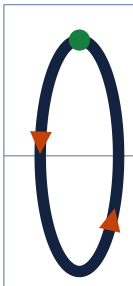
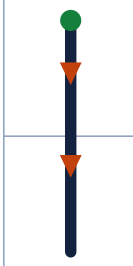
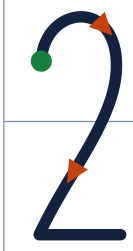
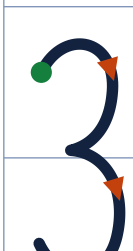
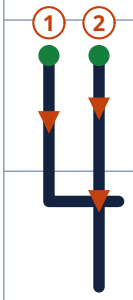
Digit practice · 0 1 2 3 4

Level 1 of 5: trace every box

Date: _____

Name: _____

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

model	dotted: trace							
								
								
								
								
								

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 · right-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

model	dotted: trace					write on your own		
								
								
								
								
								

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 · right-handed · mathit.net · draft Nov 2026

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

model	dotted: trace		write on your own					
								
								
								
								
								

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 · right-handed · mathit.net · draft Nov 2026

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

model	dotted: trace	write on your own						
								
								
								
								
								

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 · right-handed · mathit.net · draft Nov 2026

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

model	write on your own							
								
								
								
								
								

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 · right-handed · mathit.net · draft Nov 2026

From memory · 0 1 2 3 4

Date: _____

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

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.