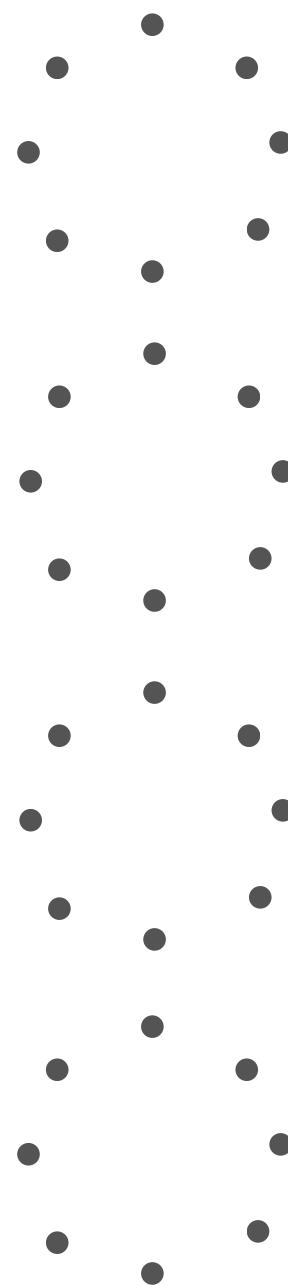
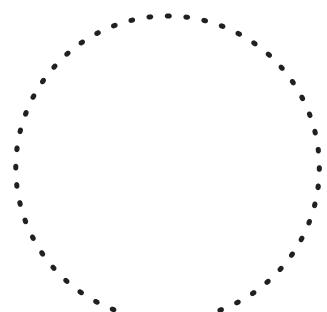
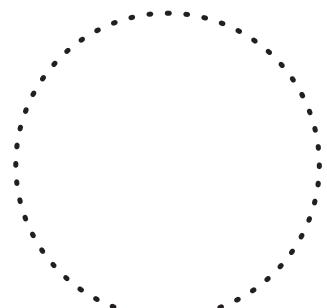
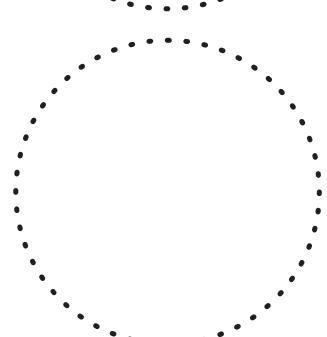
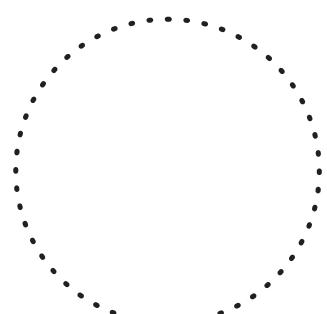
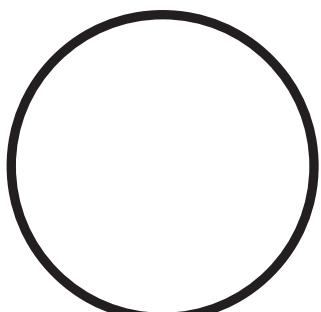
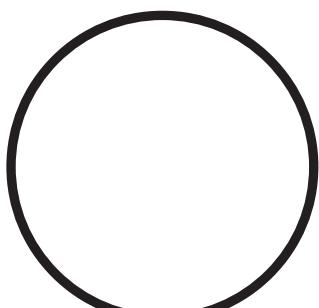
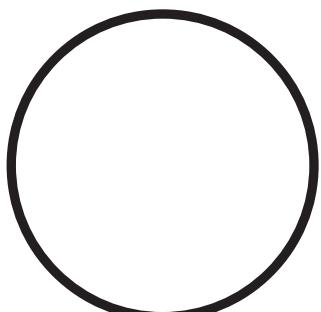
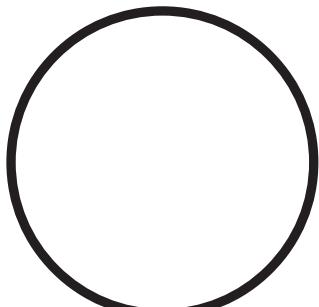
Trace



Trace



Draw



Date: _____



Shapes Game

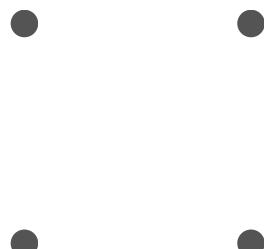
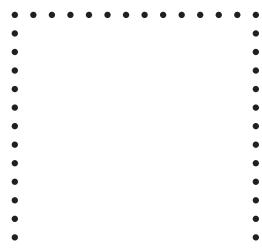
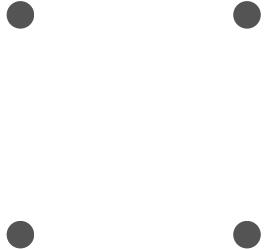
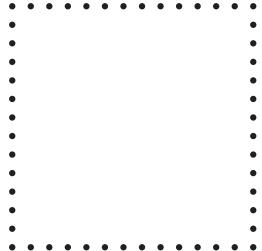
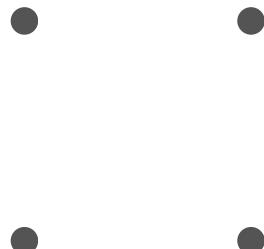
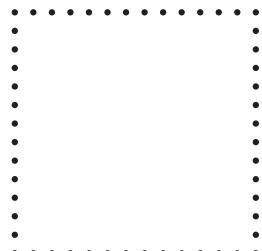
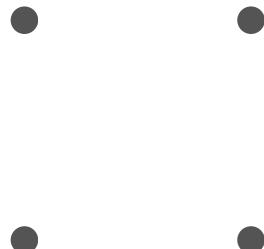
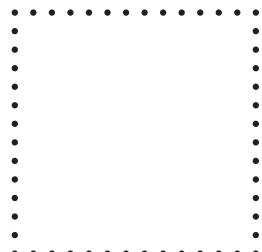
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Trace



Draw



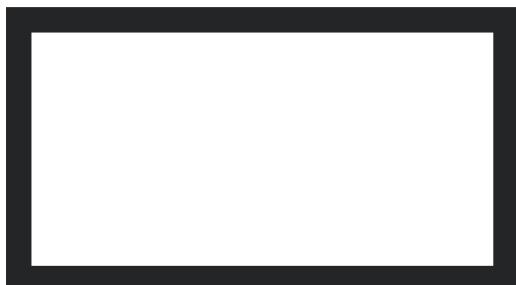
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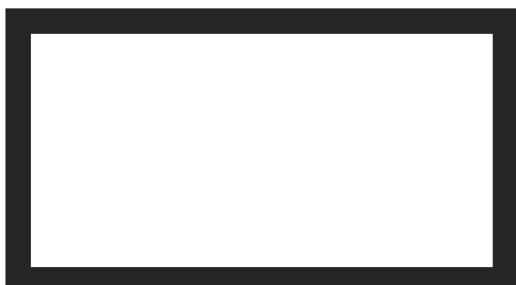
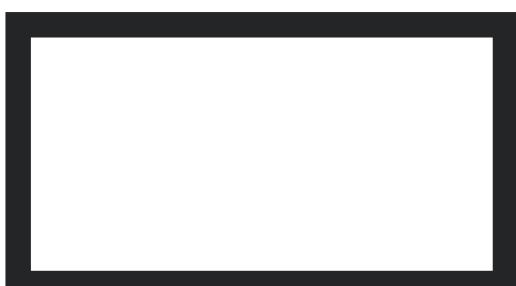
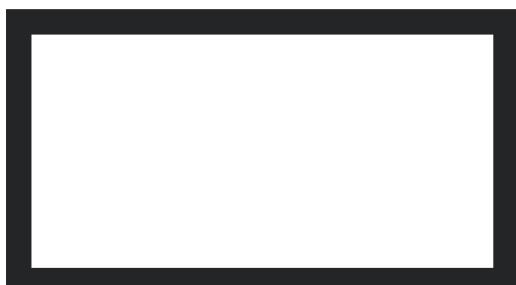
Shapes Game



Trace



Trace



Date: _____



Shapes Game

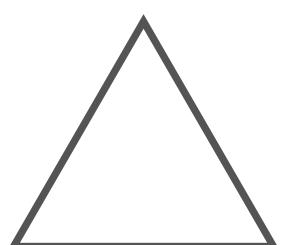
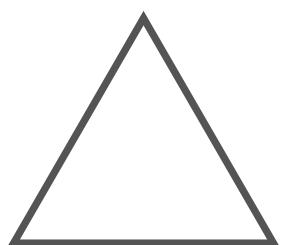
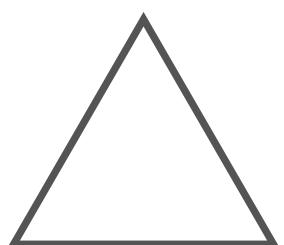
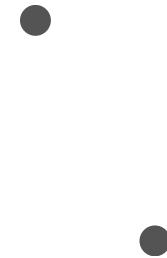
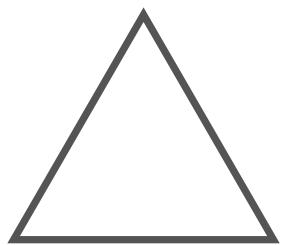
Trace



Trace



Draw



Date: _____



Shapes Game

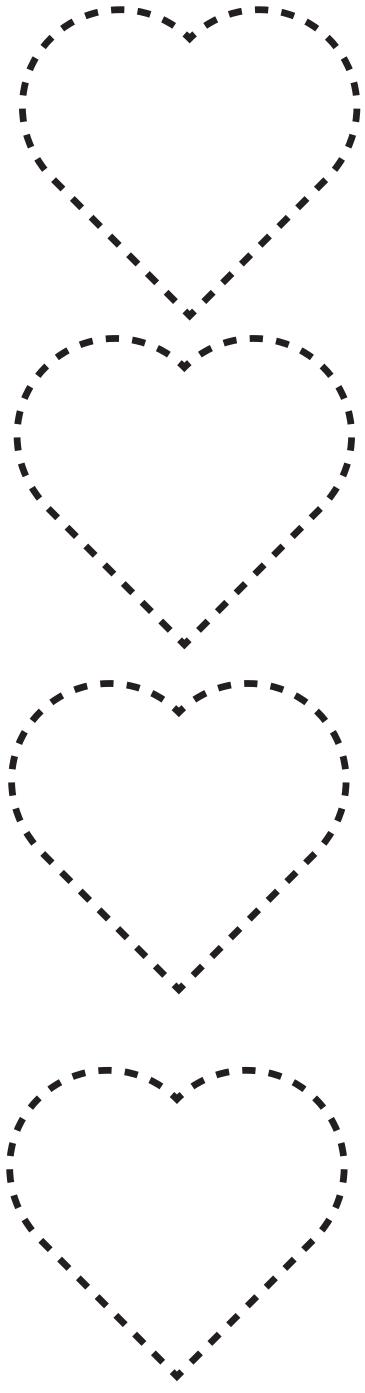
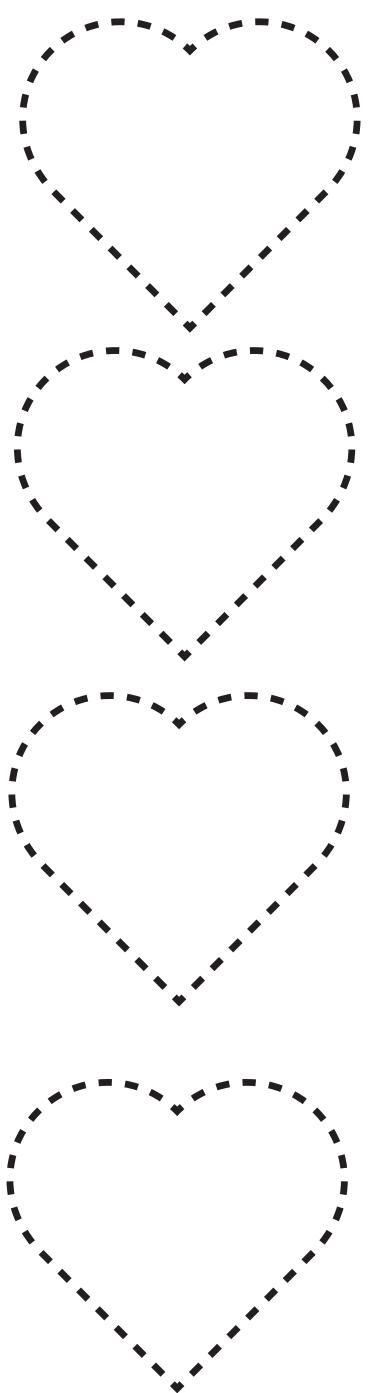
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Trace



Draw



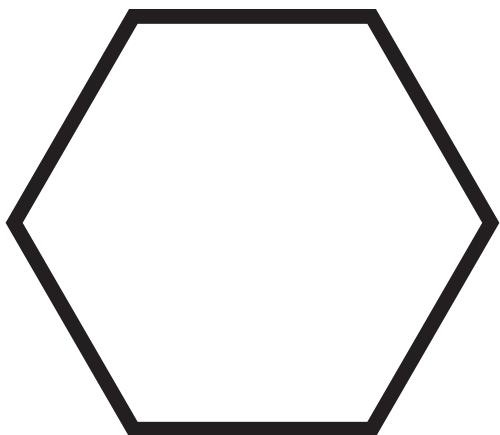
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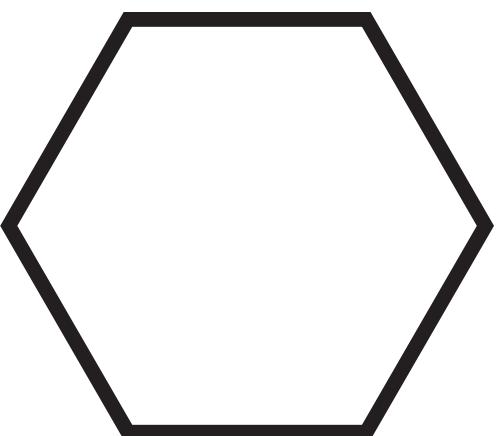
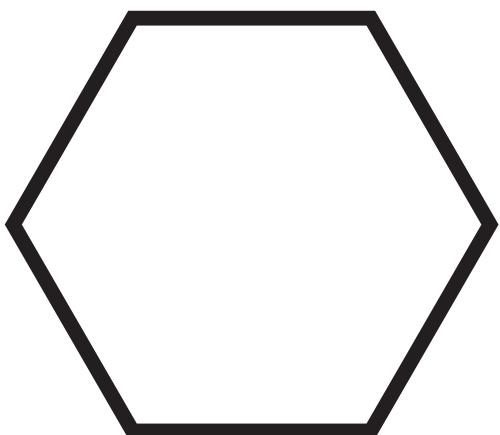
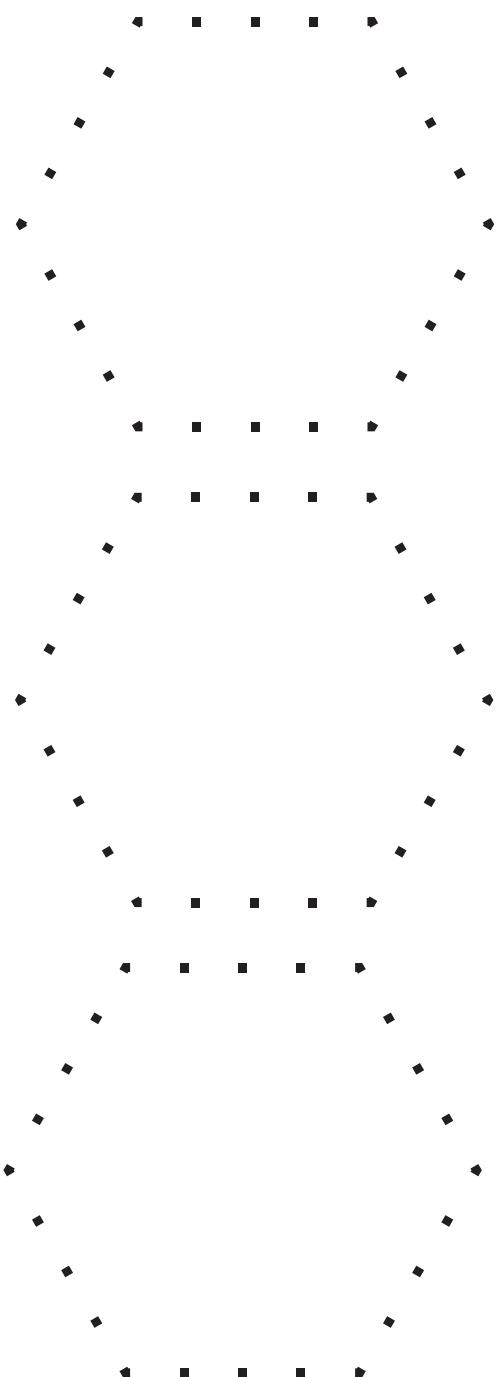
Shapes Game



Trace



Trace

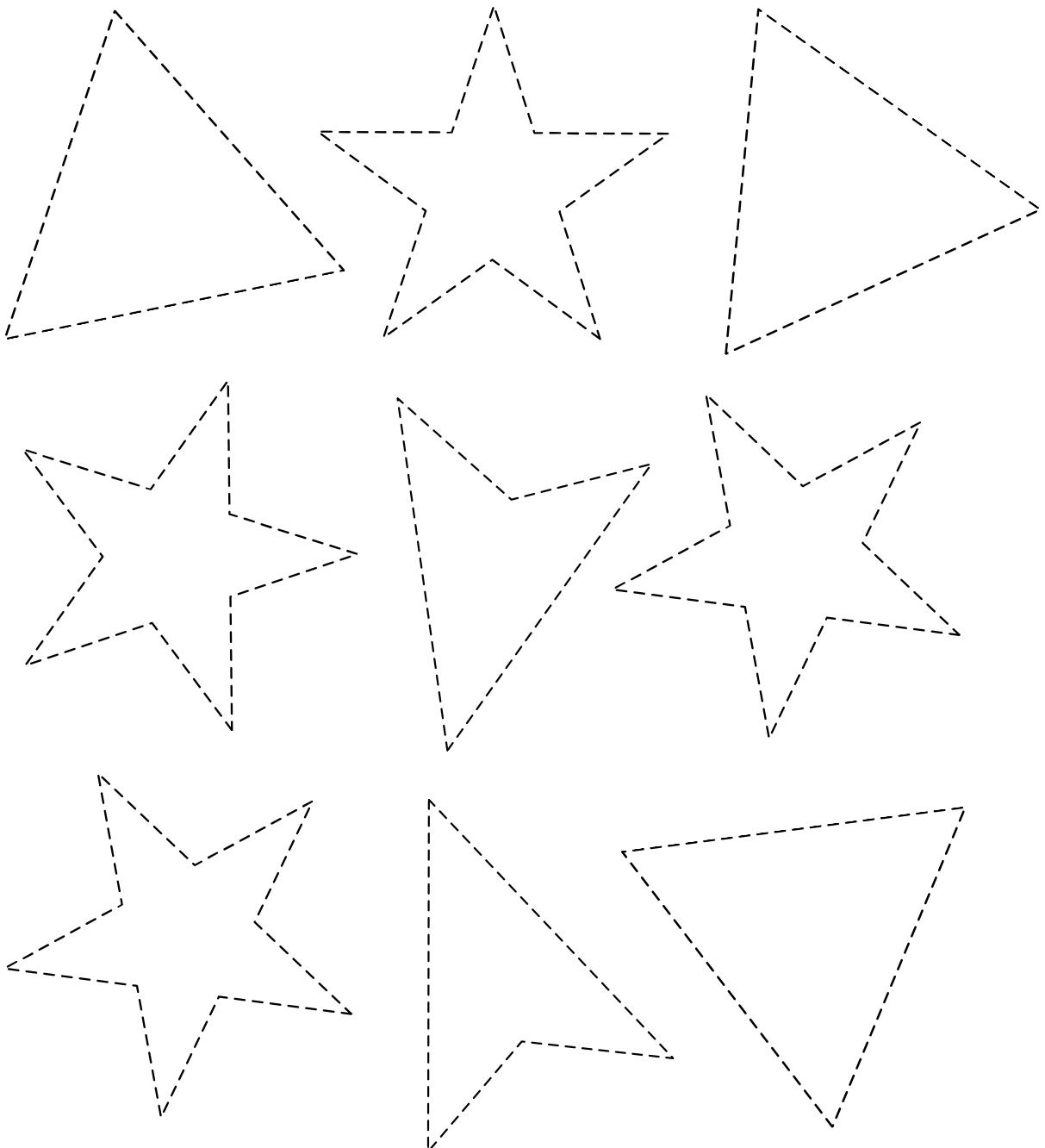


Date: _____



Star Shapes

Trace and color the star shapes.
How many stars do you count?

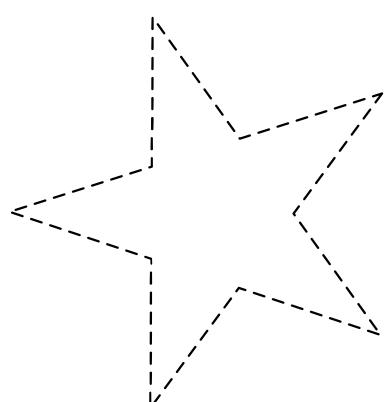
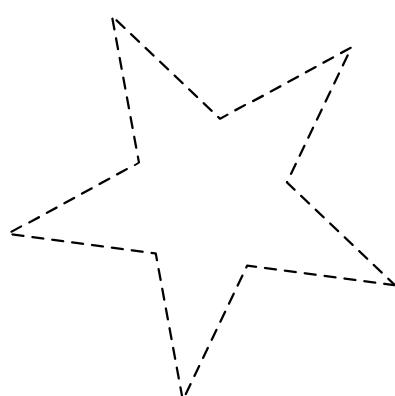
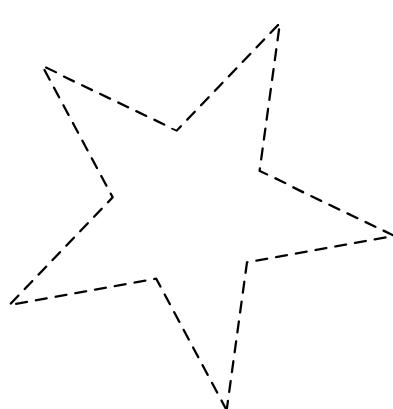
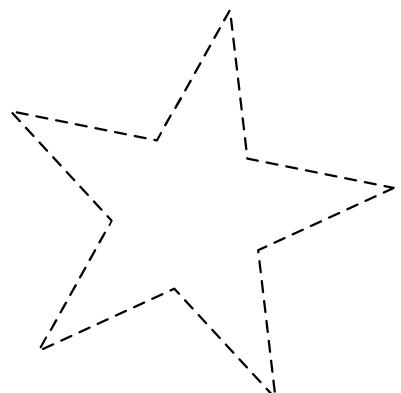
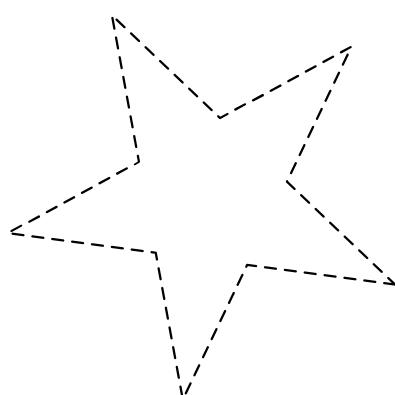
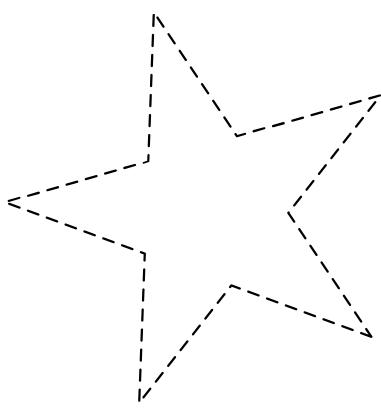
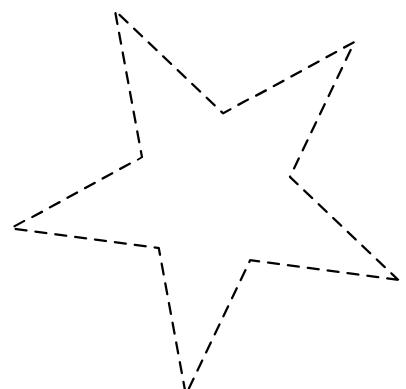
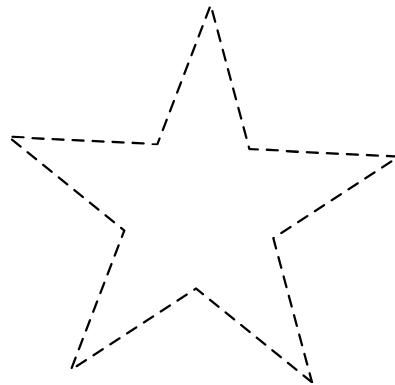
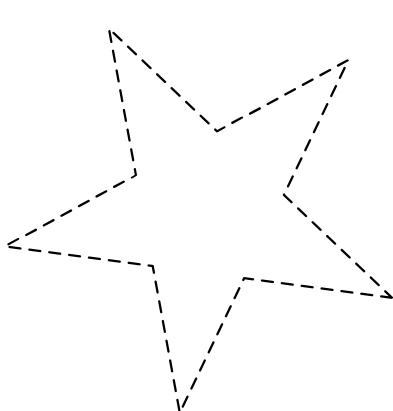


Date: _____



Star Shapes

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How many stars do you count?

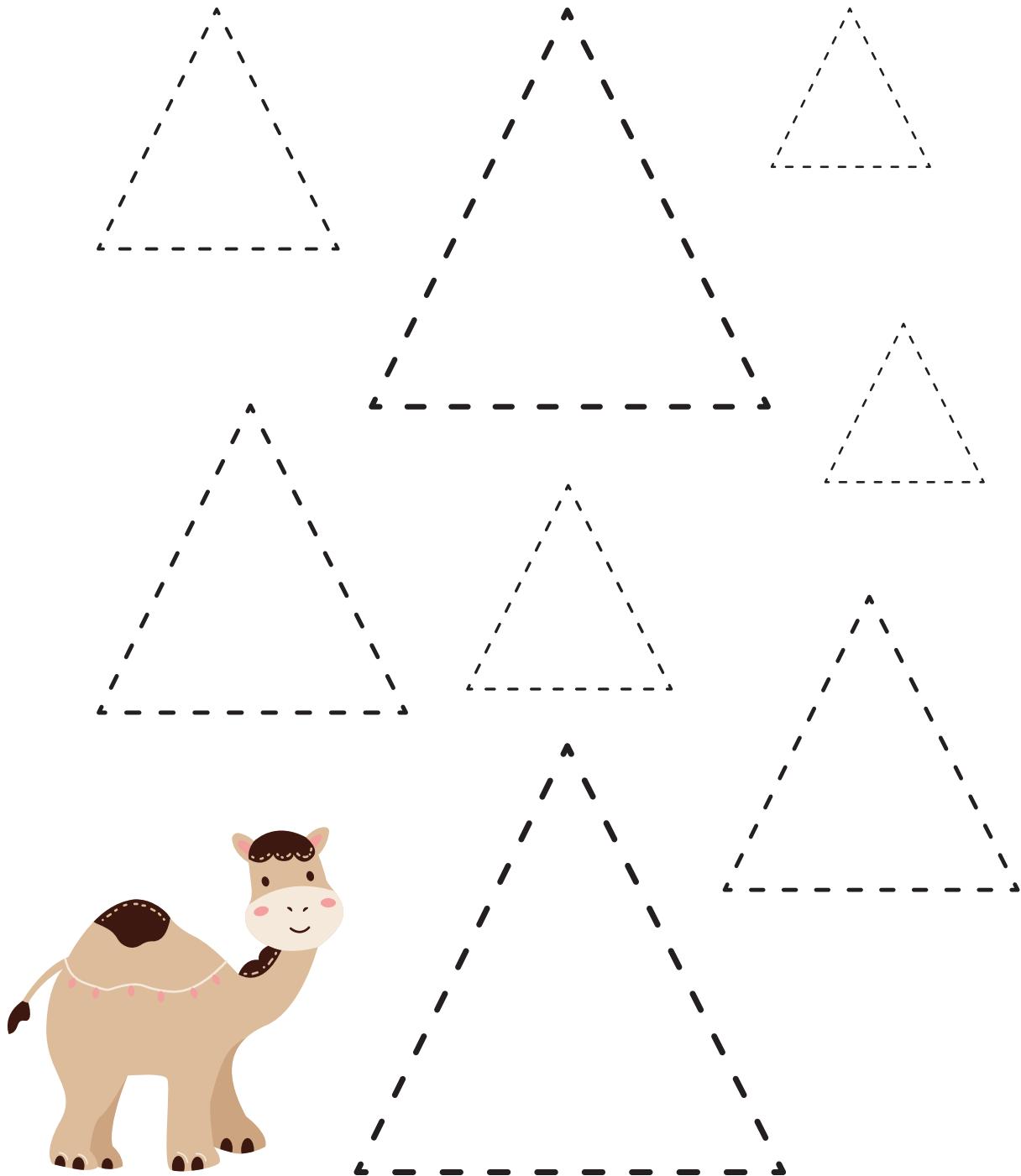


Date: _____



I Can Draw Triangles

Help the camel to trace the triangles.

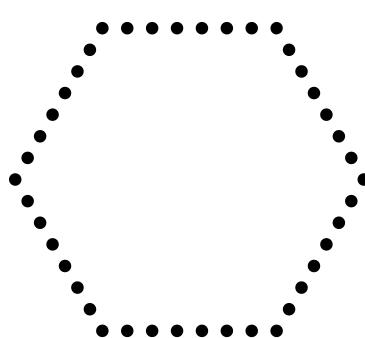
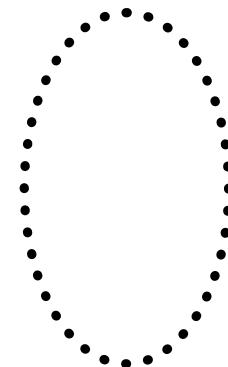
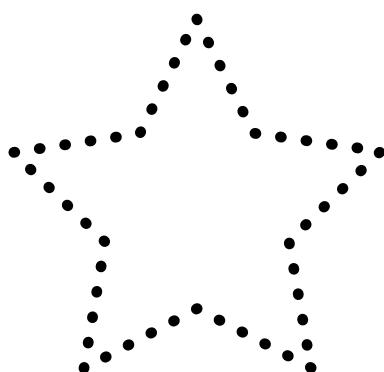
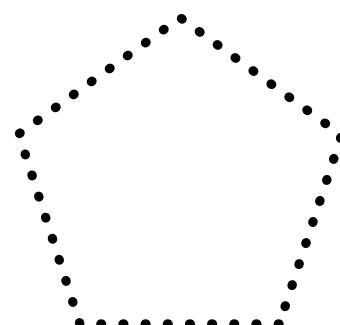
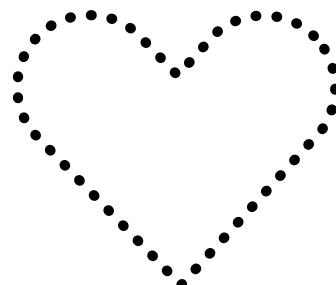
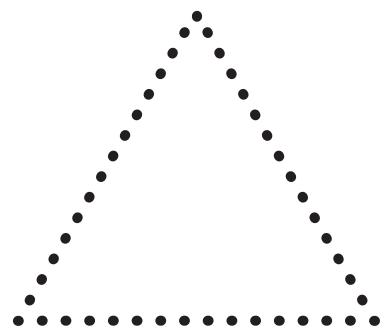
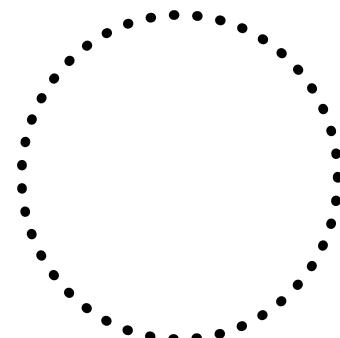
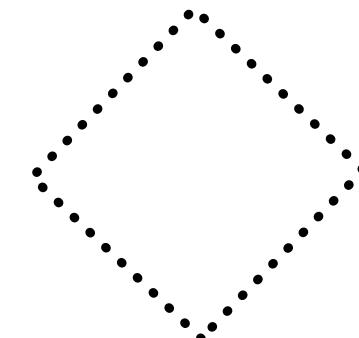
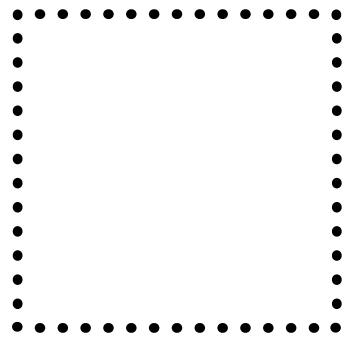


Date: _____



Tracing Shapes

Trace the dots to complete the shapes!

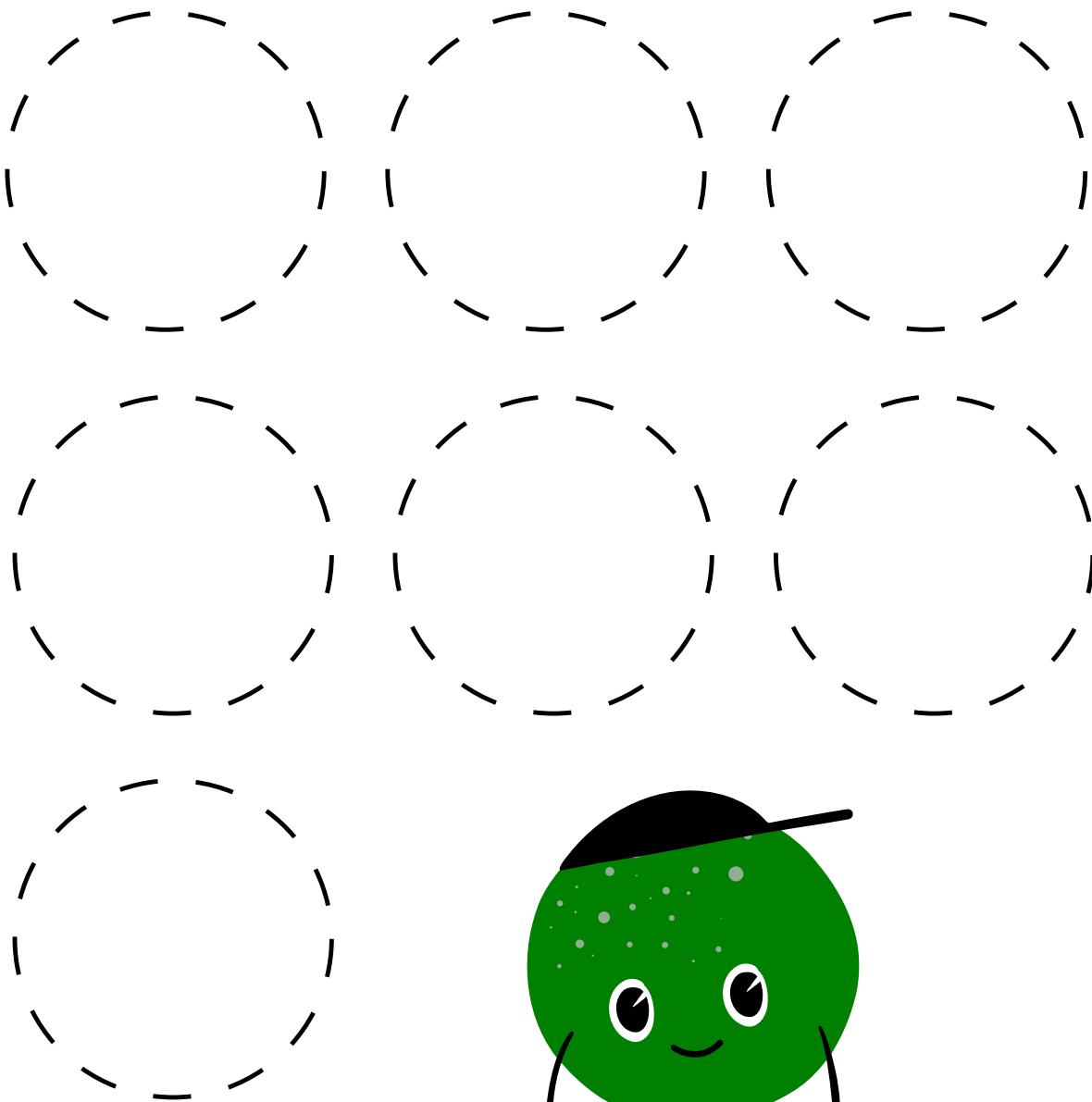


Date: _____



Tracing Shapes

Trace all the circle.

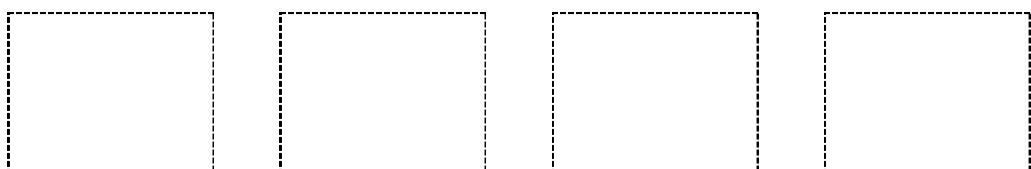
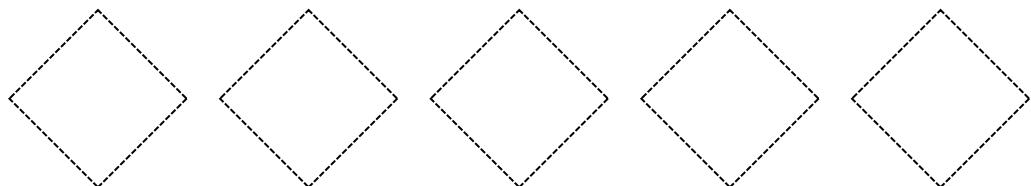
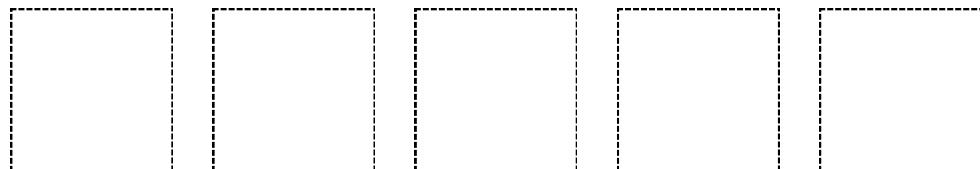
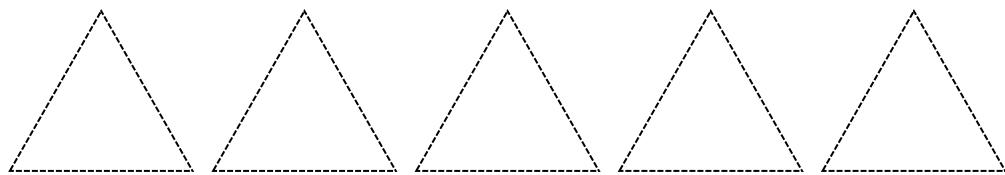
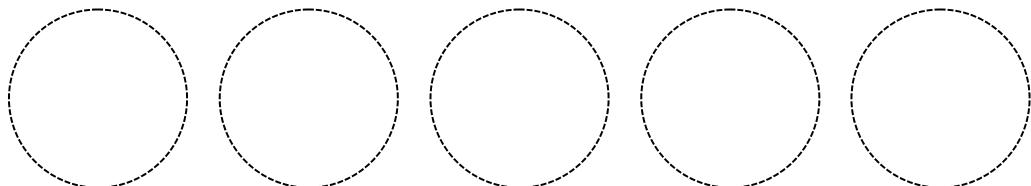


Date: _____



Shapes Tracing Worksheet

Trace the shapes below.

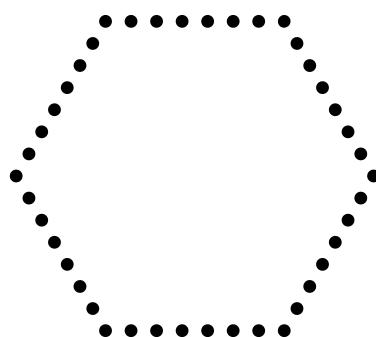
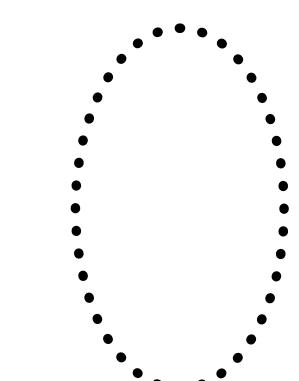
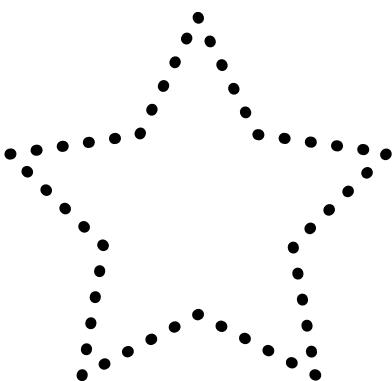
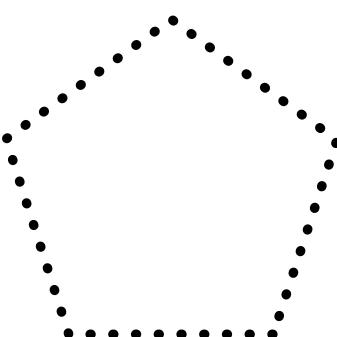
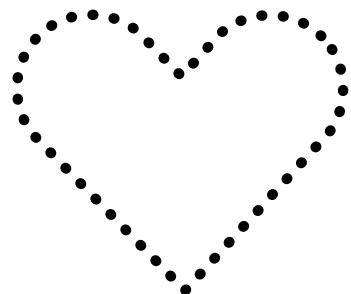
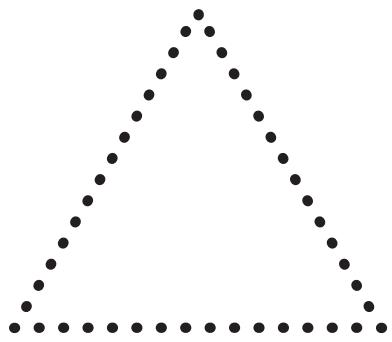
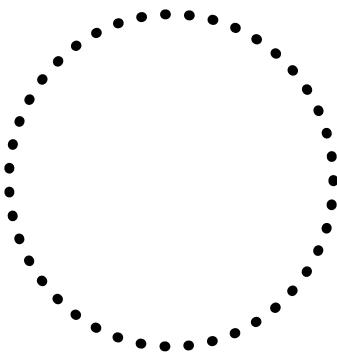
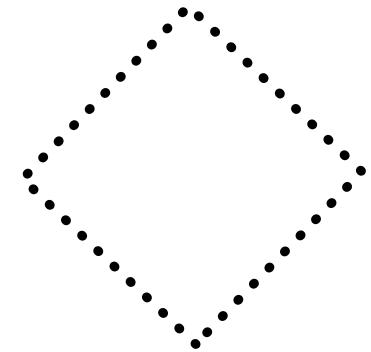
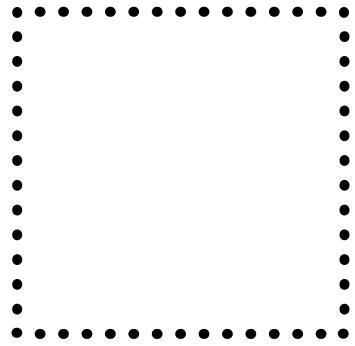


Date: _____



Tracing Shapes

Trace the dots to complete the shapes!

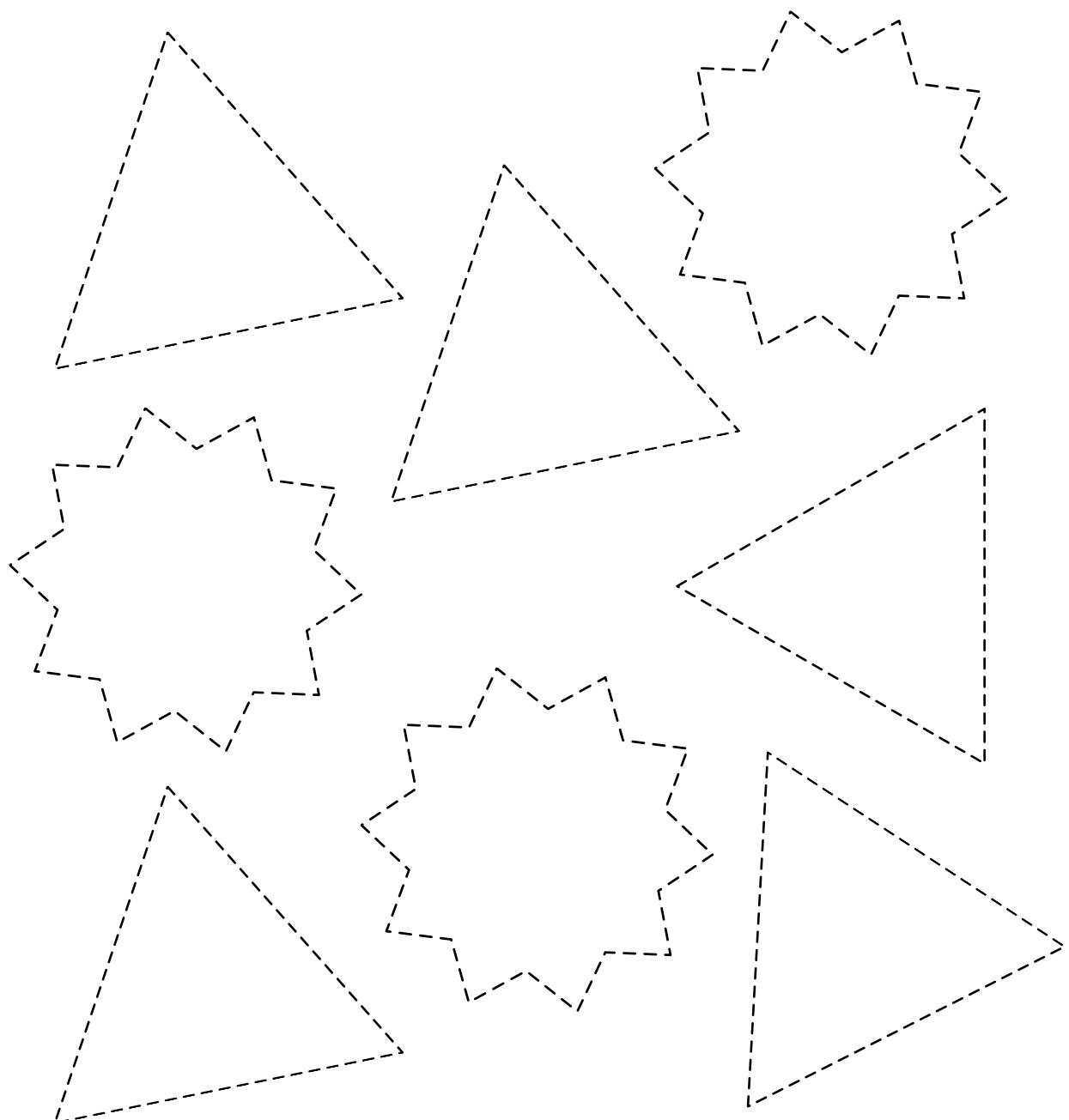


Date: _____



Triangle Shape

**Trace and color the triangle shapes.
How many triangles do you count?**

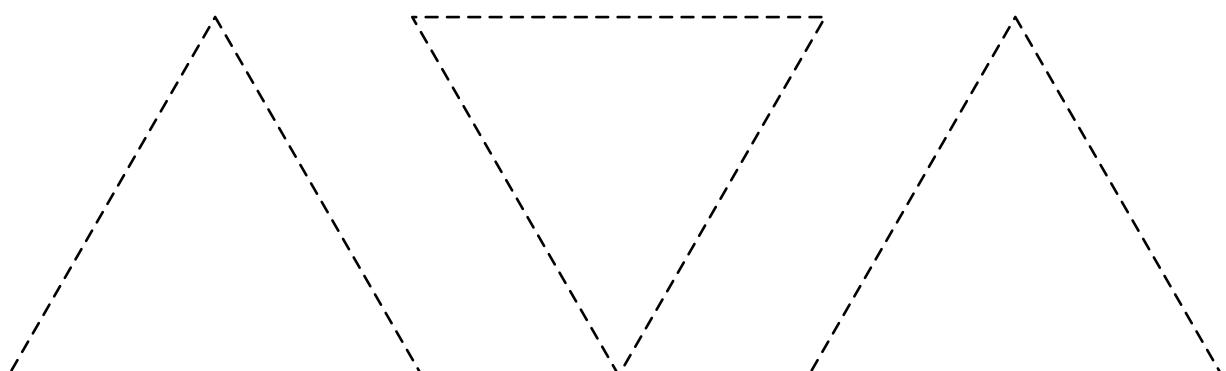
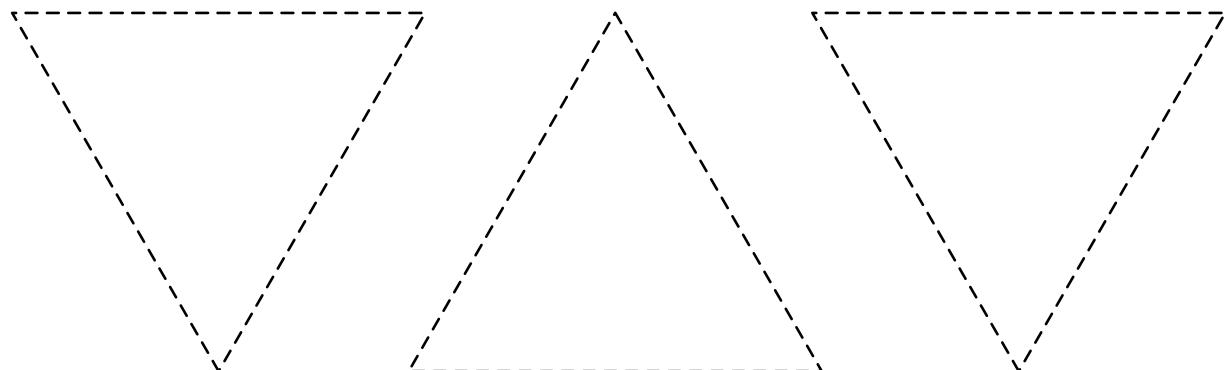
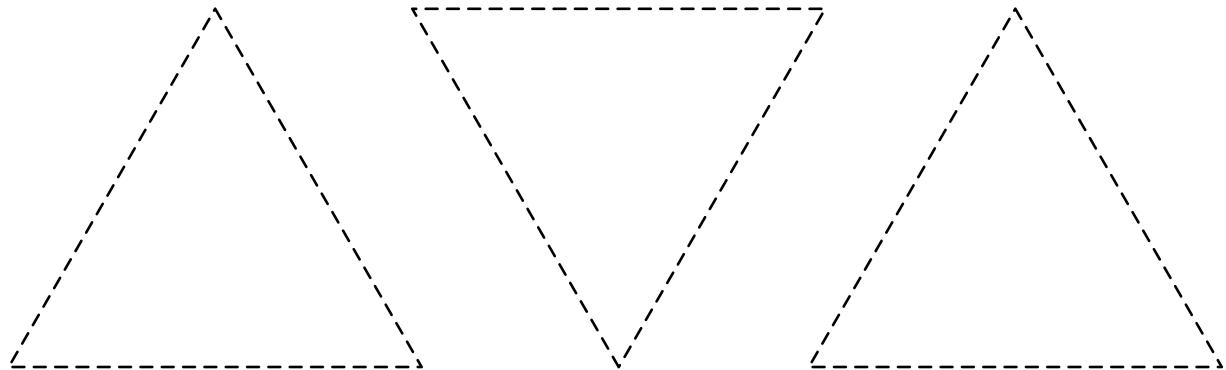


Date: _____



Triangle Shape

**Trace and color the triangle shapes.
How many triangles do you count?**

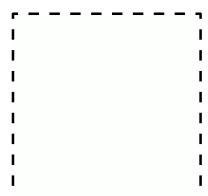
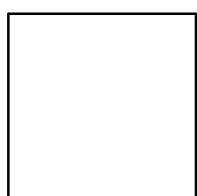
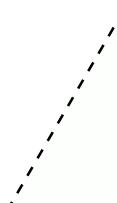
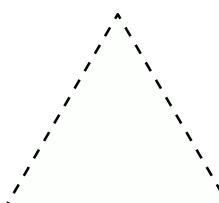
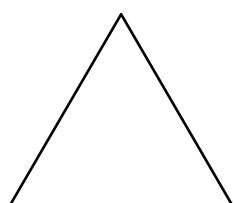
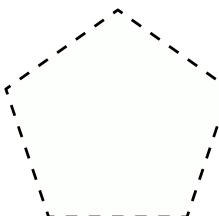
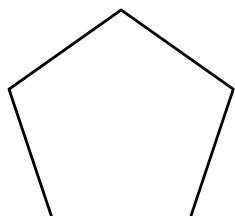
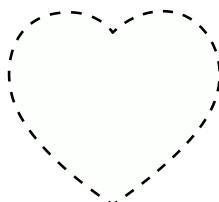
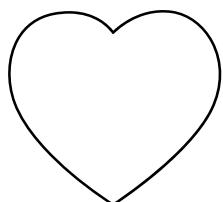
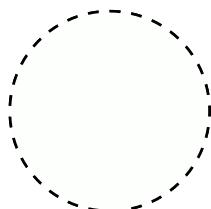
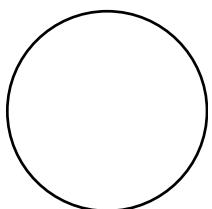


Date: _____



Draw the shapes

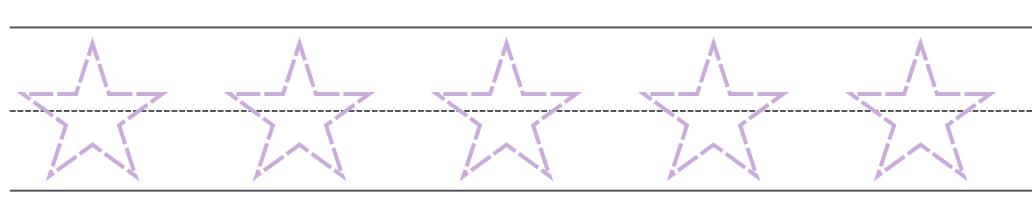
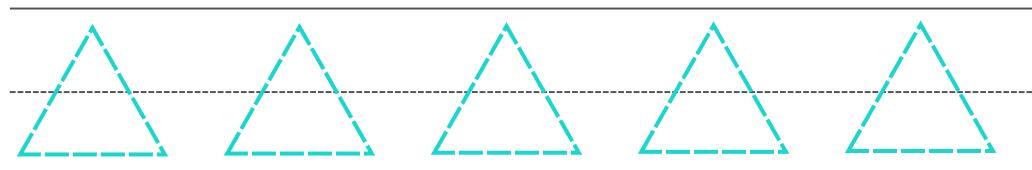
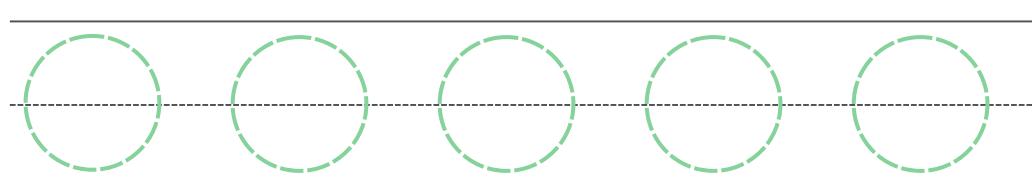
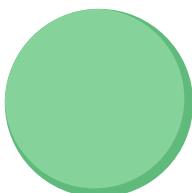
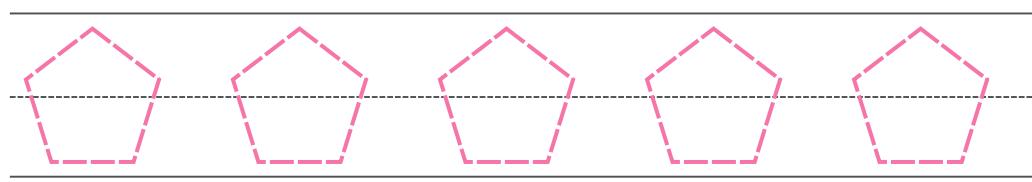
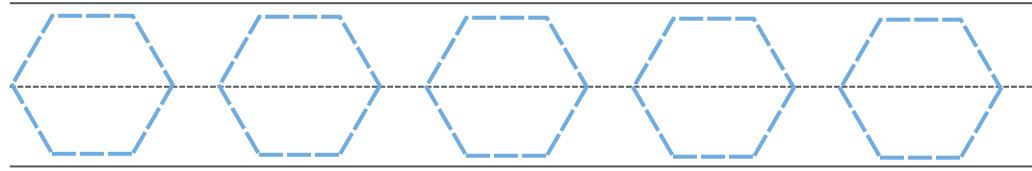
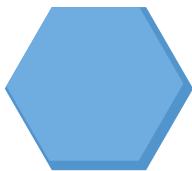
Continue drawing the shapes below.



Date: _____



Tracing the Shape

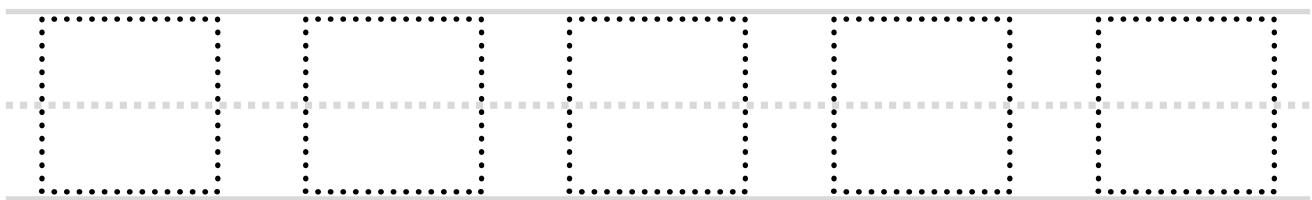
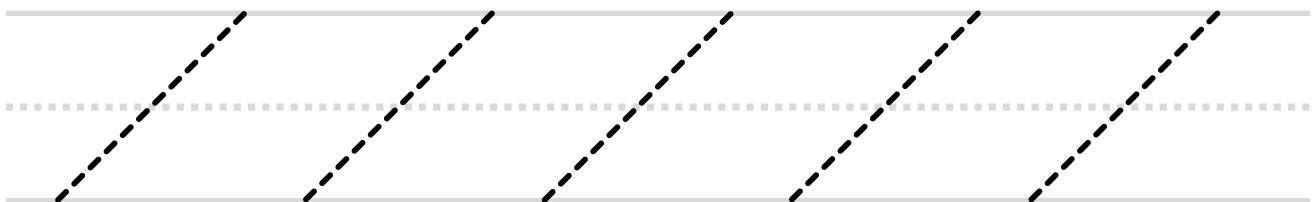
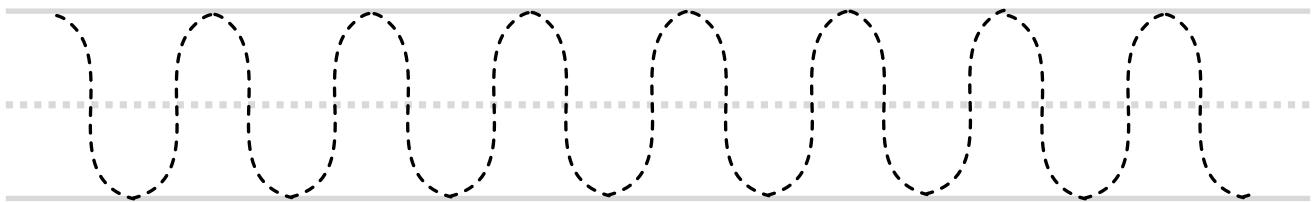
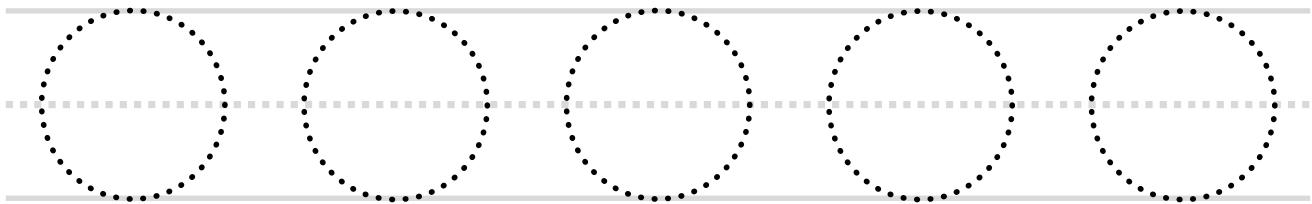


Date: _____



Scribble, Shape, and Shine!

Start at the dot and follow the path!



Understanding Dysgraphia

A note to Parents and educators

Writing remains an important skill even in today's digital world. While technology has reduced the need for handwriting, it is still essential for everyday tasks such as note-taking, filling forms, and writing checks. Handwriting also supports overall writing development, making it an important focus in early education. However, some children struggle with writing due to a learning difficulty called dysgraphia, which affects their ability to express ideas on paper. Without early support, dysgraphia can cause long-term academic and emotional challenges, but with proper help, students can improve and succeed.

Definition and Overview

Dysgraphia is a specific learning disability that affects handwriting, spelling, and written expression (National Center for Learning Disabilities, 2009). The term comes from Greek: dys (difficulty) and graphia (writing). Students with dysgraphia often struggle with legibility, automaticity, and speed, making writing tasks frustrating and time-consuming.

Characteristics of Dysgraphia. Children with dysgraphia may display:

- Uneven or hard-to-read handwriting
- Mixing of capital and lowercase letters
- Poor word spacing and unfinished letters
- Hand pain from unusual pencil grips
- Slow copying speed and frequent erasing
- Illegible writing and inconsistent letter sizes
- Incomplete sentences and poor grammar/punctuation
- Avoidance of writing tasks due to frustration

These difficulties reflect problems with fine motor skills, spatial planning, and written language organization. Identifying these signs early and providing structured support can greatly improve a child's confidence and ability to write effectively.



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