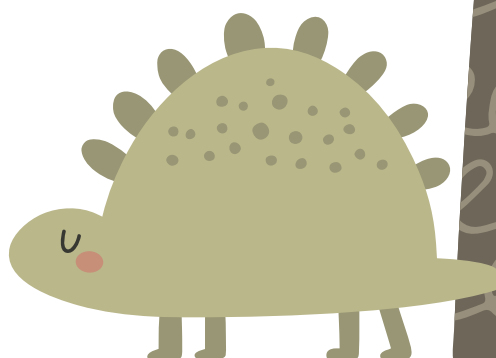
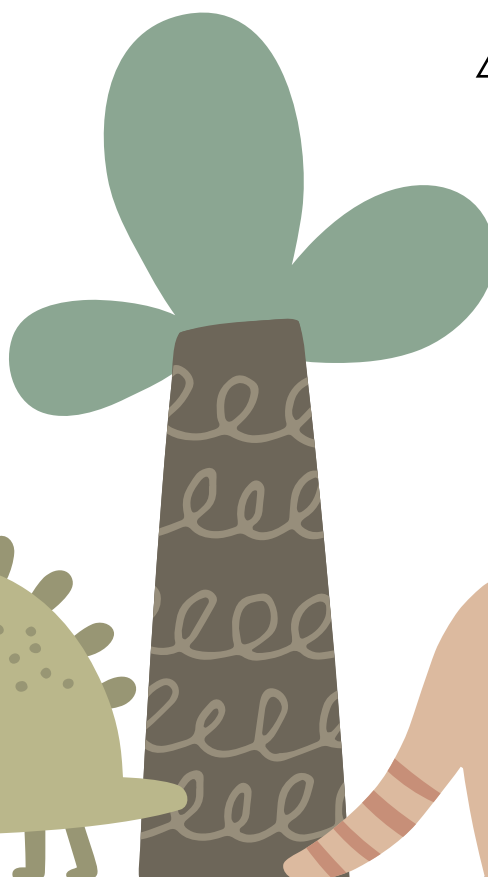
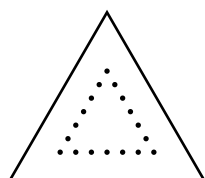
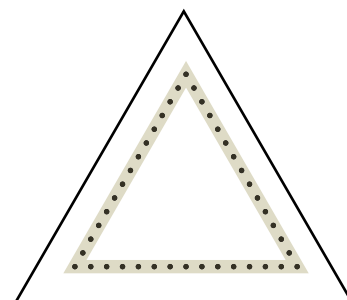
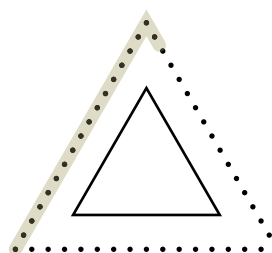
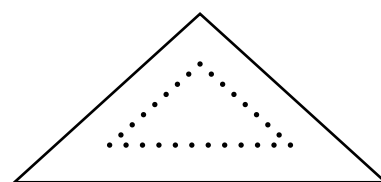
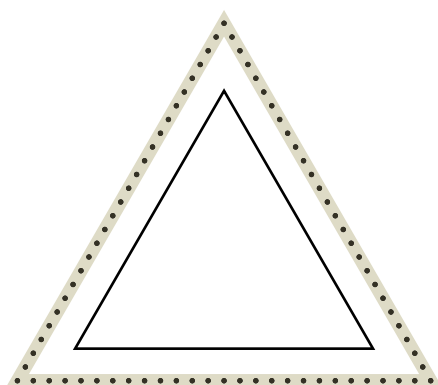


2.3

# TRACING SHAPES

## Tracing Triangles



dr. Kristijan Musek Lešnik, dr. Petra Lešnik Musek

# **TRACING SHAPES**

## **TRACING TRIANGLES**

**dr. Kristijan Musek Lešnik**

**dr. Petra Lešnik Musek**



# TRACING SHAPES

## TRACING TRIANGLES

**dr. Kristijan Musek Lešnik**  
**dr. Petra Lešnik Musek**

Workbook title: TRACING SHAPES: Tracing squares  
BrainscribED Resources for Visual-Motor Integration and Graphomotor Skills Development

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Some of the worksheets first published in e-form in 2009  
Number of pages: 146



BrainscribED workbooks help children develop and strengthen their visual-motor integration and graphomotor skills!

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# About tracing triangles

## Why tracing activities are important

Tracing activities stimulate the child's eye-hand coordination. As children draw along the template, their eyes compare the developing line with the shape they are tracing. This comparison is followed by micro-movements of the hands and fingers that help the child to guide the line along the intended path. The whole process reinforces visual-motor integration and fine motor control of hand and finger movements.

Tracing activities encourage the acquisition of spatial concepts, which later play an essential role in the development of pre-literacy skills, writing, drawing and other important graphomotor and fine-motor skills.

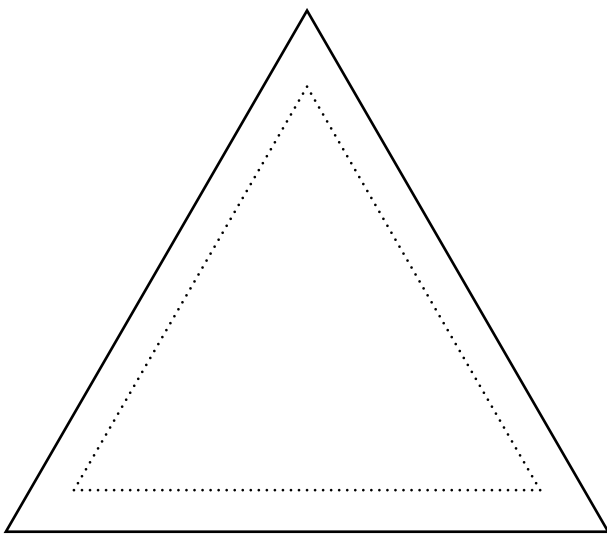
## Worksheets and activities in this workbook

The activities and tasks in this workbook are designed to strengthen children's visual-motor integration and basic graphomotor skills by tracing different sized dotted or dashed triangles.

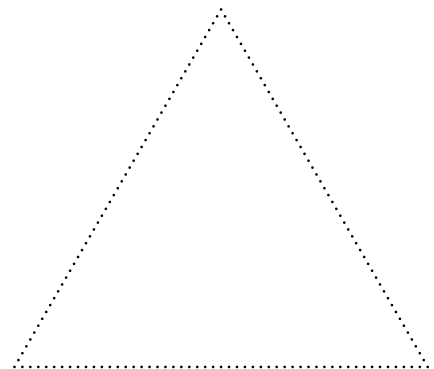
In some of the activities, the dotted triangles are accompanied by outer or inner triangles, which are provided to help support the children's drawing. The complexity of the activities and tasks increases throughout the workbook as the size of the triangles to be drawn decreases.

Children should not change the position of the paper or turn it while drawing. They should be encouraged to draw each line in a single stroke without stopping or moving the drawing tool.

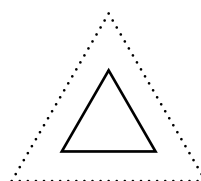
Example: large triangle with accompanied outer triangle.



Example: medium sized triangle, without support.



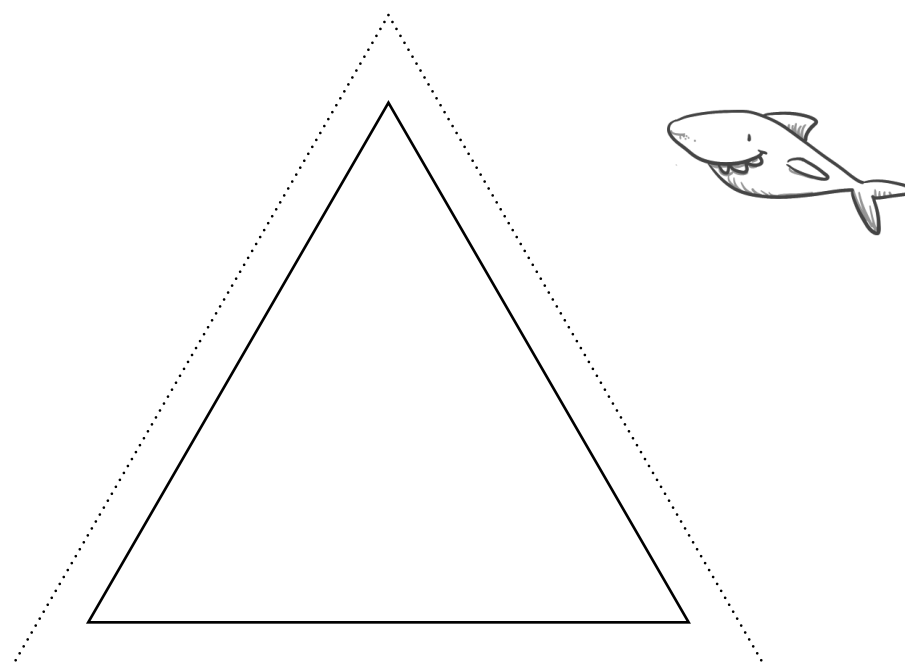
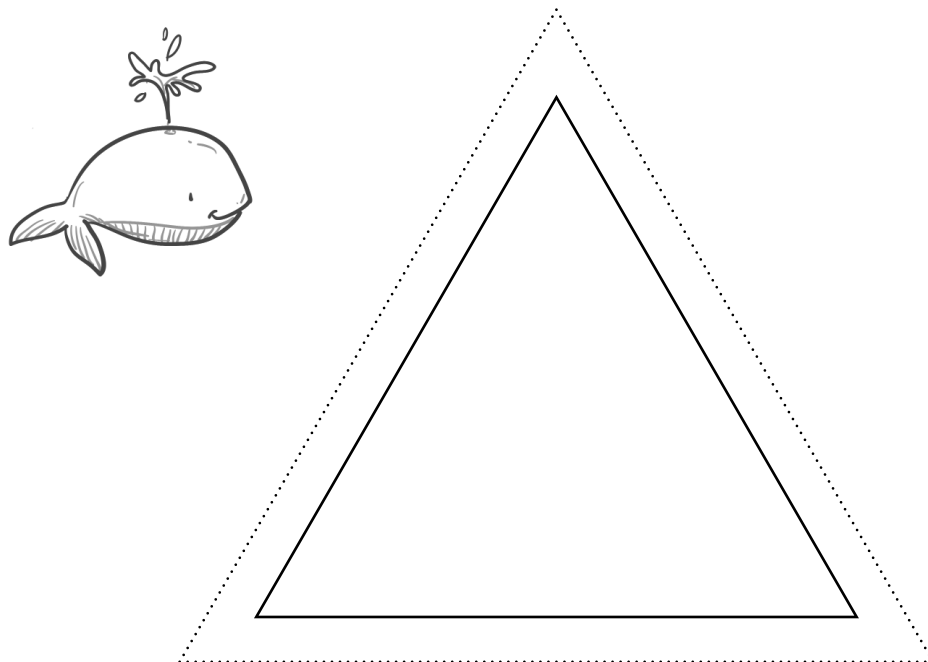
Example: small triangle with accompanied inner triangle.



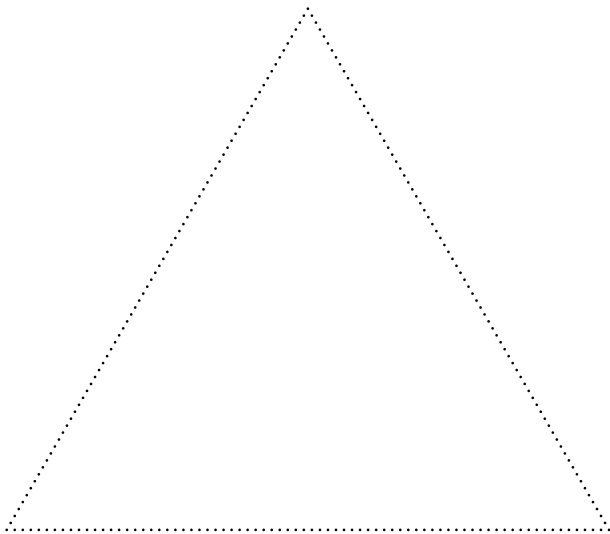
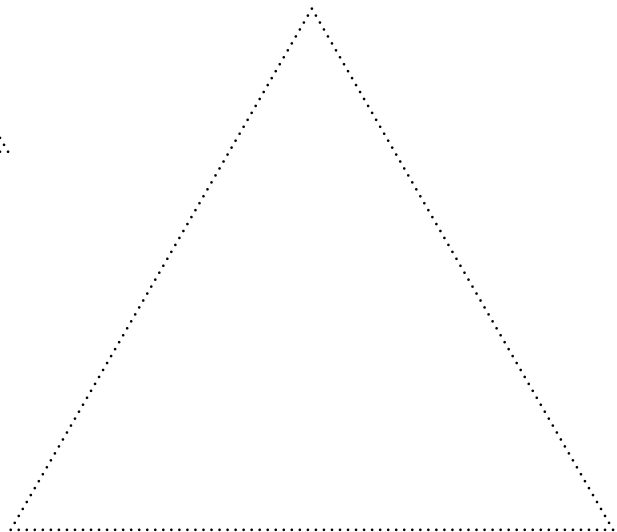
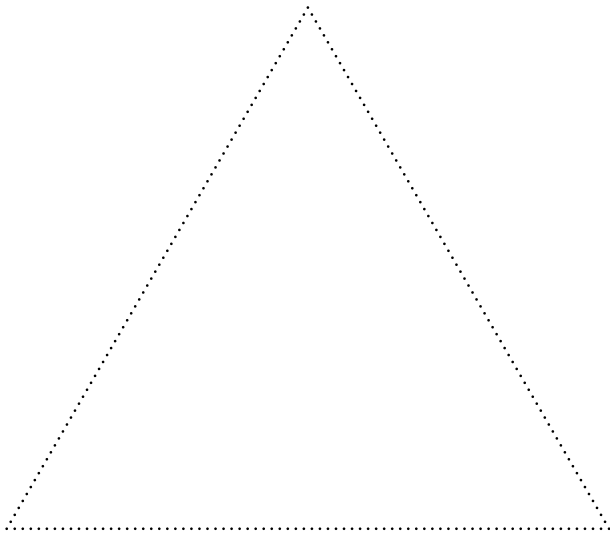
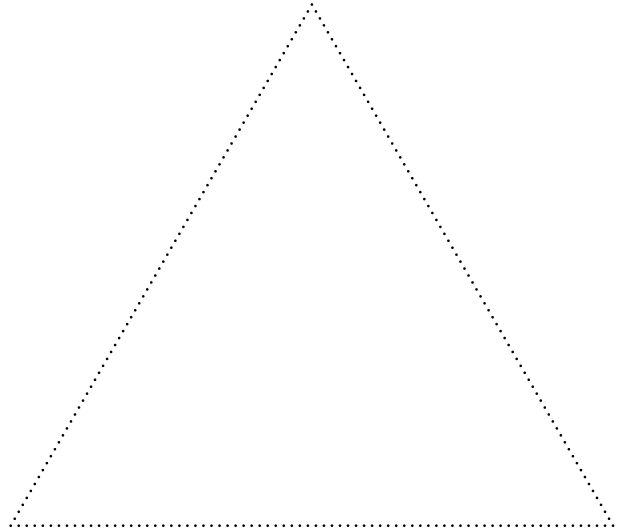
# Instructions

Ask the child to trace dotted triangles.

TRACE THE DOTTED LINES TO DRAW TRIANGLES.

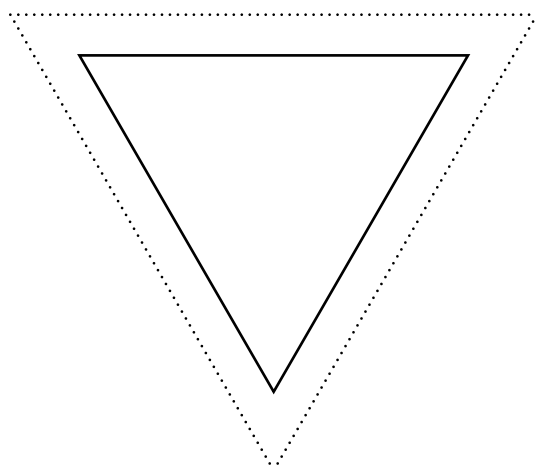
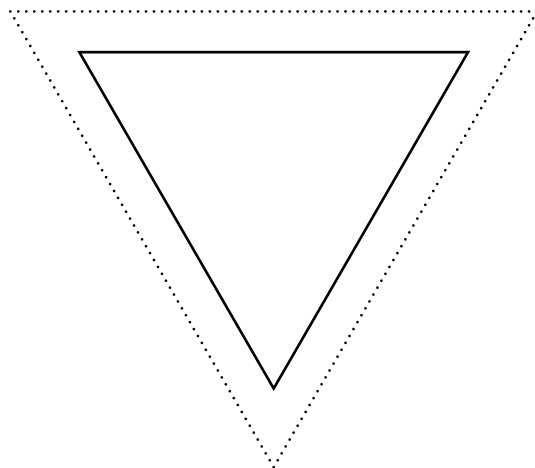


TRACE THE DOTTED LINES TO DRAW TRIANGLES.

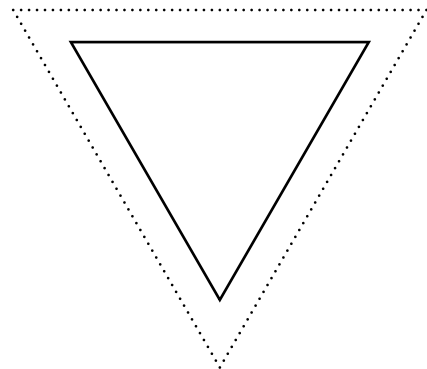
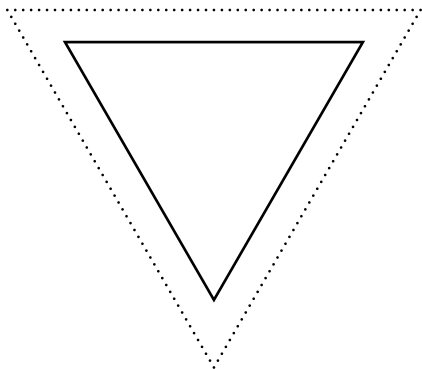
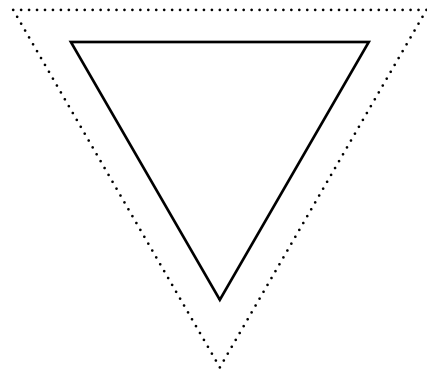
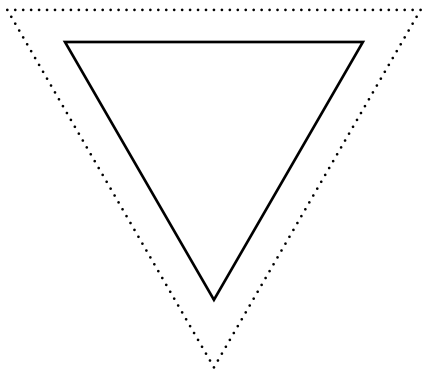
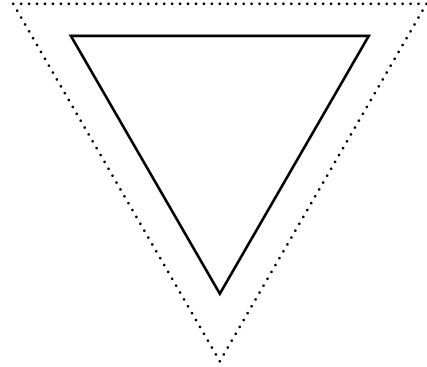
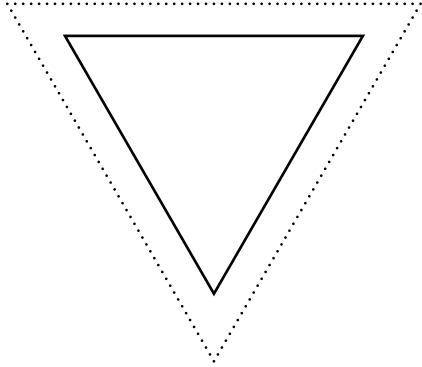




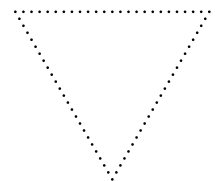
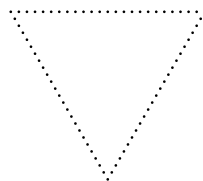
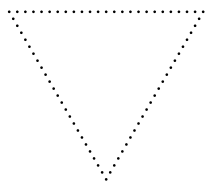
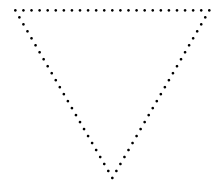
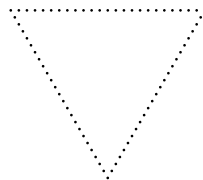
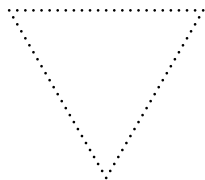
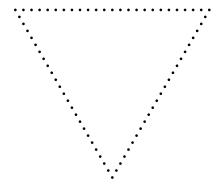
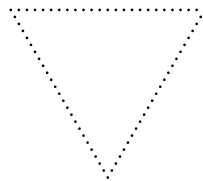
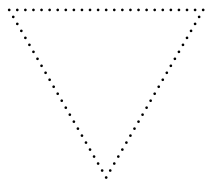
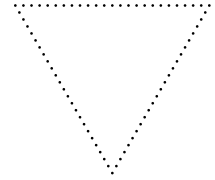
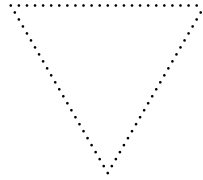
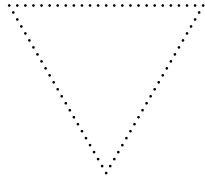
TRACE THE DOTTED LINES TO DRAW TRIANGLES.



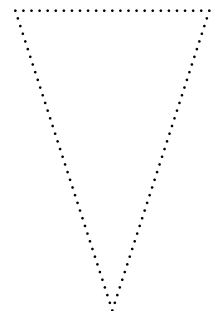
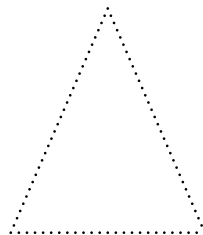
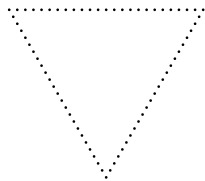
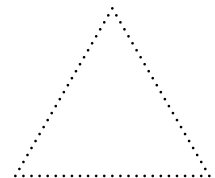
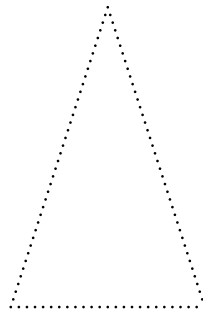
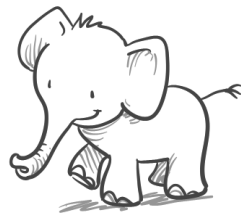
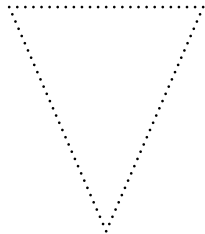
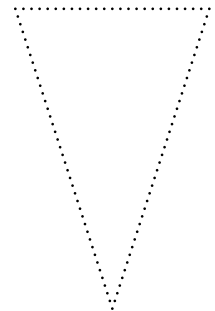
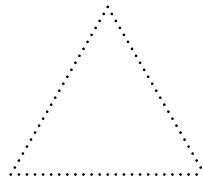
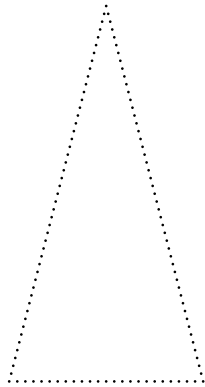
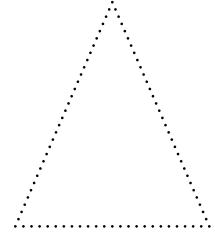
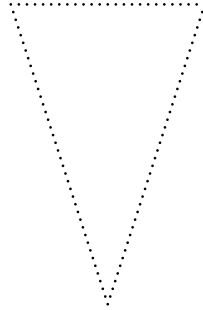
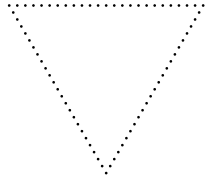
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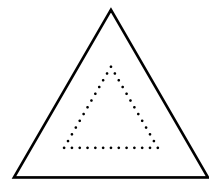
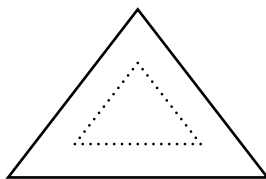
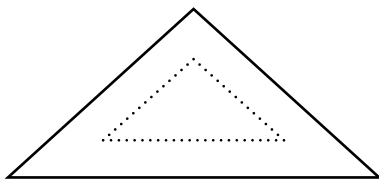
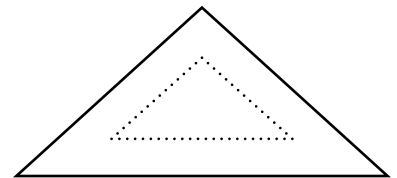
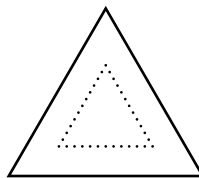
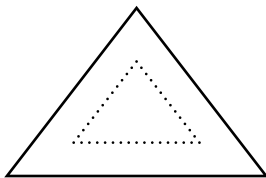
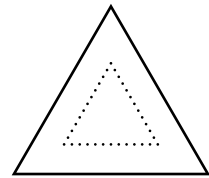
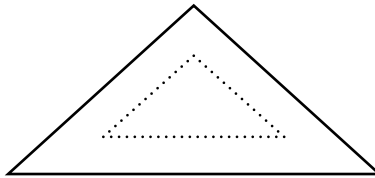
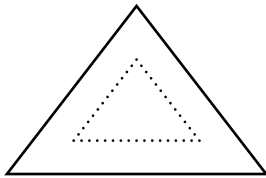
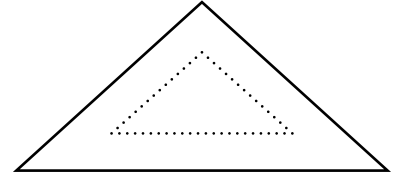
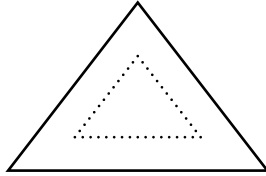
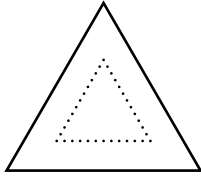
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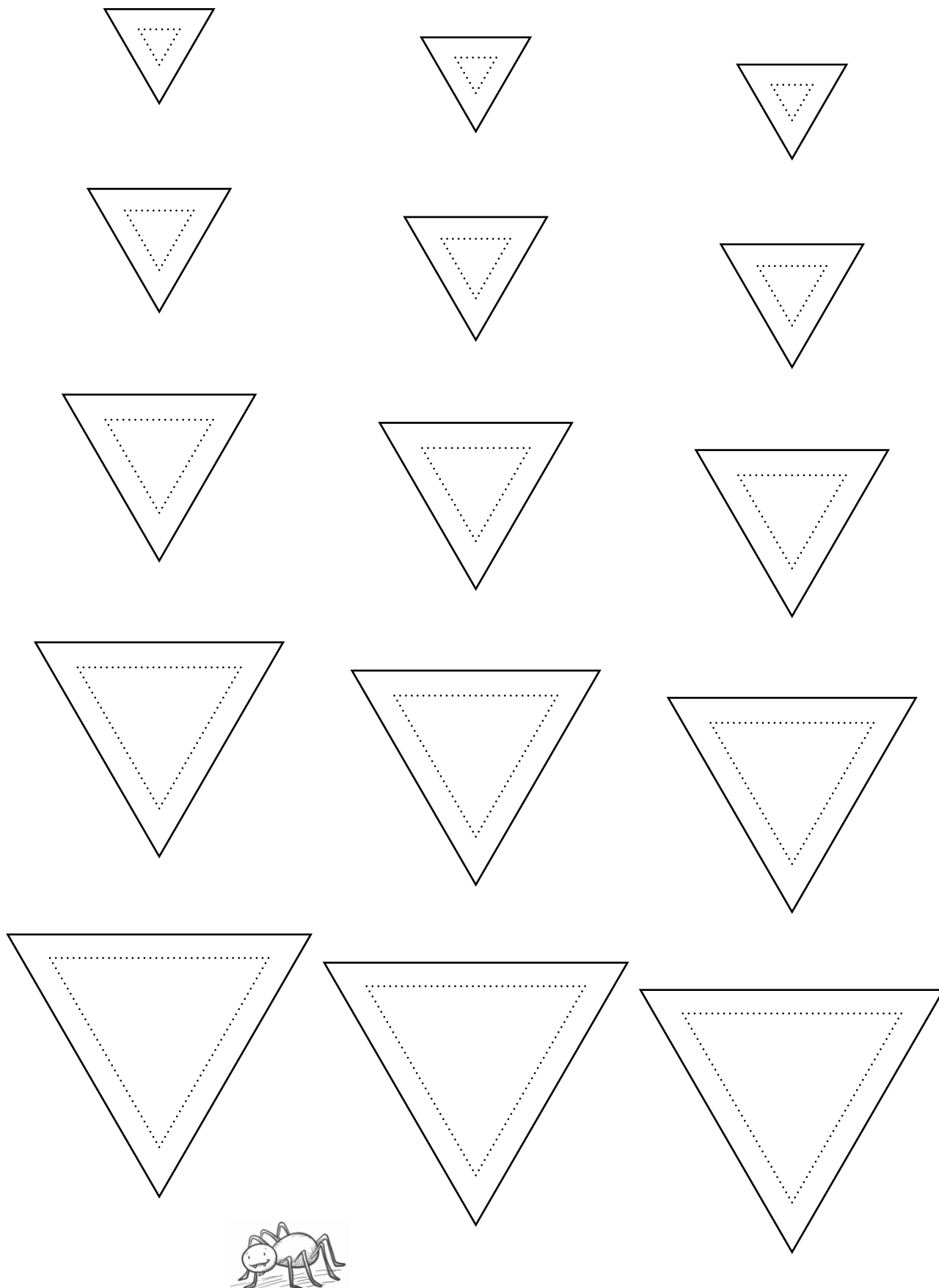
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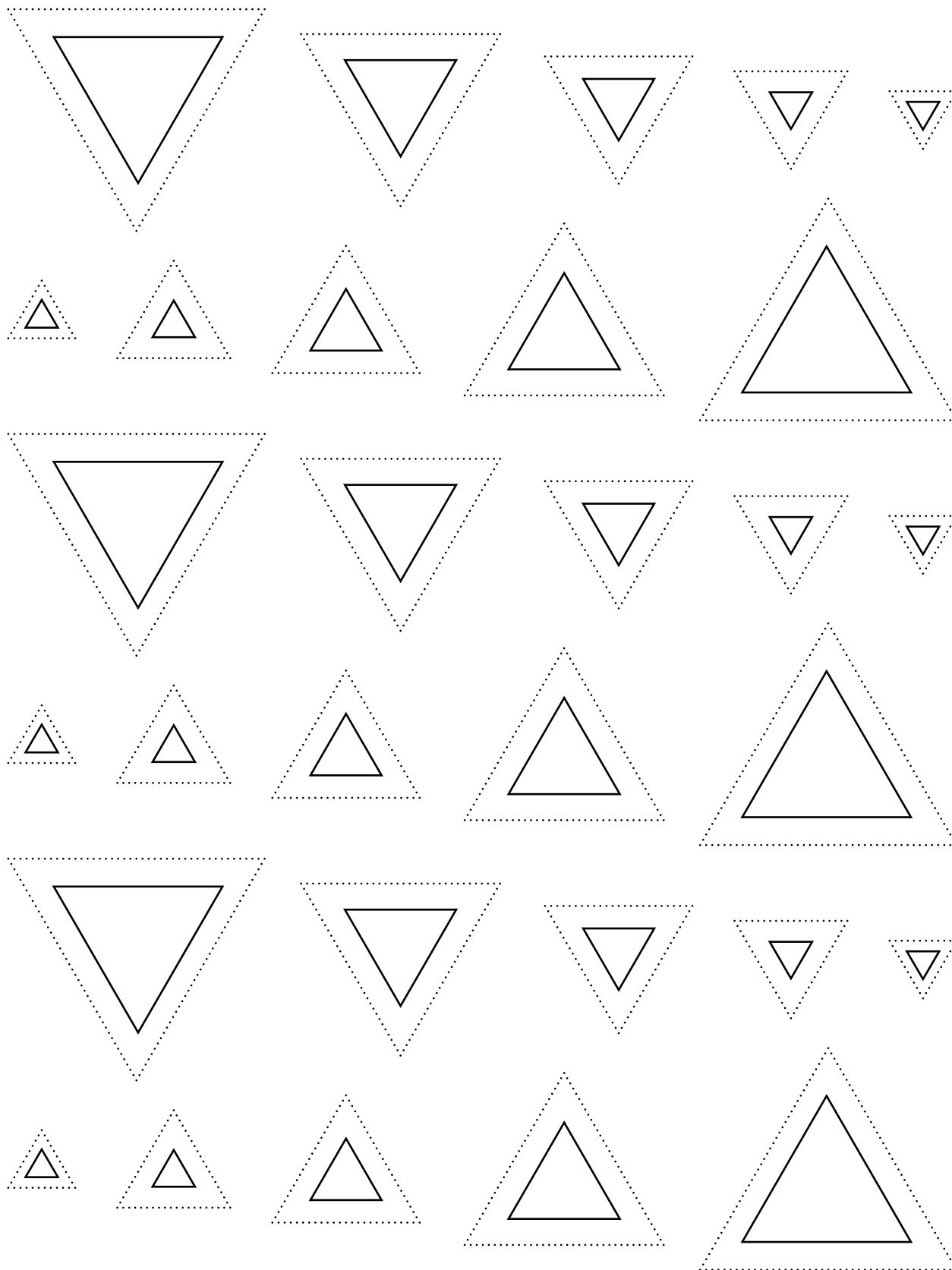
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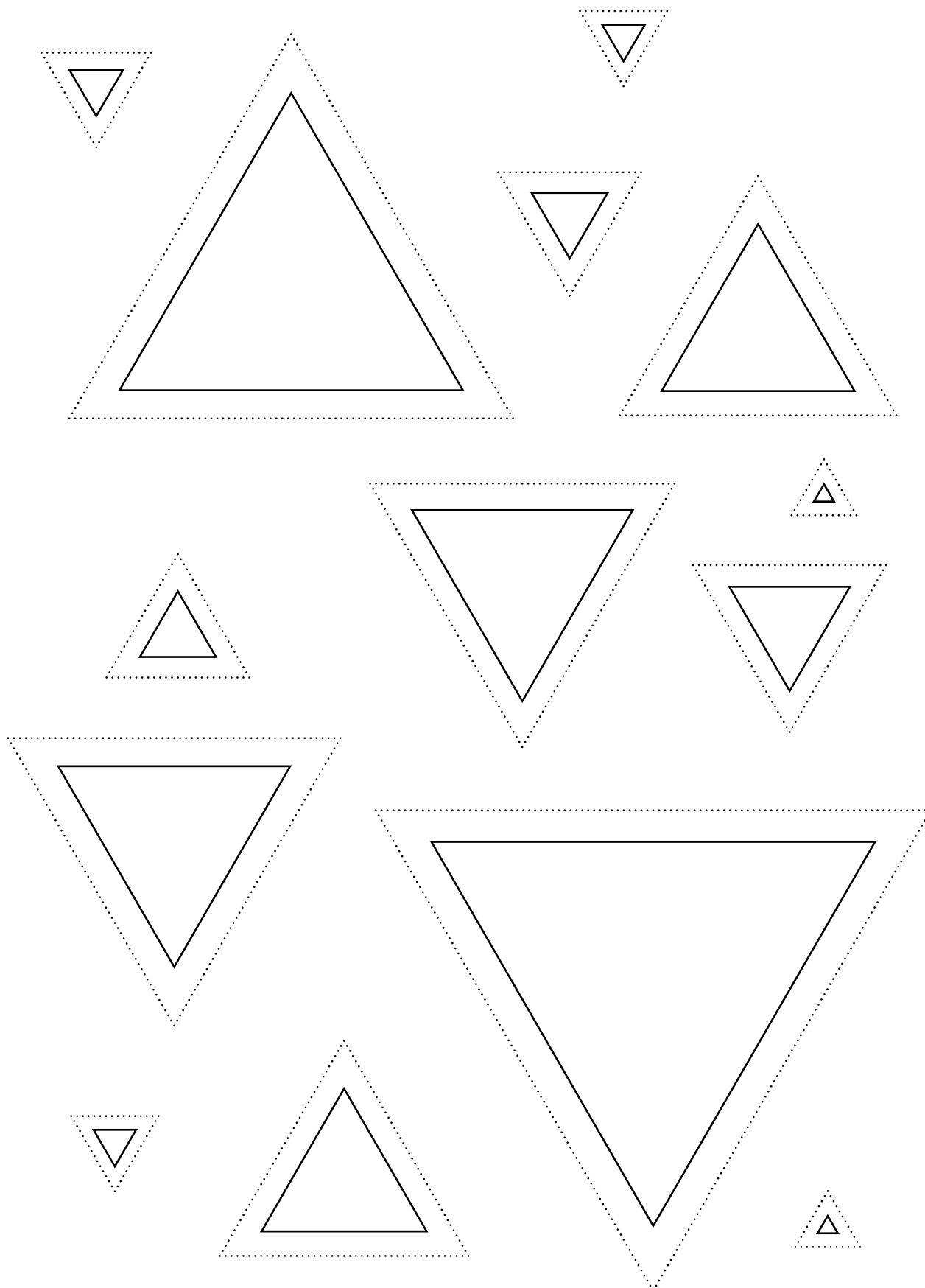
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TRACE THE DOTTED LINES TO DRAW TRIANGLES.



TRACE THE DOTTED LINES TO DRAW TRIANGLES.





# About Brainscribed program

## EXTENSIVE collection of activities

Brainscribed collection features thousands of worksheets with tens of thousands of challenges and activities of different types, created to stimulate the development of visual-motor integration and graphomotor skills in children. With its extensive corpus of materials, it is one of the most comprehensive collections of its kind, **globally**.

## Based on BRAIN & EDUCATIONAL SCIENCE

### Science fact:

Visual-motor exercises create functional connections among visual and motor regions in brains.

### Science fact:

Fine motor skills, non-verbal intelligence and executive functioning are significantly interrelated.

### Science fact:

Visual-motor exercises improve graphomotor skills which are important predictors of later academic achievement.

## FUN and CHALLENGING activities

Brainscribed resources stimulate visual-motor integration development with countless fun and **developmentally appropriate** activities, designed to be **user friendly** both for adults working with children (easy selection of developmentally appropriate activities according to the child's current stage of visual-motor integration and skills), as well as for children (challenging activities).

## Designed for EXPERTS and PARENTS

Brainscribed workbooks provide **teachers** and other **experts** (preschool, school, special education, therapy, etc.) with appropriate and gradually challenging tasks according to developmental needs of their children as well as offer **parents** developmentally appropriate and gradually challenging tasks for their children.

## Activities for EVERY child ...

**Every** child's visual motor integration and skills development can **benefit** from graphomotor / visual-motor tasks and training at home or in a classroom.

## ... and for children with DIFFICULTIES

Visual-motor deficits and graphomotor difficulties can be debilitating for children. Teachers and other experts working with children with visual motor integration problems or/and with writing problems will find a plentitude of useful and engaging tasks for a **systematic intervention** in Brainscribed workbooks for children with visual-motor difficulties.

## Created by EXPERTS

Dr. Kristijan Musek Lešnik (Ph.D.) - Founder nad Chair of the Centre for Positive Psychology, University of Primorska, Slovenia - President of the Council of Experts for General Education of the Republic of Slovenia - past President of the Committee for the Children with Special Needs - past President of the National Testing Committee, Slovenia.

Dr. Petra Lešnik Musek (Ph.D. in Developmental Psychology) - Specialist of Clinical Psychology at the Department of Child Neurology, Paediatric Clinic of the University Clinical Centre, Ljubljana, Slovenia - combines years of experience in developmental psychology and family therapy in clinical work with children and their families.

# List of Brainscribed volumes - 2025

## Collection: CUTTING AND TEARING

Volume C-1-1: CUTTING AND TEARING: HORIZONTAL AND VERTICAL LINES  
Volume C-1-2: CUTTING AND TEARING: ZIG-ZAG LINES  
Volume C-1-3: CUTTING AND TEARING: WAVY LINES  
Volume C-1-4: CUTTING AND TEARING: SPIRALS  
Volume C-1-5: CUTTING AND TEARING: FLATTENED SPIRALS

## Collection: PATTERNS / FINGER GRIP

### TWO TO FOUR STICKS

Volume P-1-1: PATTERNS - STICKS: 2 STICKS - COLOURS  
Volume P-1-2: PATTERNS - STICKS: 2 STICKS - SHAPES

### FIVE STICKS

Volume P-2-1: PATTERNS - STICKS: 5 STICKS - COLOURS  
Volume P-2-2: PATTERNS - STICKS: 5 STICKS - SHAPES  
Volume P-2-3: PATTERNS - STICKS: 5 STICKS - DIFFERENCES: COLOURS  
Volume P-2-4: PATTERNS - STICKS: 5 STICKS - DIFFERENCES: SHAPES  
Volume P-2-5: PATTERNS - STICKS: 5 STICKS - DIFFERENCES: COLOURS AND SHAPES  
Volume P-2-6: PATTERNS - STICKS: 5 STICKS - SPACING

### SIX STICKS

Volume P-3-1: PATTERNS - STICKS: 6 STICKS - COLOURS  
Volume P-3-2: PATTERNS - STICKS: 6 STICKS - SHAPES  
Volume P-3-3: PATTERNS - STICKS: 6 STICKS - COMPLETING  
Volume P-3-4: PATTERNS - STICKS: 6 STICKS - SPACING  
Volume P-3-5: PATTERNS - STICKS: 6 STICKS - MIRRORING

### EIGHT STICKS

Volume P-4-1: PATTERNS - STICKS: 8 STICKS - COLOURS  
Volume P-4-2: PATTERNS - STICKS: 8 STICKS - SHAPES  
Volume P-4-3: PATTERNS - STICKS: 8 STICKS - COMPLETING  
Volume P-4-4: PATTERNS - STICKS: 8 STICKS - ORIENTATION  
Volume P-4-5: PATTERNS - STICKS: 8 STICKS - MIRRORING  
Volume P-4-6: PATTERNS - STICKS: 8 STICKS - OVERLAPPING

## TEN STICKS

Volume P-5-1: PATTERNS - STICKS: 10 STICKS - COLOURS  
 Volume P-5-2: PATTERNS - STICKS: 10 STICKS - SHAPES  
 Volume P-5-3A: PATTERNS - STICKS: 10 STICKS - FINDING DIFFERENCES: COLOURS 1  
 Volume P-5-3B: PATTERNS - STICKS: 10 STICKS - FINDING DIFFERENCES: COLOURS 2  
 Volume P-5-4A: PATTERNS - STICKS: 10 STICKS - FINDING DIFFERENCES: SHAPES 1  
 Volume P-5-4B: PATTERNS - STICKS: 10 STICKS - FINDING DIFFERENCES: SHAPES 2  
 Volume P-5-5: PATTERNS - STICKS: 10 STICKS - ORIENTATION  
 Volume P-5-6: PATTERNS - STICKS: 10 STICKS - MIRRORING  
 Volume P-5-7: PATTERNS - STICKS: 10 STICKS - OVERLAPPING  
 Volume P-5-8: PATTERNS - STICKS: 10 STICKS - INTERVINNING  
 Volume P-5-9: PATTERNS - STICKS: 10 STICKS - COMPLETING

## 3x3 GRID

Volume P-6-1: DOTS IN A GRID: 3x3 GRID - COLOURS  
 Volume P-6-2: SHAPES IN A GRID: 3x3 GRID - SHAPES  
 Volume P-6-3: DOTS IN A GRID: 3x3 GRID - DIFFERENCES  
 Volume P-6-4: DOTS IN A GRID: 3x3 GRID - COMPLETING  
 Volume P-6-5: DOTS IN A GRID: 3x3 GRID - MIRRORING  
 Volume P-6-6: SHAPES IN A GRID: 3x3 GRID - MIRRORING

## 4x4 GRID

Volume P-7-1: DOTS IN A GRID: 4x4 GRID - COLOURS  
 Volume P-7-2: SHAPES IN A GRID: 4x4 GRID - SHAPES  
 Volume P-7-3: DOTS IN A GRID: 4x4 GRID - DIFFERENCES  
 Volume P-7-4: DOTS IN A GRID: 4x4 GRID - COMPLETING  
 Volume P-7-5: DOTS IN A GRID: 4x4 GRID - MIRRORING  
 Volume P-7-6: SHAPES IN A GRID: 4x4 GRID - MIRRORING

## Collection: GRAPHOMOTOR SKILLS

### BASIC COPYING

Volume G-1-1: BASIC COPYING: CIRCLES AND SQUARES  
 Volume G-1-2: BASIC COPYING: GEOMETRIC SHAPES

### TRACING SHAPES

Volume G-2-1: TRACING SHAPES: TRACING CIRCLES  
 Volume G-2-2: TRACING SHAPES: TRACING SQUARES  
 Volume G-2-3: TRACING SHAPES: TRACING TRIANGLES  
 Volume G-2-4: TRACING SHAPES: BASIC SHAPES  
 Volume G-2-5: TRACING SHAPES: TRACING GEOMETRIC SHAPES- DIRECTION  
 Volume G-2-6: TRACING SHAPES: TRACING ANGLED SHAPES  
 Volume G-2-7: TRACING SHAPES: TRACING ROUNDED SHAPES  
 Volume G-2-8: TRACING SHAPES: TRACING IRREGULAR SHAPES

## SHAPE CONSTANCY

Volume G-3-1: SHAPE CONSTANCY: FINISHING SHAPES -LARGE SHAPES

Volume G-3-2: SHAPE CONSTANCY: FINISHING SHAPES - MEDIUM AND SMALL SHAPES

Volume G-3-3: SHAPE CONSTANCY: TRACING AND FINISHING SHAPES - LARGE SHAPES

Volume G-3-4: SHAPE CONSTANCY: TRACING AND FINISHING SHAPES - MEDIUM AND SMALL SHAPES

## TRACING & CONNECTING

Volume G-4-1: TRACING & CONNECTING: TRACING HORIZONTAL AND VERTICAL LINES

Volume G-4-2: TRACING & CONNECTING: TRACING ZIG-ZAG LINES

Volume G-4-3: TRACING & CONNECTING: TRACING WAVY LINES

Volume G-4-4: TRACING & CONNECTING: TRACING STRAIGHT AND IRREGULAR LINES

Volume G-4-5: TRACING & CONNECTING: TRACING CURVED LINES

Volume G-4-6: TRACING & CONNECTING: CONNECTING - STRAIGHT LINES AND ANGLES

Volume G-4-7: TRACING & CONNECTING: DRAWING LINES DOT TO DOT

## SPATIAL ORGANIZATION

Volume G-5-1: SPATIAL ORGANIZATION: CONNECTING DOTS - LINES

Volume G-5-2: SPATIAL ORGANIZATION: CONNECTING DOTS - PATTERNS

Volume G-5-3: SPATIAL ORGANIZATION: CONNECTING DOTS - SHAPES

Volume G-5-4: SPATIAL ORGANIZATION: DRAWING LOOPS IN 8x8 GRID

Volume G-5-5: SPATIAL ORGANIZATION: DRAWING LOOPS IN 12x12 GRID

## CHANELLING

Volume G-6-1: CHANELLING: STRAIGHT LINES AND ANGLES

Volume G-6-2: CHANELLING: WAVY AND CURVED LINESS

Volume G-6-3: CHANELLING: SIMPLE CURVED LINES: NO DOTS

Volume G-6-4: CHANELLING: COMPLEX CURVED LINES: NO DOTS

Volume G-6-5: CHANELLING: CURVED LINES: WITH HELPING DOTS

Volume G-6-6: CHANELLING: CHANELLING IRREGULAR SHAPES

Volume G-6-71: CHANELLING: PATHS -10 mm WIDTH

Volume G-6-72: CHANELLING: PATHS -6 mm WIDTH

Volume G-6-73: CHANELLING: PATHS -4 mm WIDTH

Volume G-6-74: CHANELLING: PATHS -2 mm WIDTH

## MAZES

Volume G-7-1: MAZES: 5 x 5 AND 6 x 6 MAZES

Volume G-7-2: MAZES: 7 x 7 AND 8 x 8 MAZES -

Volume G-7-3: MAZES: 9x9 AND 10x10 MAZES

Volume G-7-4: MAZES: 12x12 MAZES

Volume G-7-5: MAZES: 9x9 AND 11x11 ESCAPE MAZES

Volume G-7-7: MAZES: 16x16 ESCAPE MAZES

Volume G-7-8: MAZES: PATHS

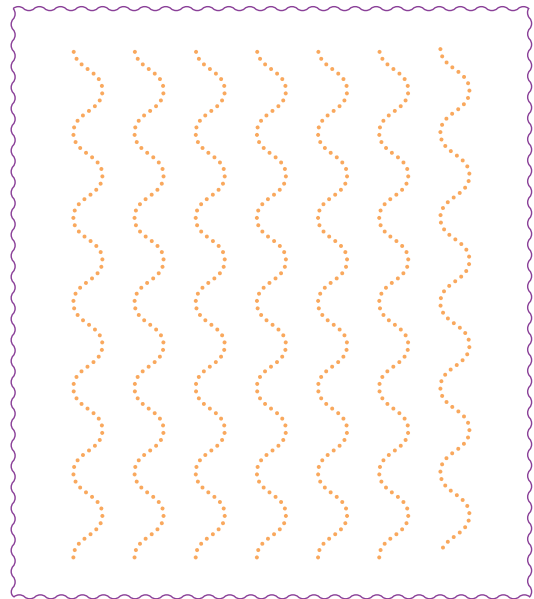
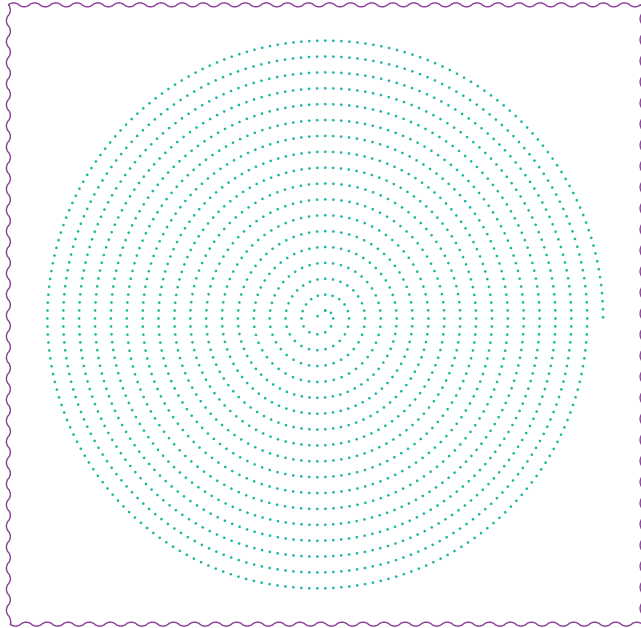
# Different types of Brainscribed tasks

Brainscribed activities are organised into thematic workbooks.

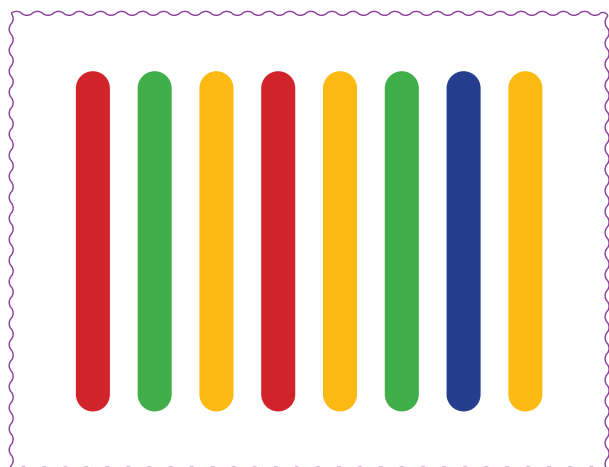
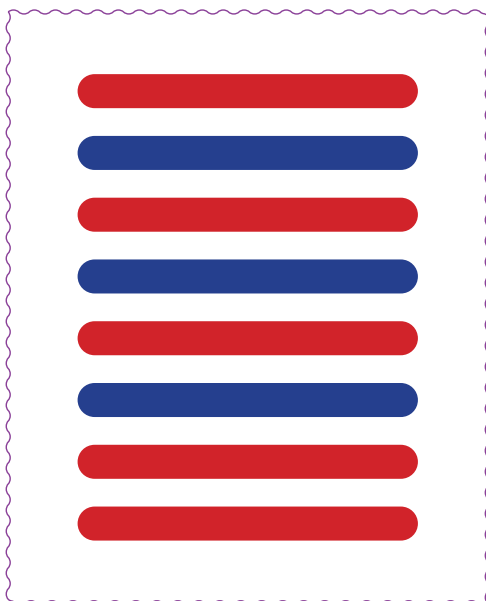
In each volume, the difficulty of the tasks gradually increases.

All Brainscribed activities are designed to stimulate visual-motor integration and the development of graphomotor and other fine-motor skills in a way that is interesting and engaging for children.

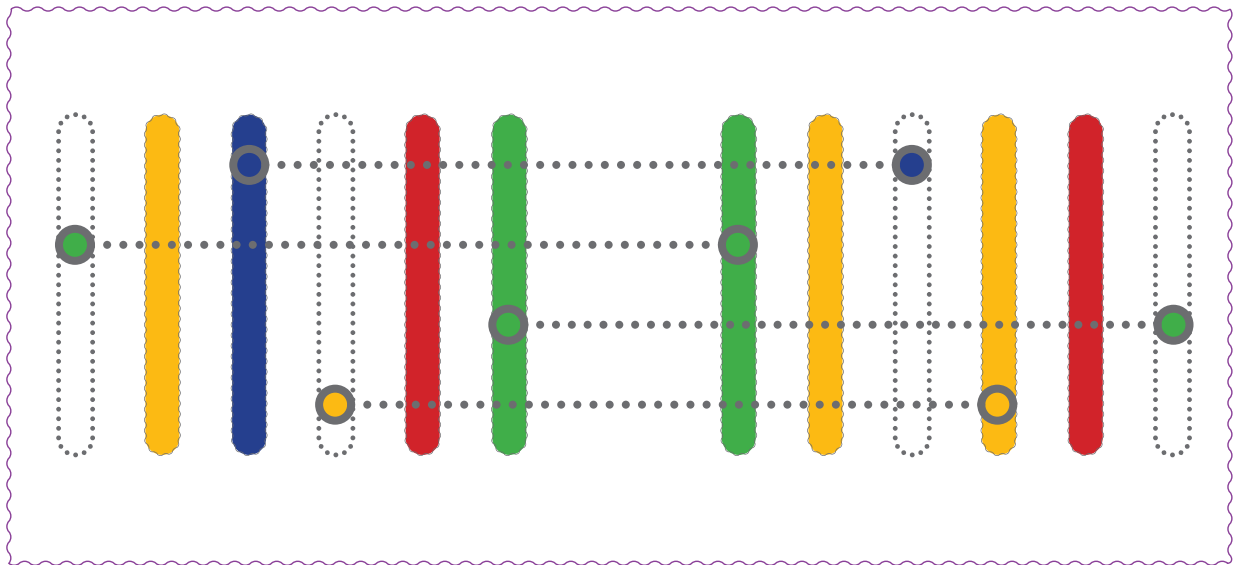
## CUTTING AND TEARING ...



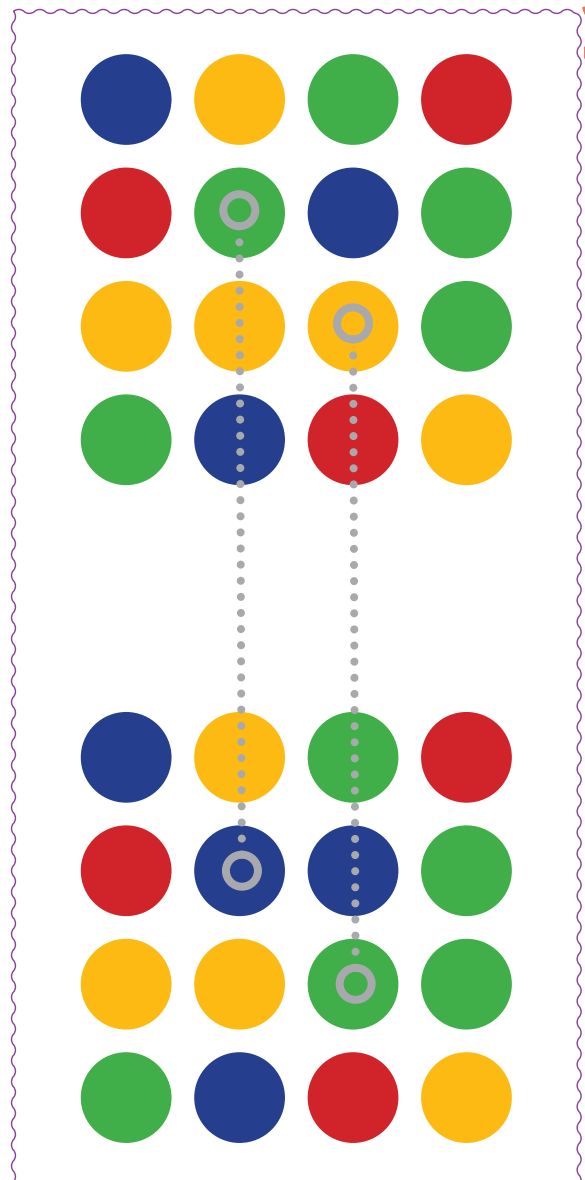
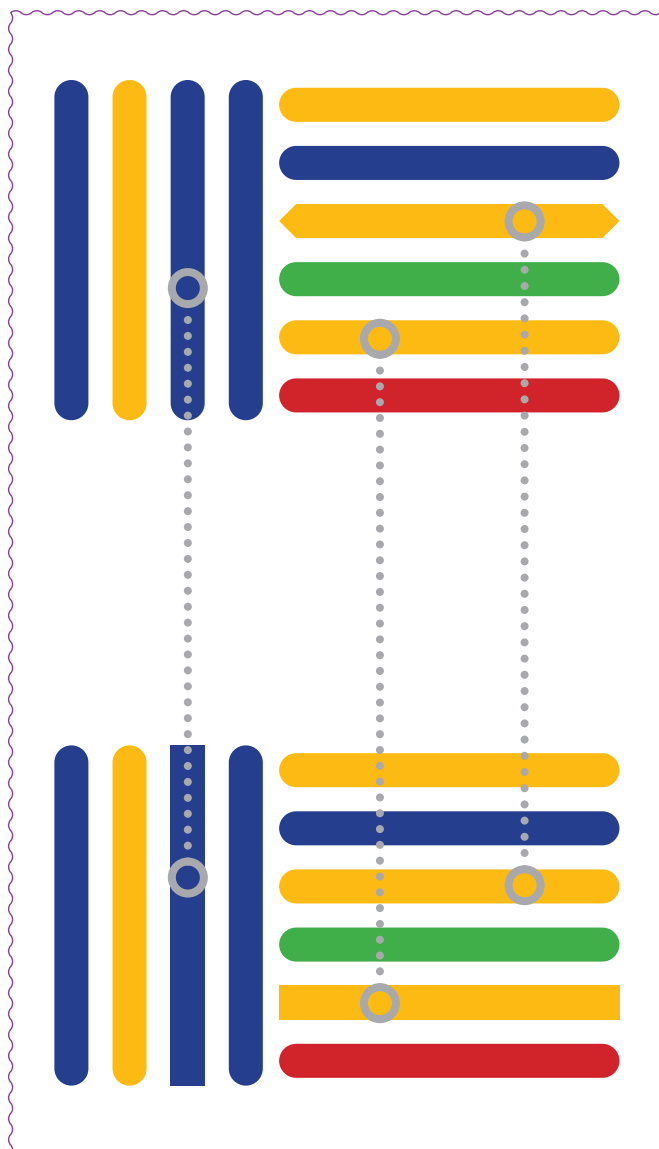
## ... COPYING PATTERNS ...



... COMPARING AND COMPLETING PATTERNS...

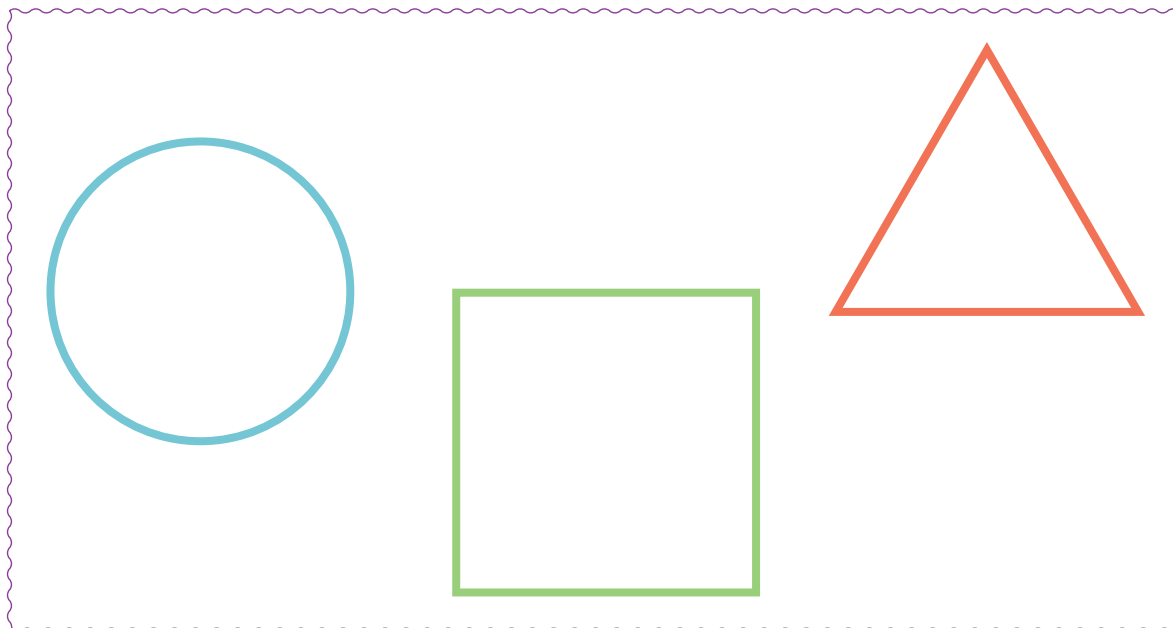


... FINDING THE DIFFERENCES ...

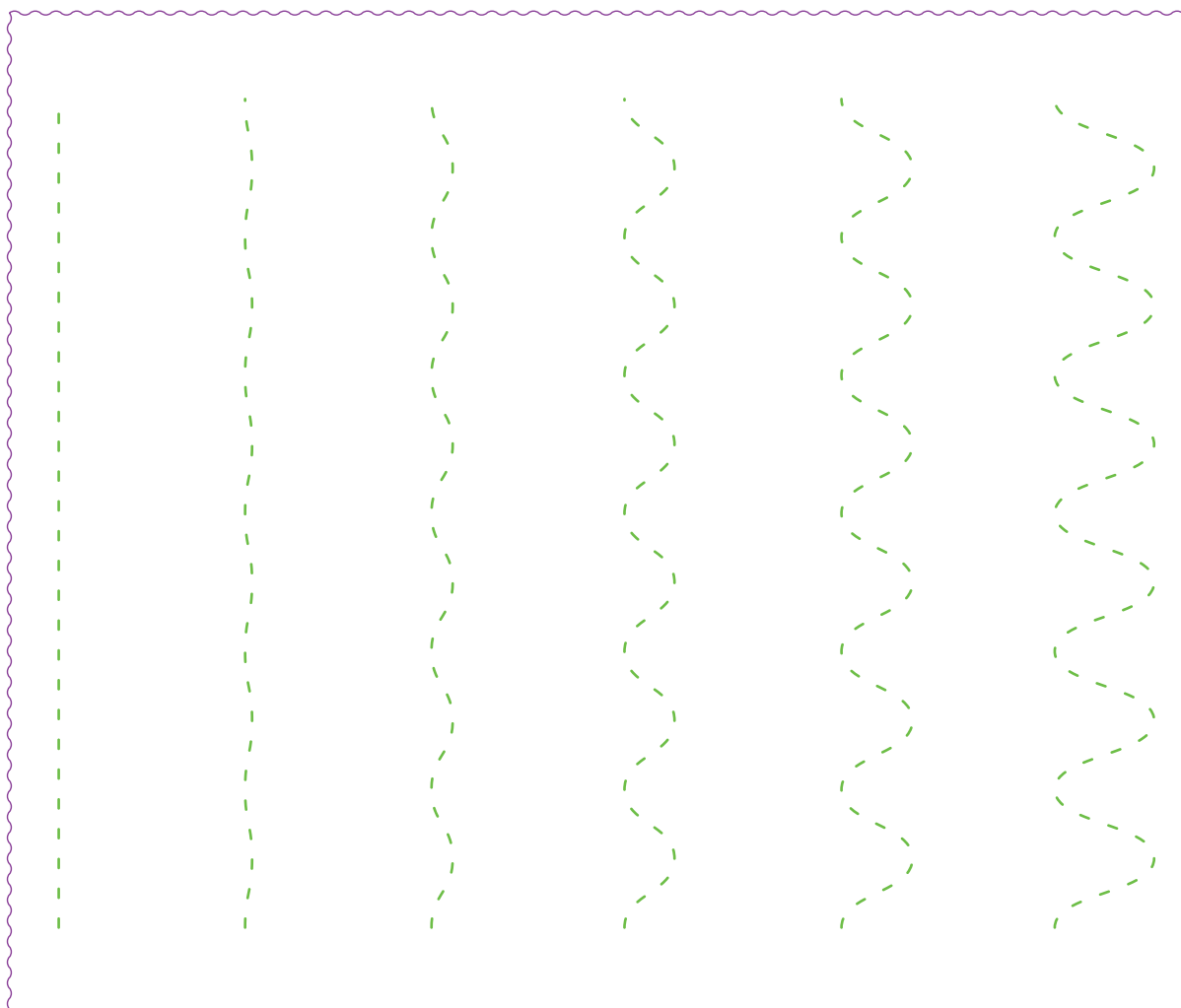


Different types of Brainscribed tasks

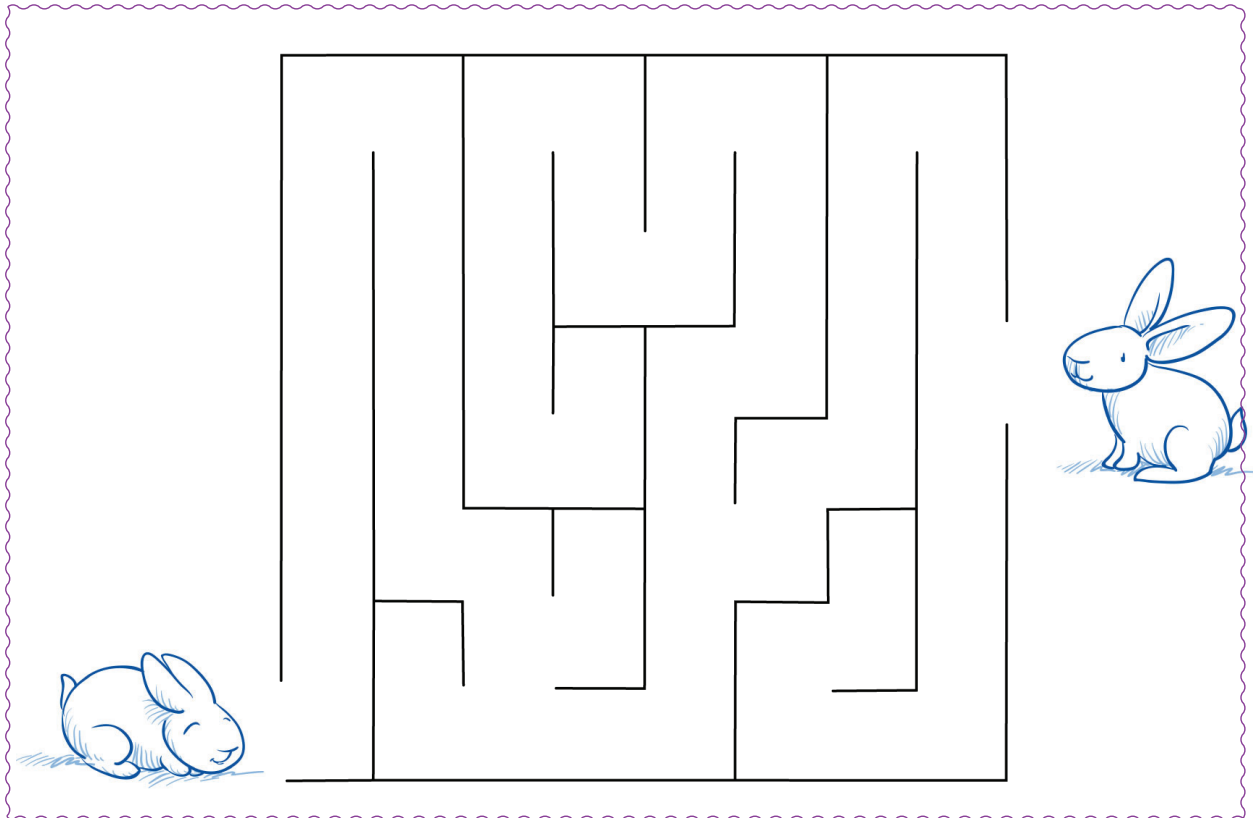
COPYING OF DIFFERENT SHAPES ...



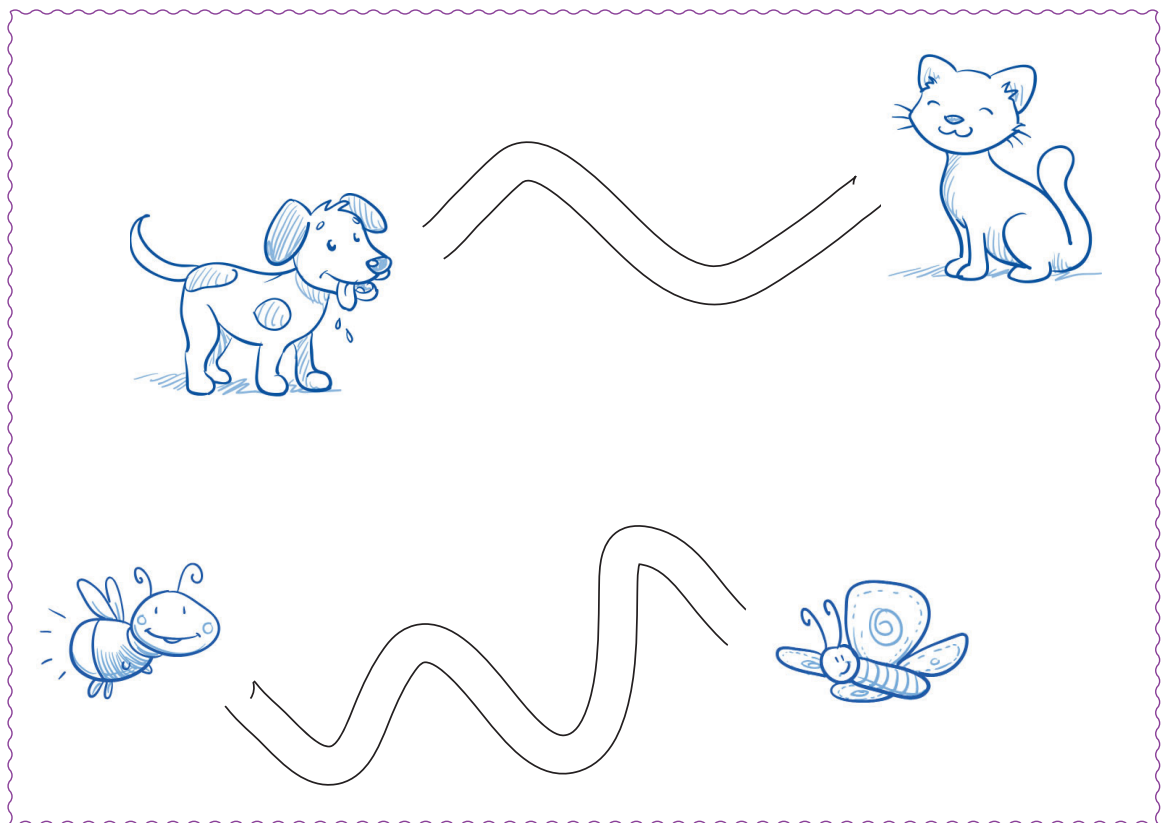
... TRACING LINES ...



... SOLVING MAZES ...



... CHANELLING - DRAWING A PATH BETWEEN TWO GUIDING LINES...

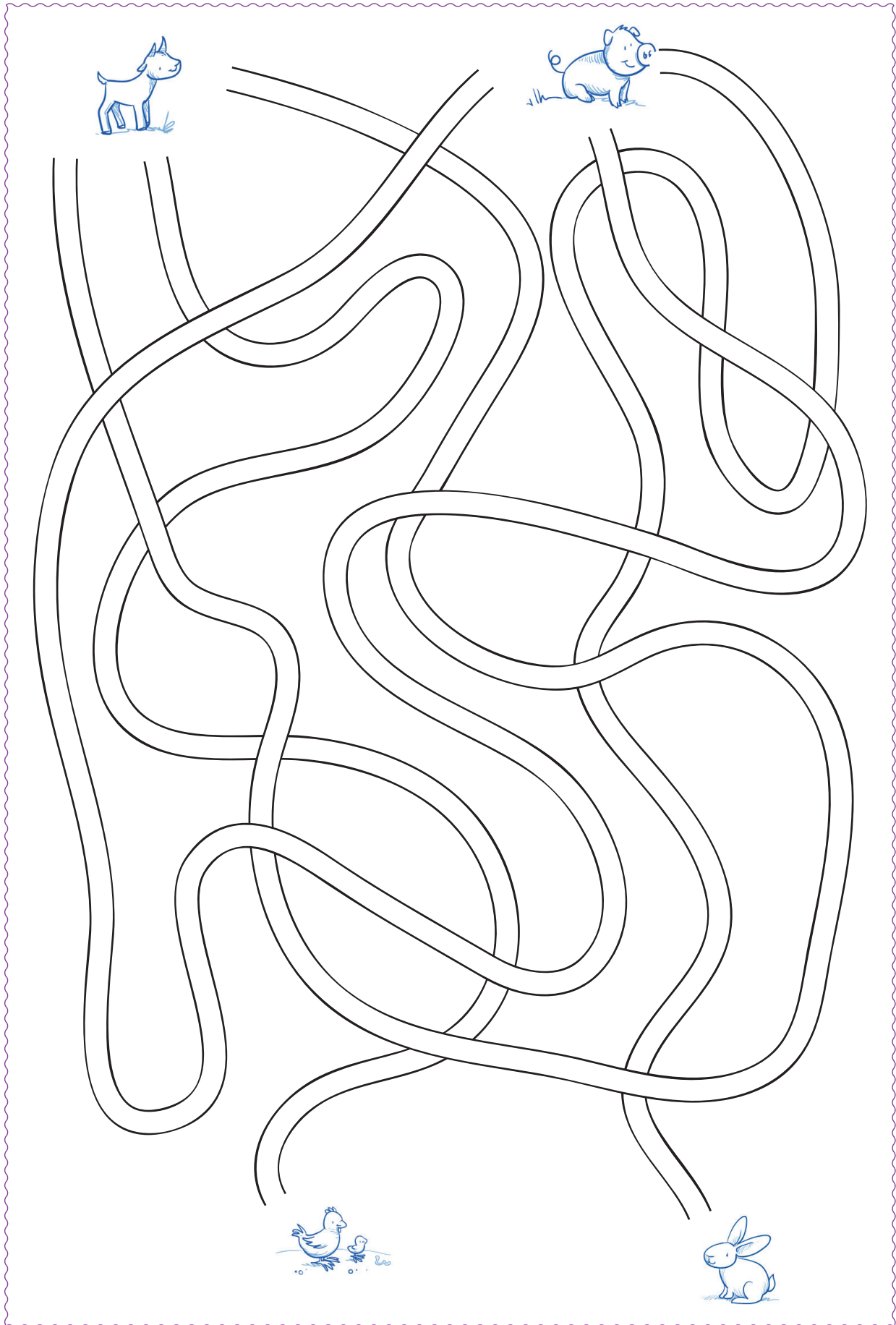


Different types of Brainscribed tasks

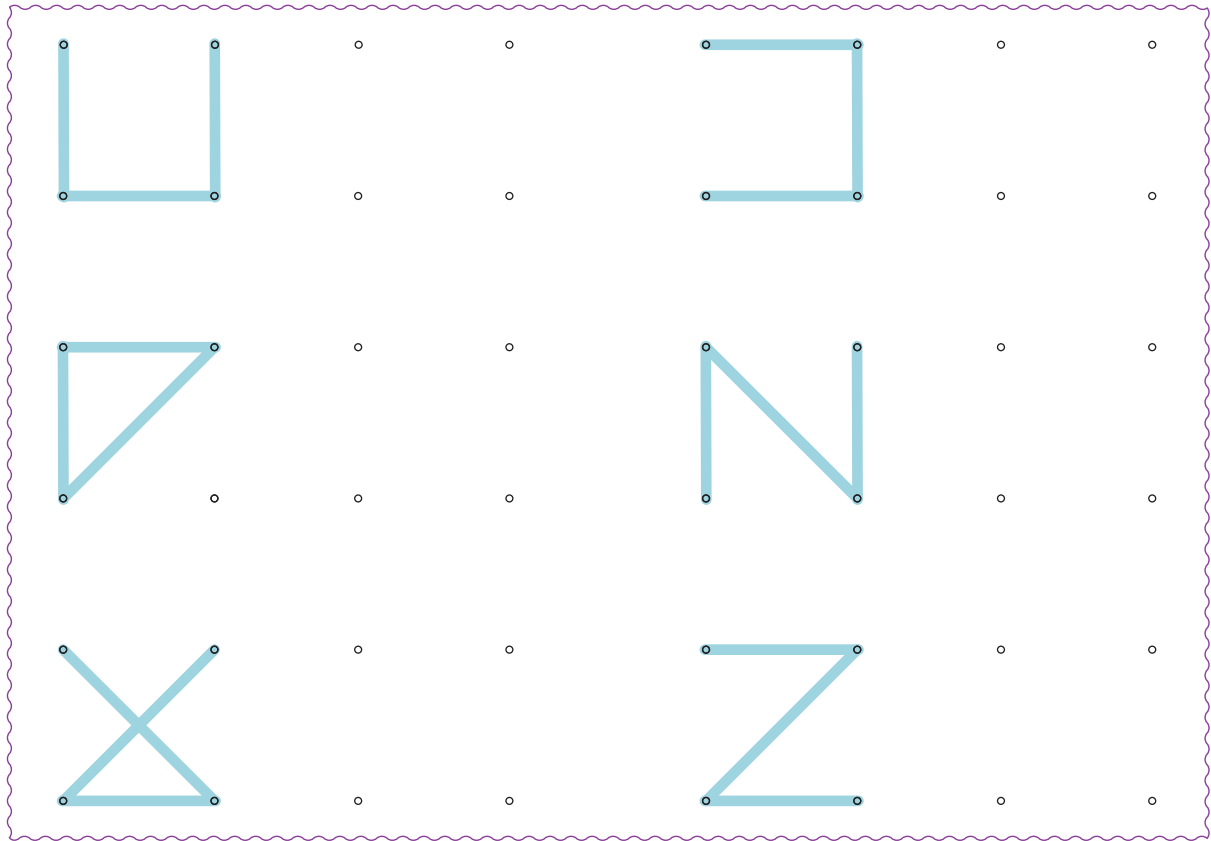


... SEARCHING AND TRACING PATHS ...

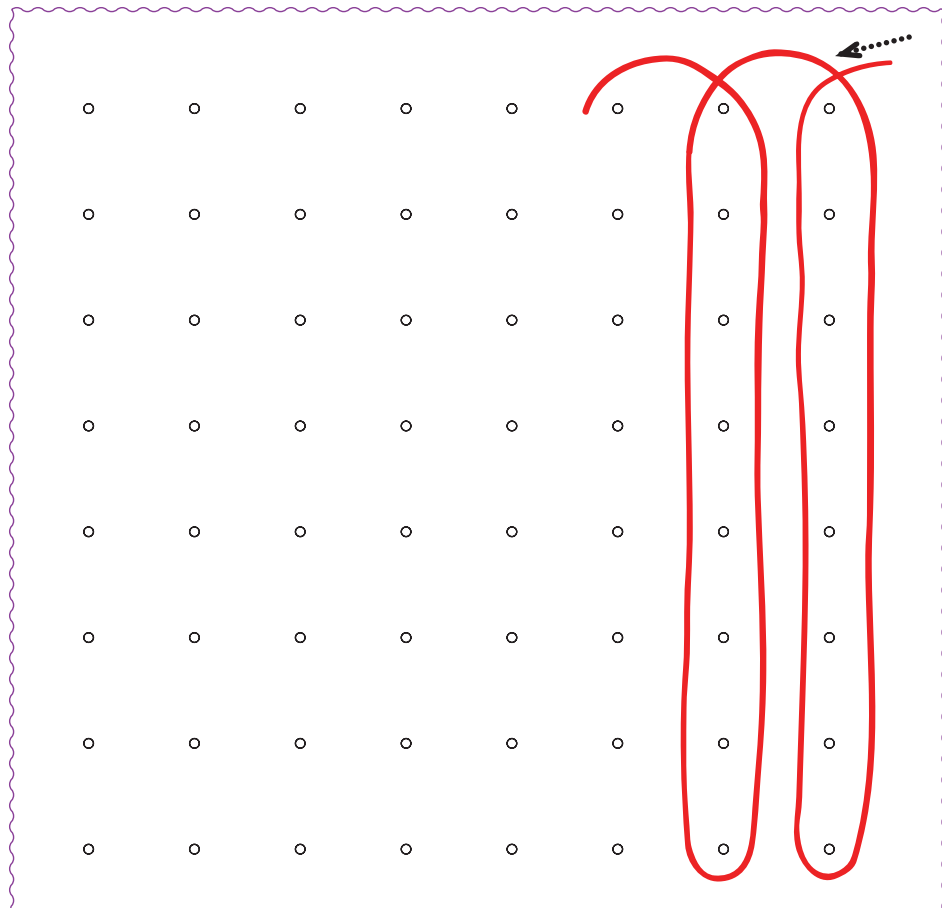
# Different types of Brainscribed tasks



... CONNECTING DOTS ...

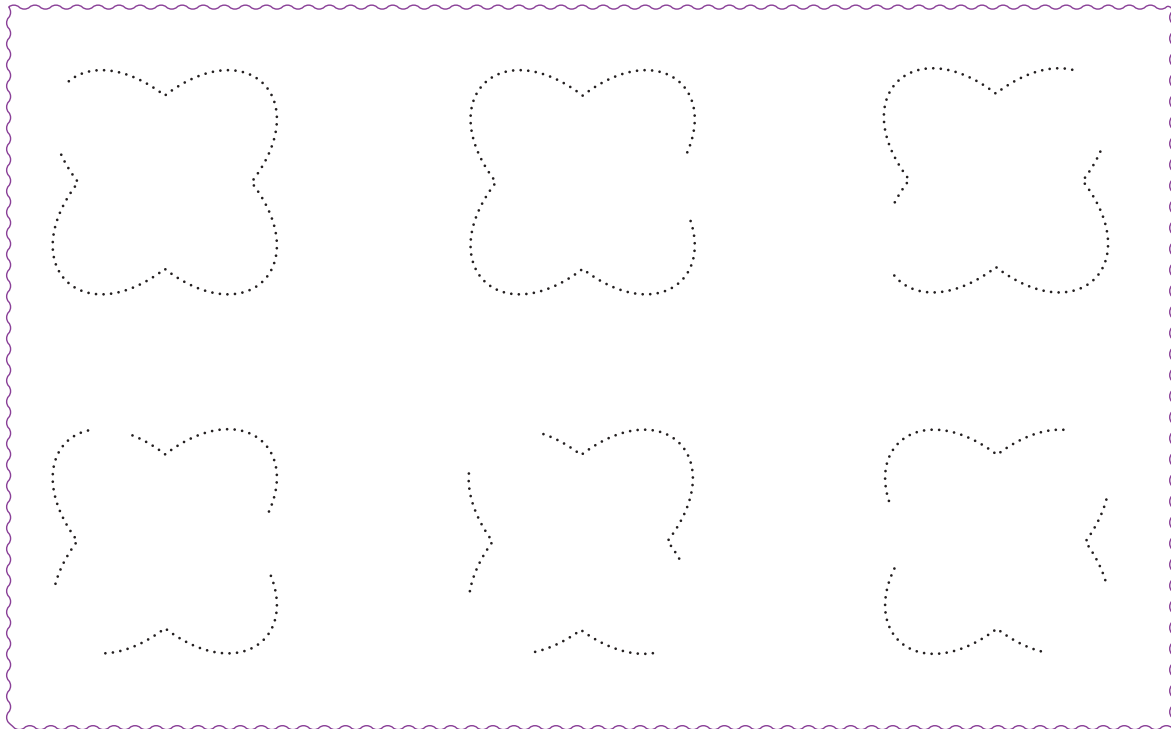


... DRAWING CURVES AND LOOPS IN A GRID...

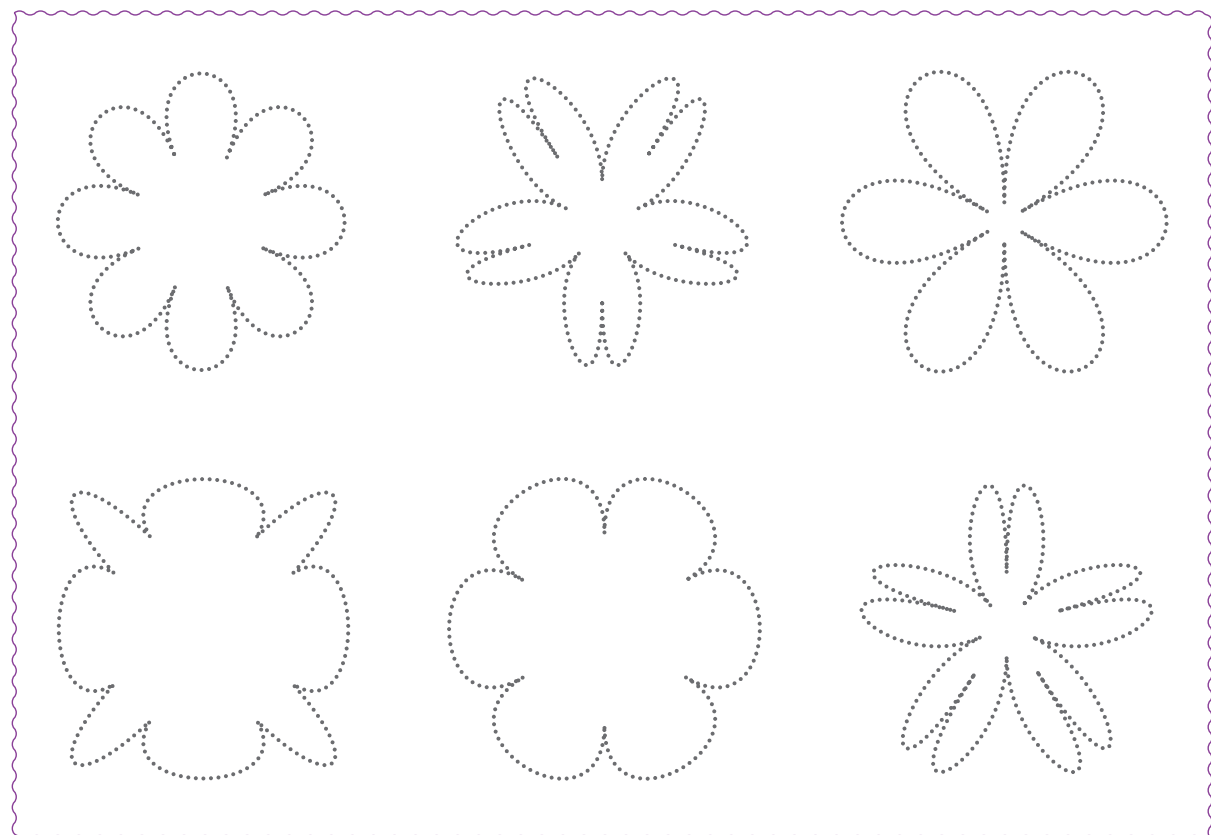


Different types of Brainscribed tasks

... SEARCHING AND COMPLETING SHAPES ...



... TRACING DIFFERENT SHAPES ...



... AND MANY OTHER TYPES OF EXERCISES IN THE VARIOUS  
BRAINSCRIBED WORKBOOKS!

Different types of Brainscribed tasks