Wonder Sheets

Worksheets made *with love,* from SOAR HIGH



Hello, Super Learner!

Playful activities for growing minds

Dear Parents,

Learning is not always about books. These playful activities build attention, focus, following instructions and using both hands together, all the small skills that help children grow and thrive at home, with friends and at school.

Sit beside your child, keep it light, and cheer for the trying, not just the right answer.

how this book works

Left page	Right page
Instructions and a note for you	The activity for your child

Read the left page together first, then turn to the activity on the right.

Before you begin

★ Keep crayons or pencils ready

★ Pick a calm 10-minute spot

★ Short and happy beats long and perfect

What's inside

5 activities to try, one at a time

Bilateral Activity — page 4
Both hands working together (bilateral coordination)

Lazy 8 — page 6
Slow breathing and tracing across the middle

Find Me — page 8
A two-player search game (visual scanning)

Number and Colour Match — page 12
Matching colours and numbers (decoding)

Remember Me — page 14
Look, remember and cross out (visual memory)

At the back: Grown-ups' Corner with answers and tips (page 17)



INSTRUCTIONS

Bilateral Activity

You need: the activity sheet and two crayons of the same kind, one for each hand.

Steps

1. Look at the top row and the left column. They show the lines to draw.
2. Put one finger on a line at the top. Put another finger on a line on the left side.
3. Slide both fingers to the empty box where they meet.
4. Take one crayon in each hand.
5. Draw the top line with one hand and the side line with the other hand, in the same box. Both hands move at the same time.
6. Do the next box. Keep going, one box at a time, until the grid is full.

★ **Start here:** Look at the yellow box with the small red star. It is already done. Copy it first.

Note to parents

- The focus is on both hands moving together. Neat lines are not the goal. Neatness comes with practice.
- Young children should start with fat crayons. Move to regular crayons when they are ready, and then to pencils.

Bilateral Activity

 Go!				
	 example ★			
				
				
				

INSTRUCTIONS

Lazy 8

> **You need:** this sheet, a second copy of the same sheet, tape, your finger, and a pencil or crayon to tick the circles.

Steps

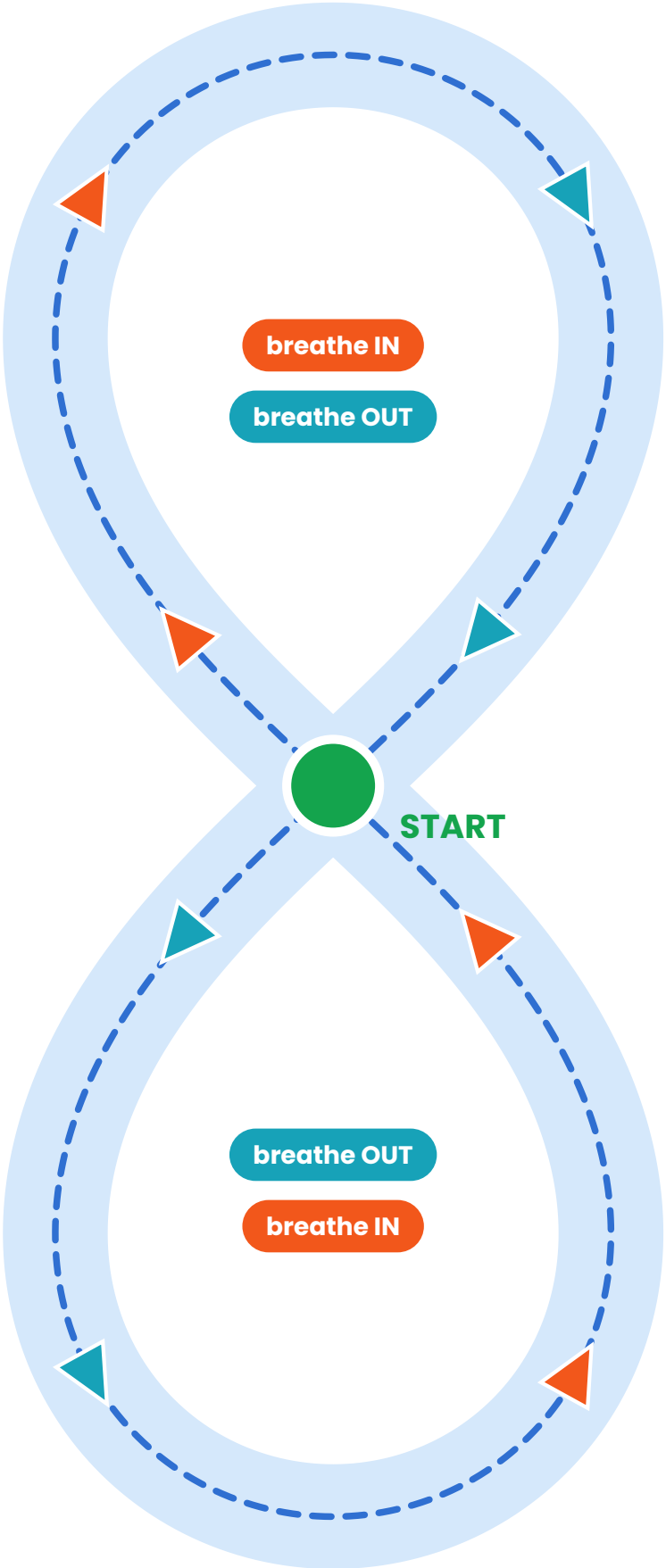
1. Tape the sheet to the table so it does not move.
2. Put your finger on the green START dot in the middle.
3. Follow the arrows along the track. Go slowly. Start by going up to the left.
4. Breathe IN when you go up (orange arrows). Breathe OUT when you come down (teal arrows).
5. When you get back to the START dot after the whole 8, that is one round. Tick one circle.
6. Do 3 rounds with your right finger. Tick 3 circles in the "Right finger" box.
7. Do 3 rounds with your left finger. Tick 3 circles in the "Left finger" box.
8. Tape the second sheet next to the first one. Put one finger on the START dot of each sheet. Do 3 rounds with both fingers together, one on each sheet. Tick 3 circles in the "Both fingers!" box on one sheet. Start with Level 1 and when ready move to Level 2.

★ **Start here:** Use your right finger first. Put it on the green dot and follow the first orange arrow.

Note to parents

- The focus is slow, smooth movement and breathing with the track. Perfect tracing is not the goal.
- Young children may need help ticking the circles or counting the rounds.
- If a child can't trace and breathe at the same time, let them trace first without the breathing, then add the breathing.
- **Level 1, mirror (easier):** The hands make mirror-image movements. One hand starts going up to the left and the other starts going up to the right. The hands move toward each other, then away from each other, together. Both sides do matching movements.
- **Level 2, same direction (harder):** Both hands make the same movement at the same time. Both start going up to the left. One hand moves toward the child's middle while the other moves away from it, so the two sides must work differently.
- **Which to use:** Start with Level 1. Move to Level 2 only when Level 1 feels easy.

Lazy 8



Try it with...

Right finger

○ ○ ○

tick each round

Left finger

○ ○ ○

tick each round

Both fingers: Level 1

mirror (easier)

○ ○ ○

tick each round

Both fingers: Level 2

same direction (harder)

○ ○ ○

tick each round

INSTRUCTIONS

Find Me

You need: the Find Me card (laminated or in a clear plastic sleeve), a wipe-off marker, 2 grid sheets, 2 pencils or crayons, a timer, and 1 bell (or use a clap).

Steps

A. Get ready

1. Give each player one grid sheet and one pencil.
2. Put the Find Me card in the middle of the table. Put the bell and the timer there too.
3. Decide who is Player 1 and who is Player 2.

B. Player 1's turn

1. Player 1: Set the timer to 1 minute. Press start.
2. Player 1: Say the name of one object on the card. Pick one that is not crossed out.
3. Player 1: Start crossing out boxes on your grid. Make one cross in each box. Start at the top left box. Go left to right, row by row. On your next turn, carry on from your last cross.
4. Player 2: Look for that object on the card.
5. Player 2: When you find it, touch it. Then ring the bell.
6. Player 1: When you hear the bell, stop crossing.
7. Player 2: Cross out that object on the card with the marker.

C. If the timer beeps before the bell

Player 1: Stop crossing. Touch the object on the card. Cross it out with the marker.

D. Swap and keep going

1. Swap jobs. Now Player 2 sets the timer, says an object and crosses out boxes. Player 1 looks for the object, touches it and rings the bell.
2. Keep swapping. When every object on the card is crossed out, wipe the card clean and carry on.
3. The first player to cross out every box on their grid wins.

★ **Start here:** Player 1 sets the timer to 1 minute, starts it, says the name of one object on the card, and starts crossing out boxes.

Note to parents

- Laminate the Find Me card so you can wipe it clean and play again. No laminator? A clear plastic sleeve works too.
- The grid sheets get used up in every game. Print extra copies, or put them in a clear plastic sleeve and use a wipe-off marker.

Find Me



Find Me

Player 1 Name: _____

One cross in each box. Start at the top left box. Go left to right, row by row. ➔

START						

Find Me

Player 2 Name: _____

One cross in each box. Start at the top left box. Go left to right, row by row. ➔

START						

INSTRUCTIONS

Number and Colour Match

> **You need:** this sheet, a pencil, and crayons in six colours (red, blue, pink, green, yellow, black).

Steps

Get ready

1. Look at the colour key at the top of the sheet. Every colour has its own number.

Left side: colours to numbers

2. Look at the coloured grid at the top left. Look at the empty grid below it.
3. Point to a coloured box. Say the colour out loud. Ask, "What number is this colour?"
4. Write that number in the matching empty box below. The first box is done for you: red is 1.
5. Do the next box. Keep going until all the boxes have a number.

Right side: numbers to colours

6. Look at the number grid at the top right. Look at the empty grid below it.
7. Point to a number. Ask, "What colour is this number?" Say the colour out loud.
8. Colour the matching empty box below with the right crayon. The first box is done for you: 4 is green.
9. Do the next box. Keep going until all the boxes are coloured.

★ **Start here:** Look at the colour key together. The first box on each side is already done, so start with the second box.

Note to parents

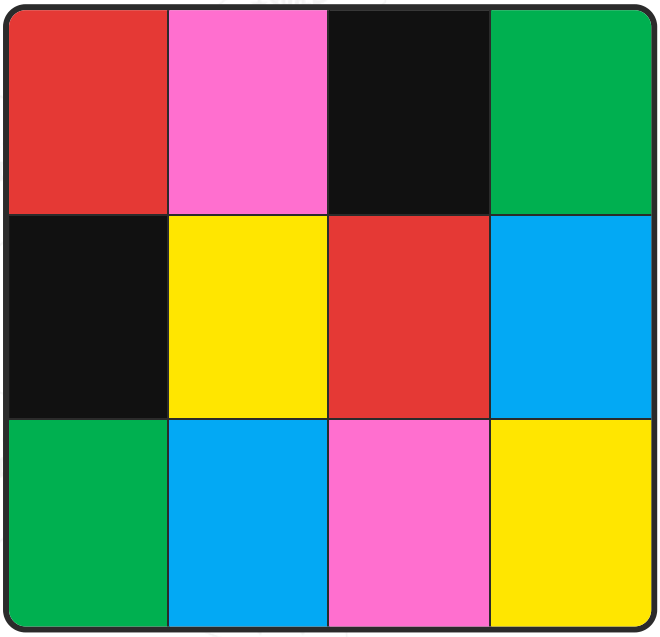
- The focus is matching each colour to its number. Neat writing and neat colouring are not the goal.
- Ask the child to say each colour out loud as they go. Many teachers find it helps children stay focused.

Number and Colour Match

Colour key

1	2	3	4	5	6
red	blue	pink	green	yellow	black

A Colours to numbers



↓ *write the numbers*

1			

B Numbers to colours

4	1	3	2
6	2	5	1
3	5	6	4

↓ *colour the boxes*

Tip: say each colour out loud as you go. Seeing, saying and doing together helps it stick!

INSTRUCTIONS

Remember Me

You need: the Look Sheet, the Cross-out Sheet, a pencil or crayon, and a clock or timer.

Steps

1. I will show you the Look Sheet. It has pictures on it.
2. Look at every picture. Say the name of each picture out loud. Remember as many as you can. You can go in any order.
3. When time is up, I will take the sheet away.
4. I will give you the Cross-out Sheet. It has more pictures. Some are new. Some you saw before.
5. The pictures may be in different places on this sheet. They are still the same pictures.
6. Cross out only the pictures you saw on the Look Sheet.
7. If you are not sure, leave the picture. Do not guess.

★ **Start here:** I will show you the Look Sheet. Say the name of each picture and remember as many as you can.

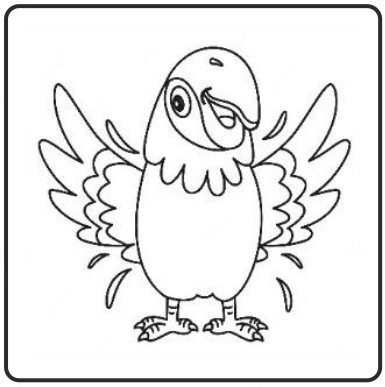
Note to parents

- The goal is to remember the pictures in any order. It is not about the order.
- Some new pictures look like the ones on the Look Sheet. This is on purpose. It builds careful looking and focus.
- Show the Look Sheet for 45 seconds to 90 seconds. Start with 90 seconds. Move to 1 minute, then to 45 seconds as the child improves. Use the same time each round. Change the time only when you change to a new set of pictures.
- **Want to play again?** Use these sheets once per child. If you play again with the same pictures, your child will remember last time's sheet, not this time's. Make a new set instead:
  - Pick 10 simple pictures. Use stickers, old magazines, or draw them. Put them on a new Look Sheet.
  - Make a new Cross-out Sheet. Put the same 10 pictures in new places and add 5 new pictures.
  - Make 2 or 3 of the new pictures look a lot like the old ones, the way the plain rainbow looks like the rainbow with stars.
  - Keep the two sheets on separate pages.
- While the Look Sheet is shown, the child recognises each picture and calls out its name.
- Print one Cross-out Sheet for each child who plays. Or laminate it, or put it in a clear plastic sleeve, and use a wipe-off marker. Wipe it clean after each go. Pencil and crayon do not work on laminate.
- Print the Look Sheet and the Cross-out Sheet on separate pages.
- Crossing out a wrong picture is not a failure. It shows what the child did not remember.

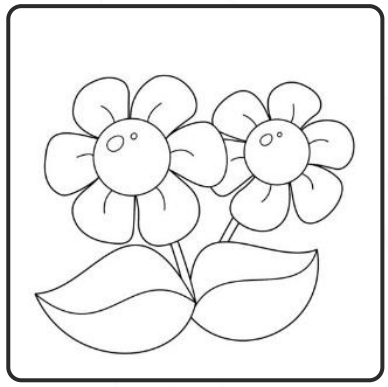
Remember Me

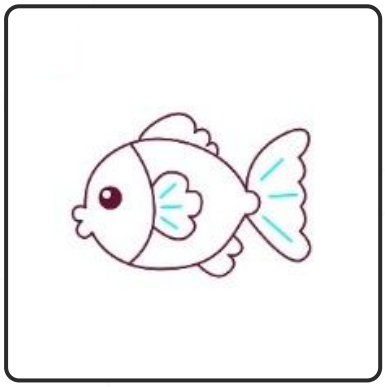
Look Sheet

Look at every picture. Say its name out loud.

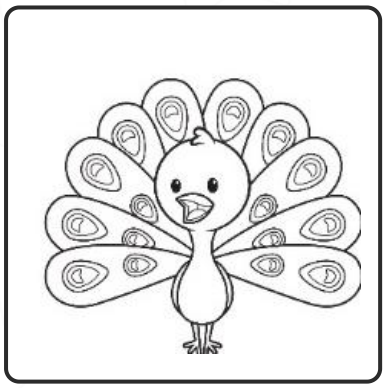


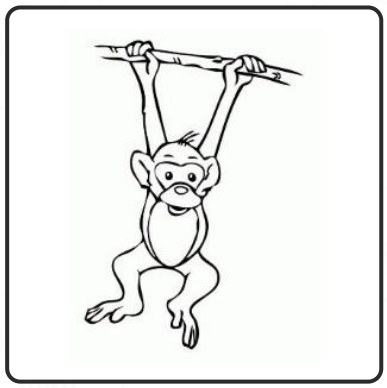


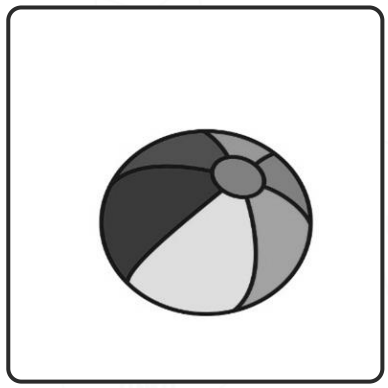
















Remember Me

Cross-out Sheet

Cross out only the pictures you saw on the Look Sheet.



Grown-ups' Corner

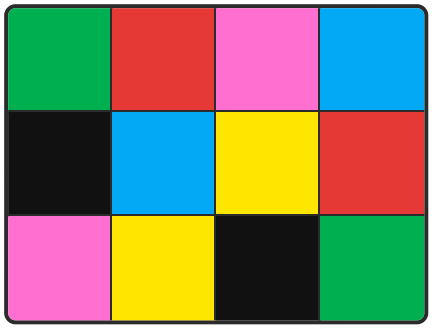
Answers and little tips to help you guide the fun

Number and Colour Match answers

Side A

1	3	6	4
6	5	1	2
4	2	3	5

Side B

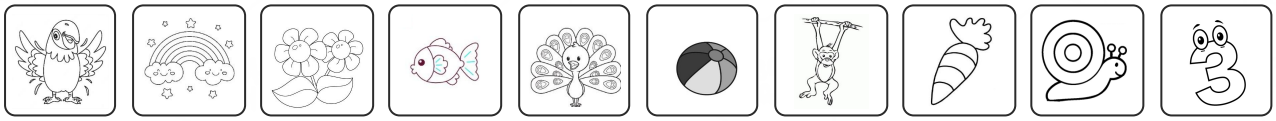


Key

- 1 = red
- 2 = blue
- 3 = pink
- 4 = green
- 5 = yellow
- 6 = black

Remember Me answers

These 10 pictures were on the Look Sheet. They should be crossed out:



These 5 are new and should be left alone. Watch the plain rainbow and the second parrot: they look like Look Sheet pictures on purpose.



Helpful tips

- **Bilateral Activity:** it is fine if the lines are wobbly. The goal is both hands moving together.
- **Lazy 8:** slow is best. Breathe along with your child.
- **Find Me:** keep a few spare grid sheets ready so a new game can start straight away.

Hooray! You Did It!

Congratulations on finishing your Wonder Sheets!
Every page you tried helped you learn, grow and become a little more confident. We are so proud of you!

Dear Parents,
Do not forget to celebrate this little milestone. A hug, a high-five or a happy dance makes it even more meaningful!

Let every child learn, grow and soar high.
With lots of love and care, your Special Educator,
Dr. Shoba Sriram

