Digit practice · 0 1 2 3 4

Level 1 of 5: trace every box

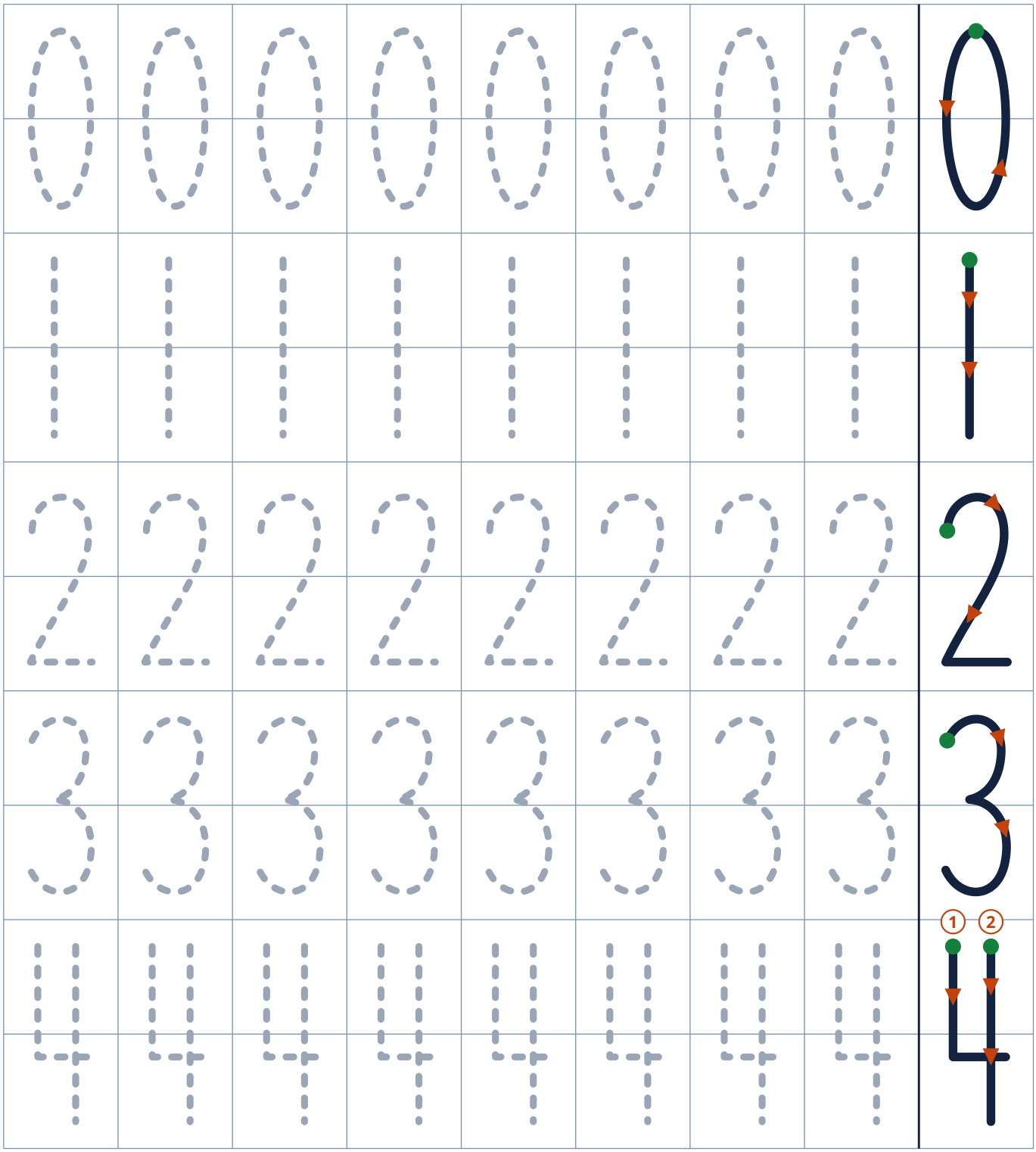
Date: _____

Name: _____

1 Look at the model and arrows 2 Trace the dotted digits

dotted: trace

model



Move up when your child writes the digits clearly without needing the dots, not after a set number of sessions. Staying on a level, or going back one, is fine.
Digit shapes: common vertical U.S. print style. Your child's school may use a slightly different style. Follow the school.
Practice sheet, not a test or diagnosis. It does not replace therapy. Stop if the hand hurts. 20 mm squares · left-handed · mathit.net · draft Nov 2026

Digit practice · 0 1 2 3 4

Level 2 of 5: trace about two thirds of the boxes

Date: _____

Name: _____

1. Look at the model and arrows
2. Trace the dotted digits
3. Write the other boxes on your own

dotted: trace					write on your own			model
0	0	0	0	0				
1	1	1	1	1				
2	2	2	2	2				
3	3	3	3	3				
4	4	4	4	4				

Move up when your child writes the digits clearly without needing the dots, not after a set number of sessions. Staying on a level, or going back one, is fine.
Digit shapes: common vertical U.S. print style. Your child's school may use a slightly different style. Follow the school.
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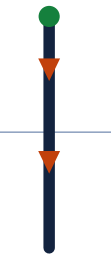
Digit practice · 0 1 2 3 4

Level 3 of 5: trace the first two boxes

Date: _____

Name: _____

1. Look at the model and arrows
2. Trace the dotted digits
3. Write the other boxes on your own

dotted: trace		write on your own						model
								
								
								
								
								

Move up when your child writes the digits clearly without needing the dots, not after a set number of sessions. Staying on a level, or going back one, is fine.
Digit shapes: common vertical U.S. print style. Your child's school may use a slightly different style. Follow the school.
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Digit practice · 0 1 2 3 4

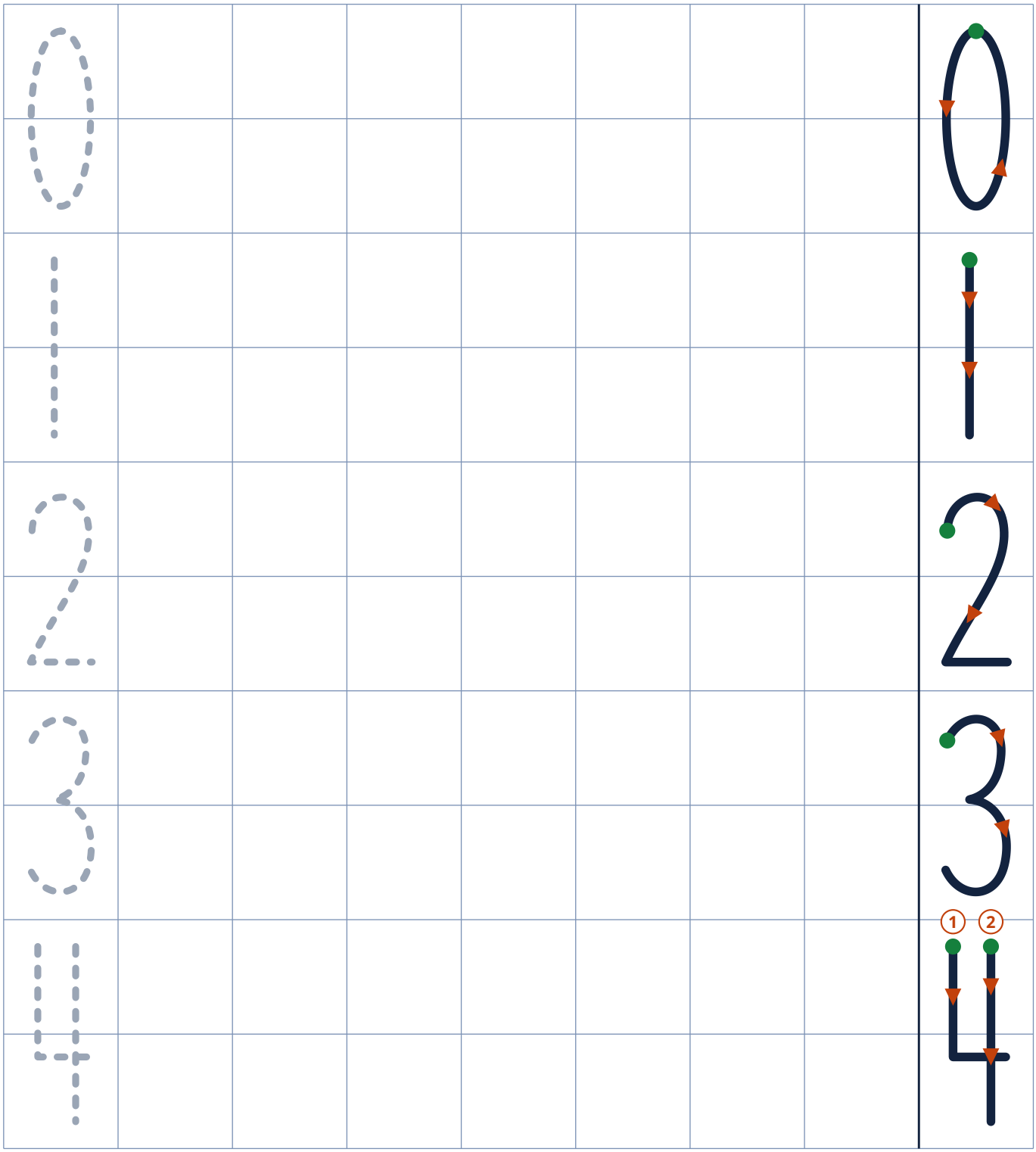
Level 4 of 5: trace only the first box

Date: _____

Name: _____

1. Look at the model and arrows
2. Trace the dotted digits
3. Write the other boxes on your own

dotted: trace **write on your own** **model**



Move up when your child writes the digits clearly without needing the dots, not after a set number of sessions. Staying on a level, or going back one, is fine.
Digit shapes: common vertical U.S. print style. Your child's school may use a slightly different style. Follow the school.
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Digit practice · 0 1 2 3 4

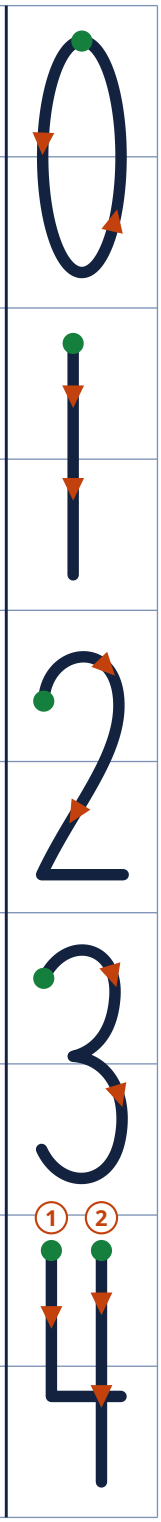
Level 5 of 5: no dots, model only

Date: _____

Name: _____

1. Look at the model and arrows
2. Write the other boxes on your own

write on your own | **model**



Level 5 is the last step. For more practice, use the from-memory page at the end.
Digit shapes: common vertical U.S. print style. Your child's school may use a slightly different style. Follow the school.
Practice sheet, not a test or diagnosis. It does not replace therapy. Stop if the hand hurts. 20 mm squares · left-handed · mathit.net · draft Nov 2026

From memory · 0 1 2 3 4

Do not peek at the other side. Write each digit twice.

Date: _____

Name: _____

four

three

zero

two

one

Self-check

Circle your two best digits on this page. Then check one box for each line:

	yes	almost	not yet
The digits fit inside their squares.	☐	☐	☐
The lines are steady, with no going back over them.	☐	☐	☐
The digits from memory look like the model.	☐	☐	☐

My hand after practice: ☐ fine ☐ a bit tired ☐ tired or sore

For the grown-up

Please do not correct with a red pen. Talk about the digits your child circled. One level page per session, about 10-15 minutes. Start at Level 1 and print the level you need. This from-memory page can be used after any level: print it as often as you like. Move to the next level when your child writes clearly without the dots, not by counting sessions. Left-handed: the model is on the right so the hand does not cover it, and the dotted digits start from the left like all writing. Put the paper to the left of the middle and tilt it. Any comfortable grip is fine.