

PATTERNS - STICKS

10 STICKS - INTERWINNING

dr. Kristijan Musek Lešnik

dr. Petra Lešnik Musek



PATTERNS - STICKS

10 STICKS - INTERWINNING

dr. Kristijan Musek Lešnik

dr. Petra Lešnik Musek

Title of the workbook: PATTERNS - STICKS: 10 STICKS - INTERWINNING
Brainscribed program - supporting visual-motor integration and fine-motor skills development.

© 2025 Kristijan Musek Lešnik, Petra Lešnik Musek

All rights reserved.

No part of this book may be reproduced or used in any way
without the prior written permission of the copyright holders.

Brainscribed program members/subscribers can print and use the worksheets
in this workbook for their work with children during their membership/subscription.

Illustrations: los_ojos_pardos, Shutterstock

First edition, 2025

Number of pages: 198



Brainscribed resources help children develop and strengthen
visual-motor integration and fine-motor skills!

Published by:

IPSOS dr. Kristijan Musek Lešnik s.p.

Požarnice 26d, 1351 Brezovica pri Ljubljani

www.brainscribed.com

Table of contents

Tasks in this workbook	4
About copying patterns	5
Activity aids - sticks	5
Worksheets	12
About Brainscribed program	188
List of Brainscribed volumes - 2025	189
Different types of Brainscribed tasks	192

Tasks in this workbook

Tasks involve copying patterns from the templates.

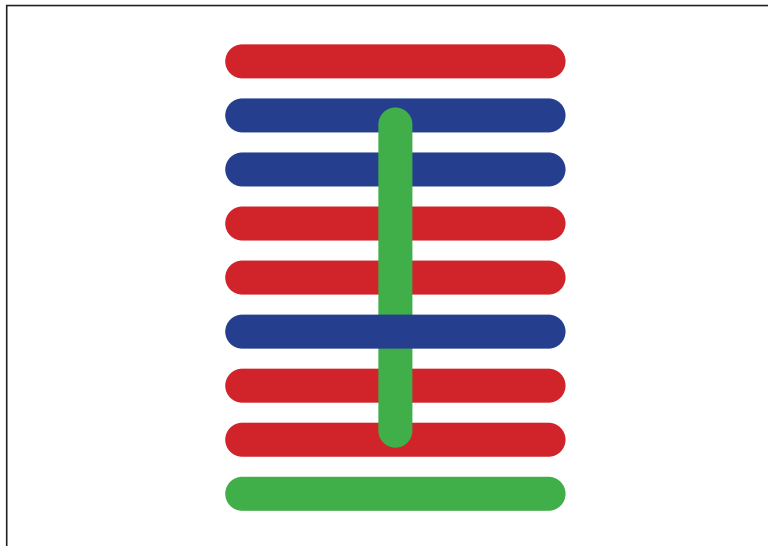
The patterns consists of ten sticks of different colours: blue, red, yellow and green.

The complexity of the patterns increases from the beginning to the end of the workbook.

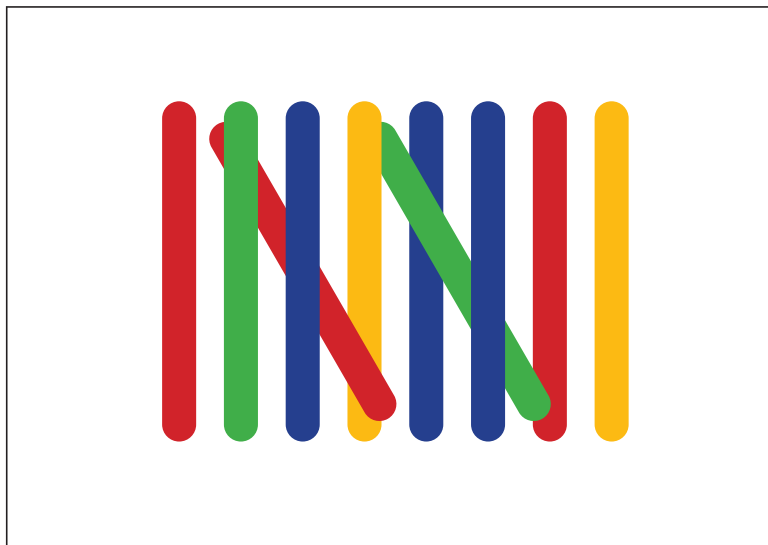
Instructions:

Take a good look at the pattern and create (or draw) an identical one.

Examples:



Simple pattern:



Complex pattern:

About copying patterns

Why copying activities are important

Pattern copying stimulates children's cognitive development.

Tasks that challenge children to copy patterns stimulate their observational skills and fine motor control of their hands and fingers. When children compare their emerging pattern with the template, it reinforces their attention and their ability to concentrate, compare and identify similarities and differences.

The activities in this volume encourage children to observe the templates carefully, which can help to improve their ability to focus on details. They help children to improve their visual discrimination skills, which are crucial for important future developmental challenges such as learning to read, write and develop other important skills. Copying patterns encourages the development of mental flexibility, adaptability, critical thinking and problem-solving skills, as children need to analyse and evaluate each element of the provided pattern in order to successfully complete the task. As these tasks require children to recall the details of the template and compare these with their pattern, they also help to strengthen visual and short-term memory.

Another important aspect of tasks in which children copy patterns is building patience and perseverance, which are essential life skills both for solving such tasks and for achieving goals in various other challenges that children will face later on.

Activity aids - sticks

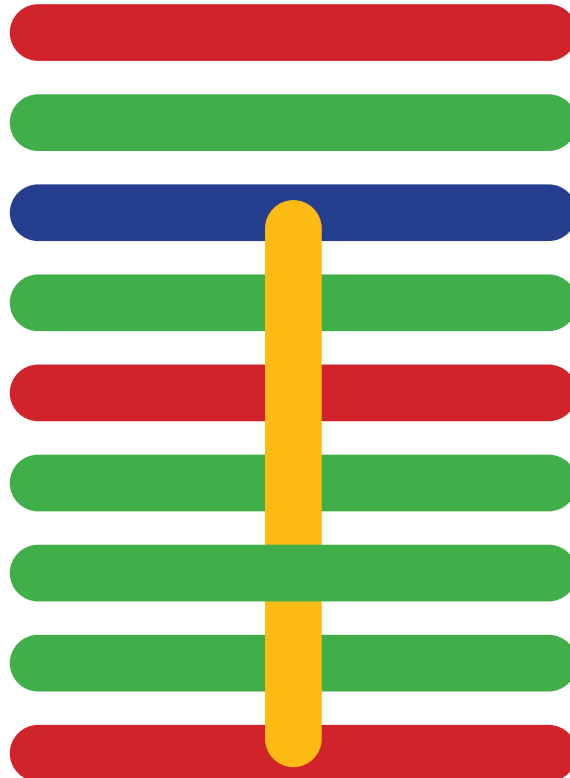
There are several possible ways to do the tasks in this workbook:

- version 1 - children are presented with a pattern and they place matching sticks on it,
- version 2 - children pick the corresponding sticks from the stack and assemble them into a pattern that is identical to the template,
- version 3 - children look at the template and then use coloured pencils to draw a pattern identical to the template.

On pages 6 to 11 you will find printed coloured sticks that you can use for the activities in this workbook. Depending on the level of fine motor skills of the individual child (younger children can handle larger objects more easily, while smaller sticks are more suitable for children who have already developed better fine motor control of their fingers) and the available room, you can print smaller (length 75 mm), medium (length 120 mm) or larger sticks (length 170 mm).

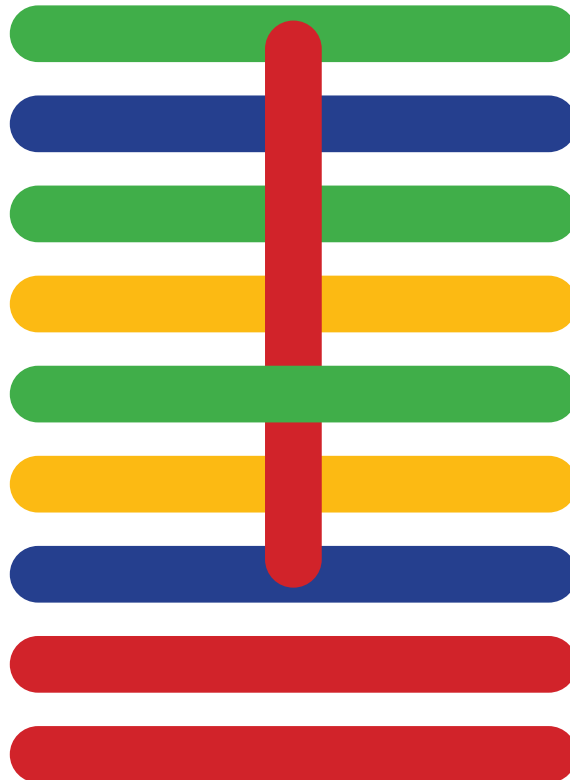
Print and then laminate as many copies of the sheets with coloured sticks as you like, then cut out and save the sticks for the children to use in the activities in this book.

www.brainscribed.com
Volume P-5.7



18A

www.brainscribed.com
Volume P-5.7



18B

www.brainscribed.com
Volume P-5.7



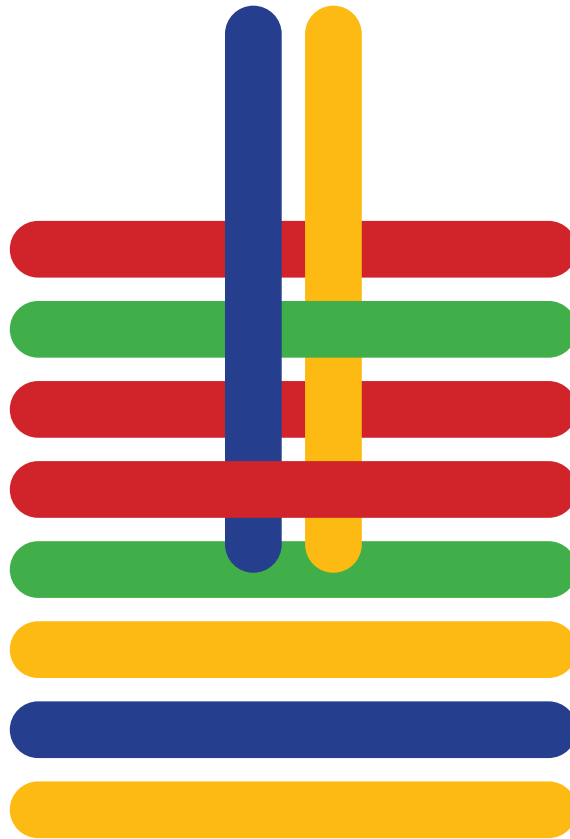
39A

www.brainscribed.com
Volume P-5.7



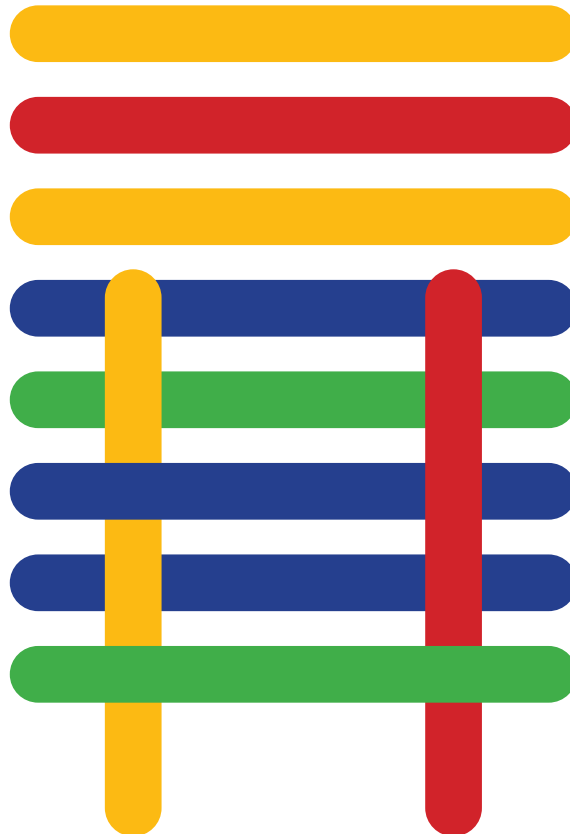
39B

www.brainscribed.com
Volume P-5.7



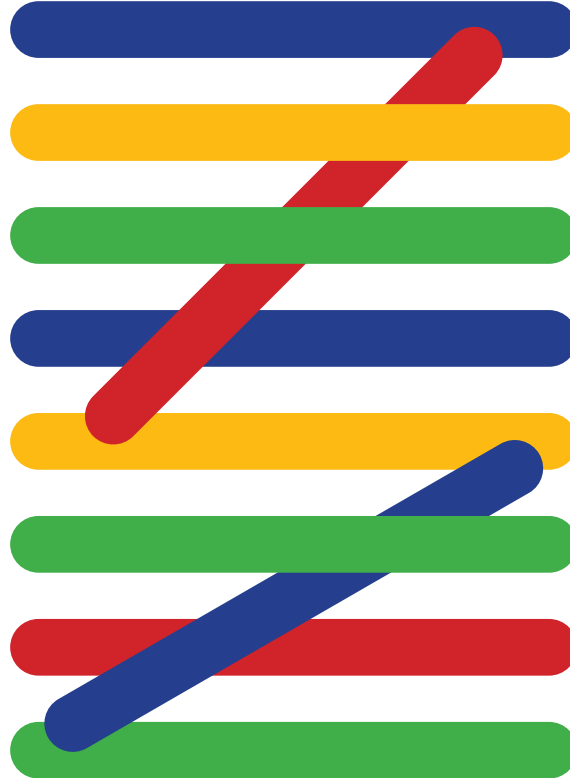
58A

www.brainscribed.com
Volume P-5.7



58B

www.brainscribed.com
Volume P-5.7



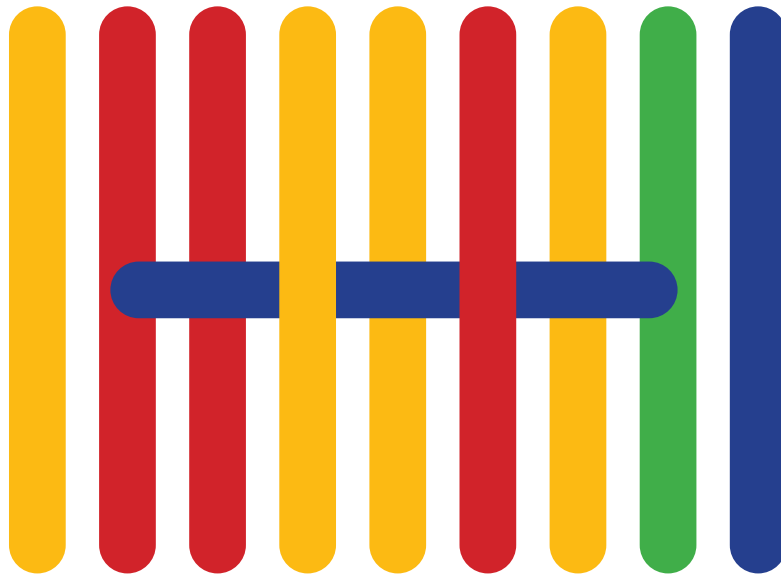
81 A

www.brainscribed.com
Volume P-5.7



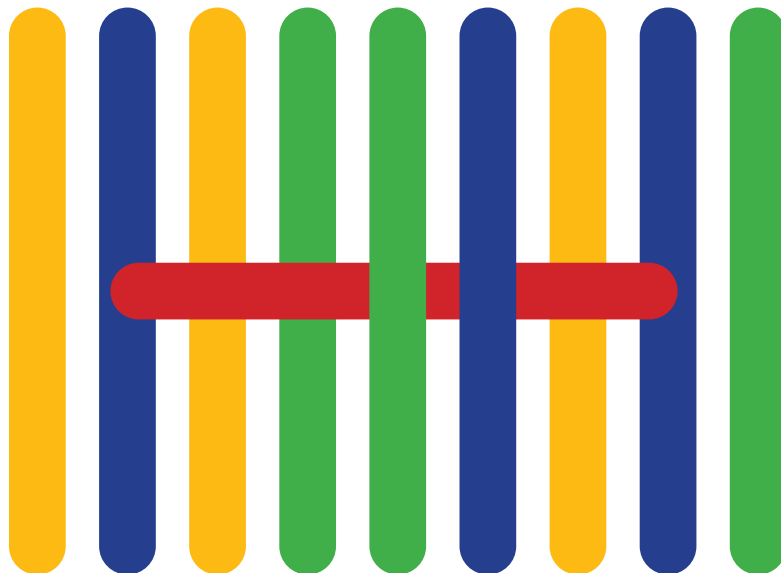
81 B

www.brainscribed.com
Volume P-5.7



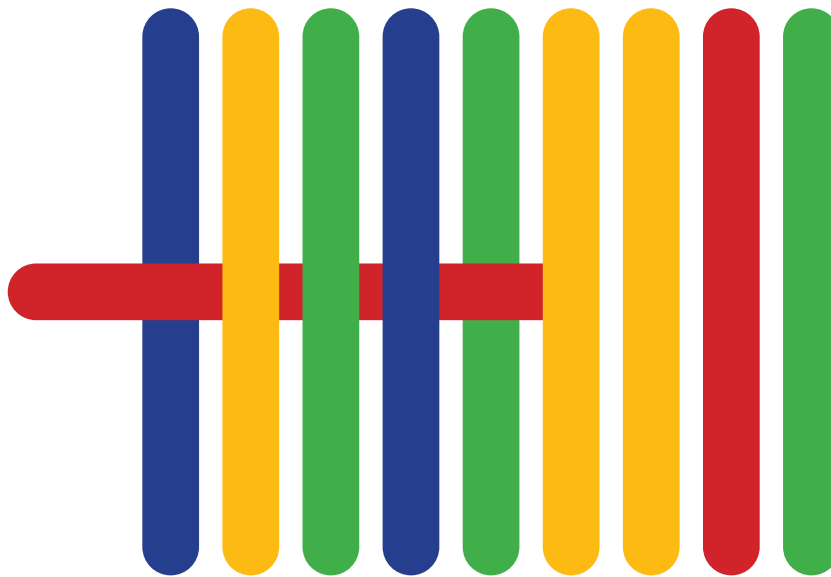
105A

www.brainscribed.com
Volume P-5.7



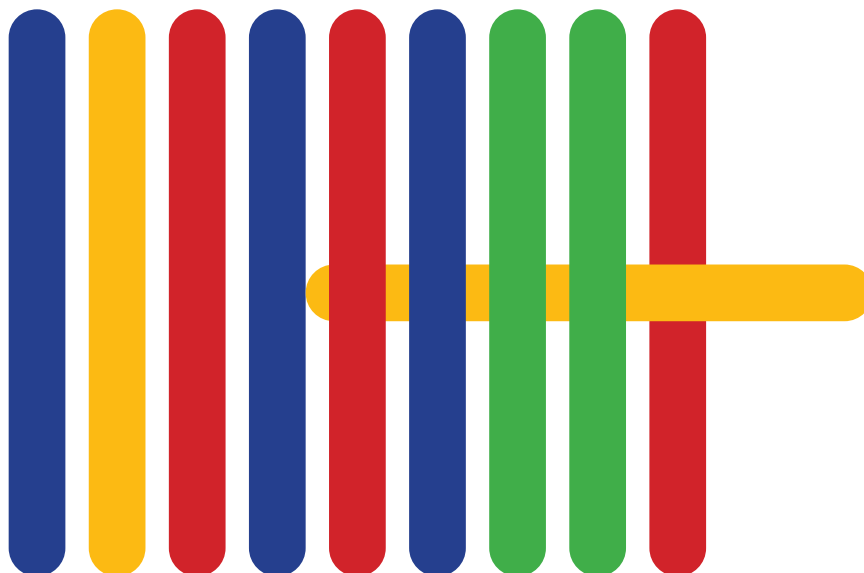
105B

www.brainscribed.com
Volume P-5.7



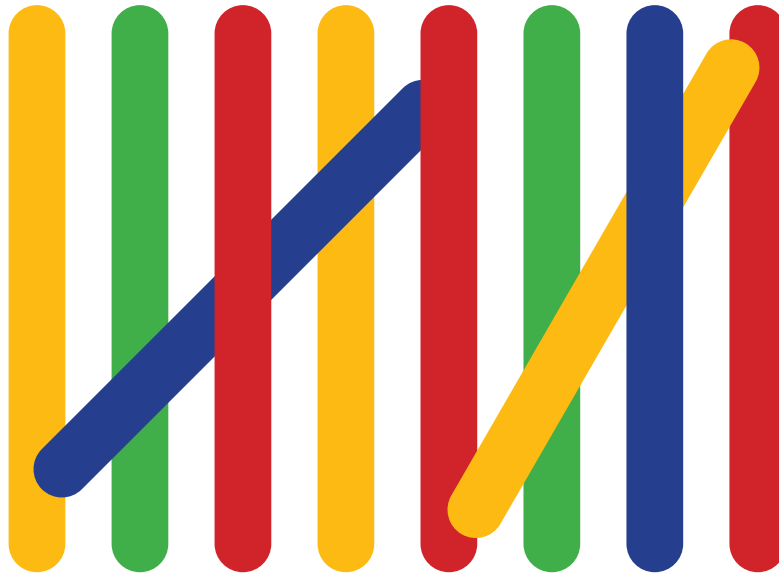
123A

www.brainscribed.com
Volume P-5.7



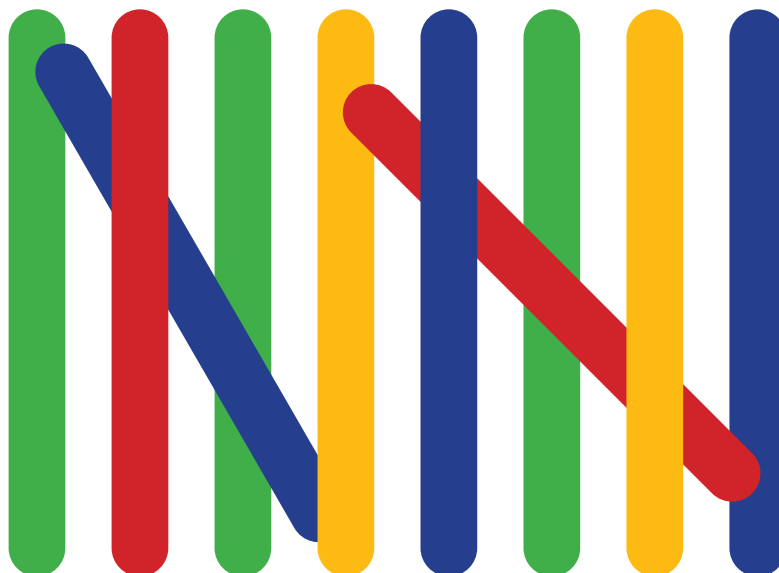
123B

www.brainscribed.com
Volume P-5.7



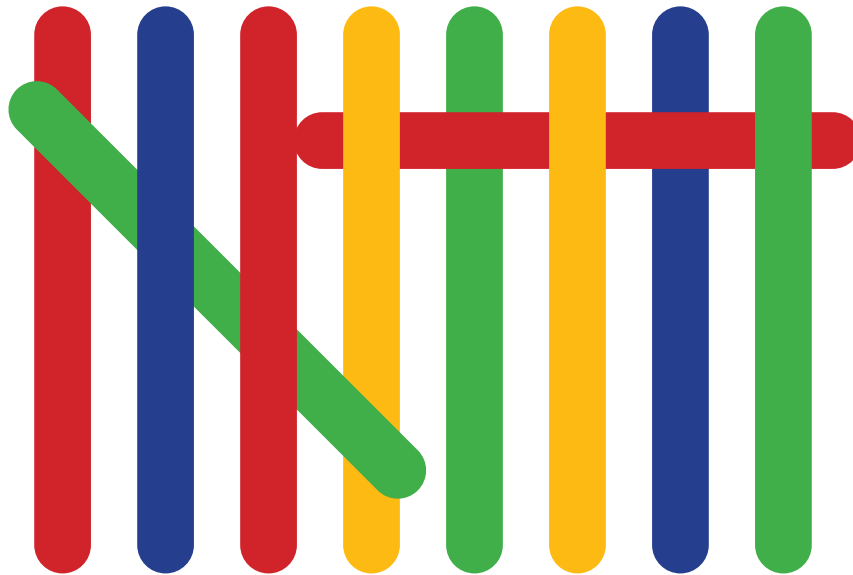
168A

www.brainscribed.com
Volume P-5.7



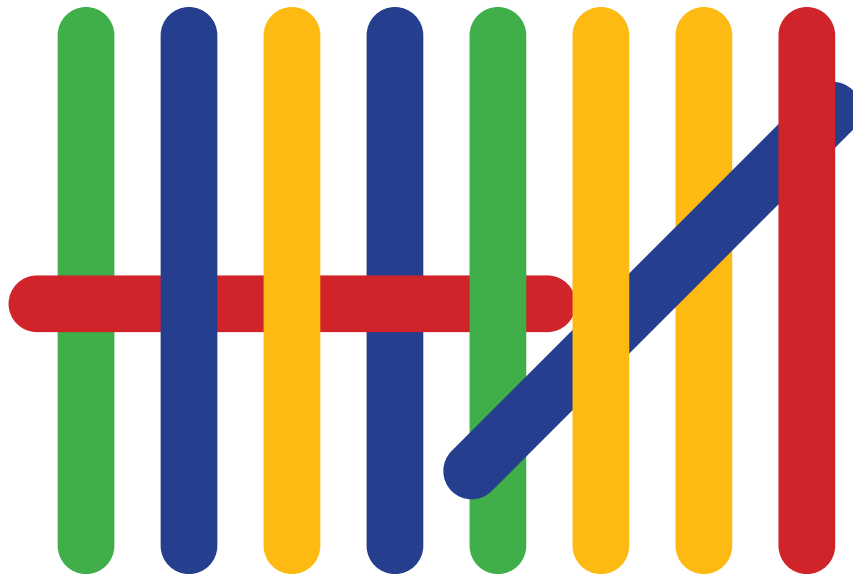
168B

www.brainscribed.com
Volume P-5.7



185A

www.brainscribed.com
Volume P-5.7



185B

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 Comittee, 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 - INTERWINNING
- 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

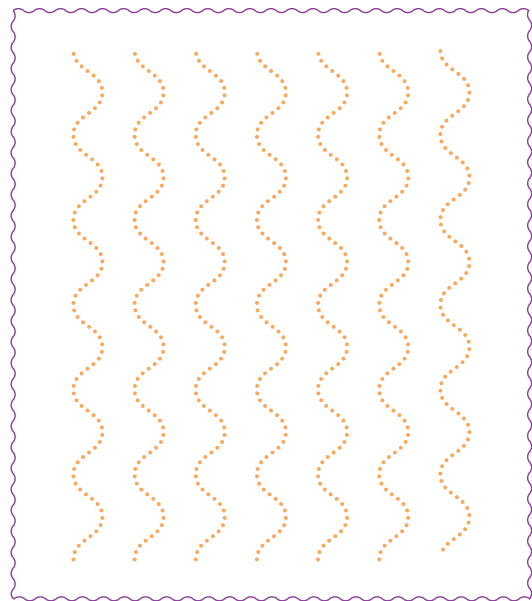
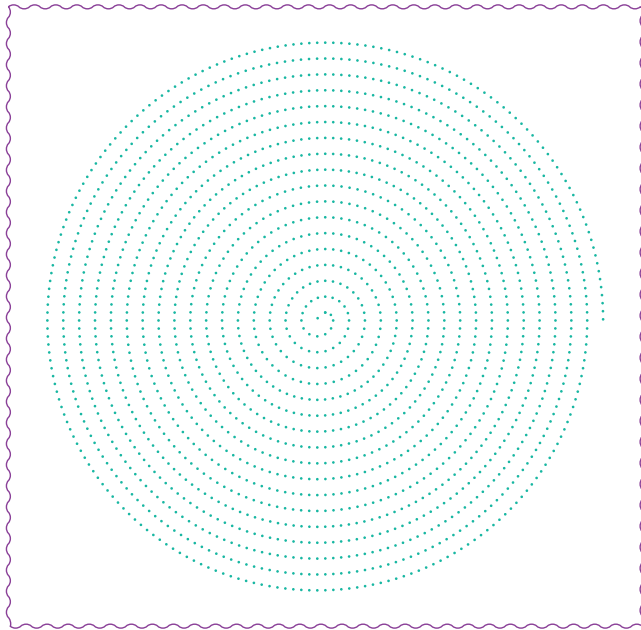
Different types of Brainscribed tasks

Brainscribed activities are organised into thematic workbooks.

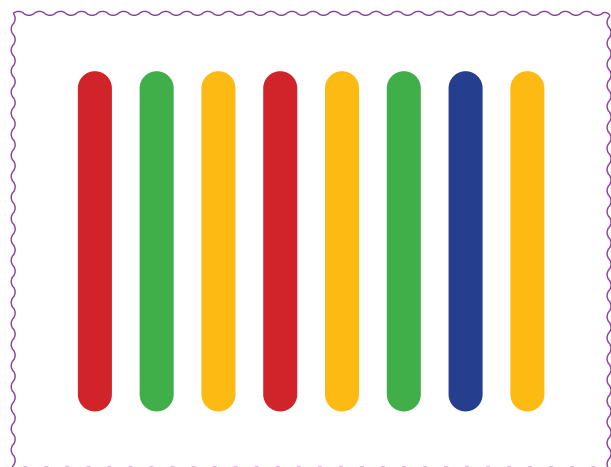
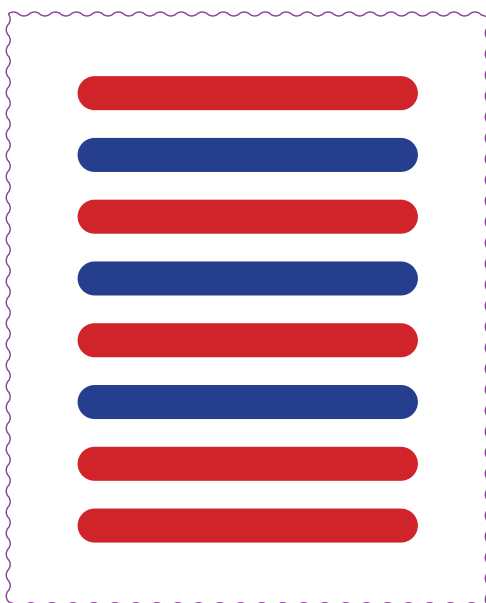
In each volume, the difficulty of the tasks gradually increases.

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.

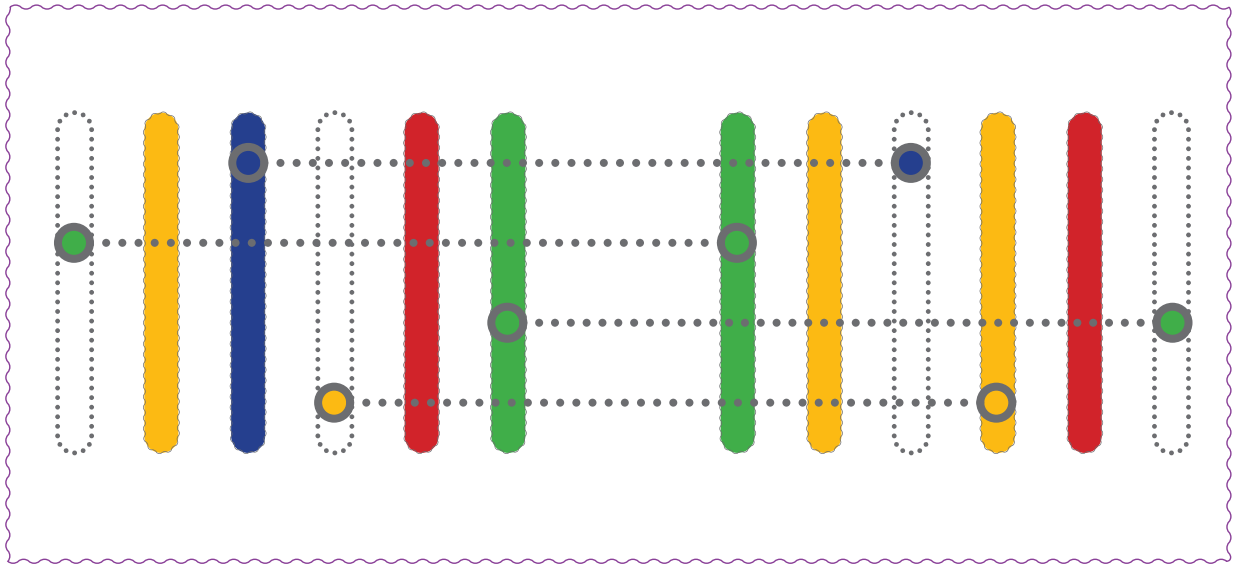
CUTTING AND TEARING ...



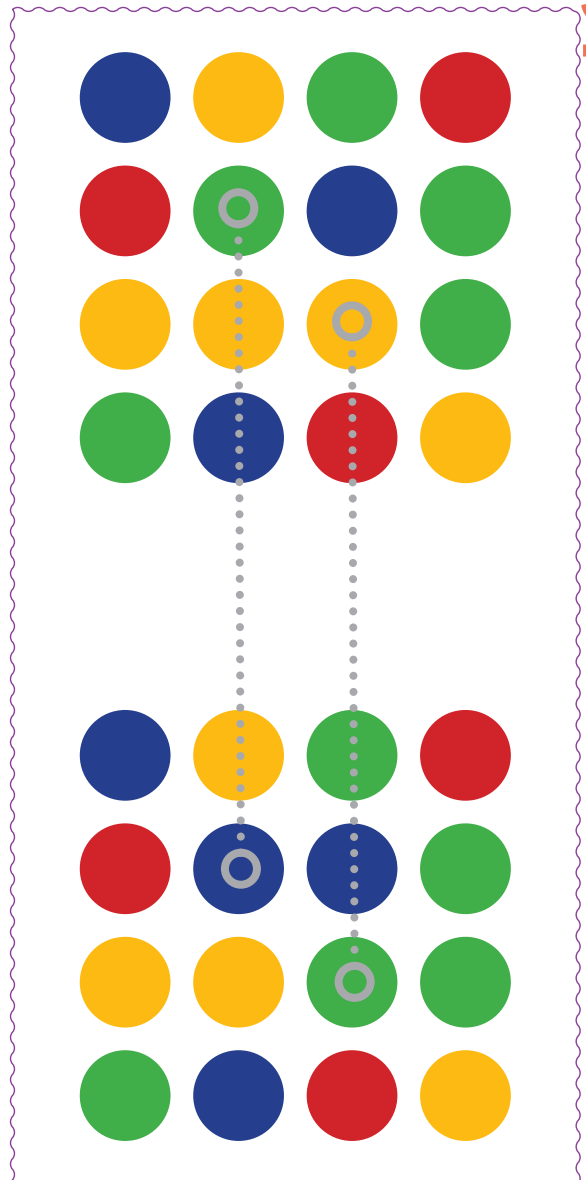
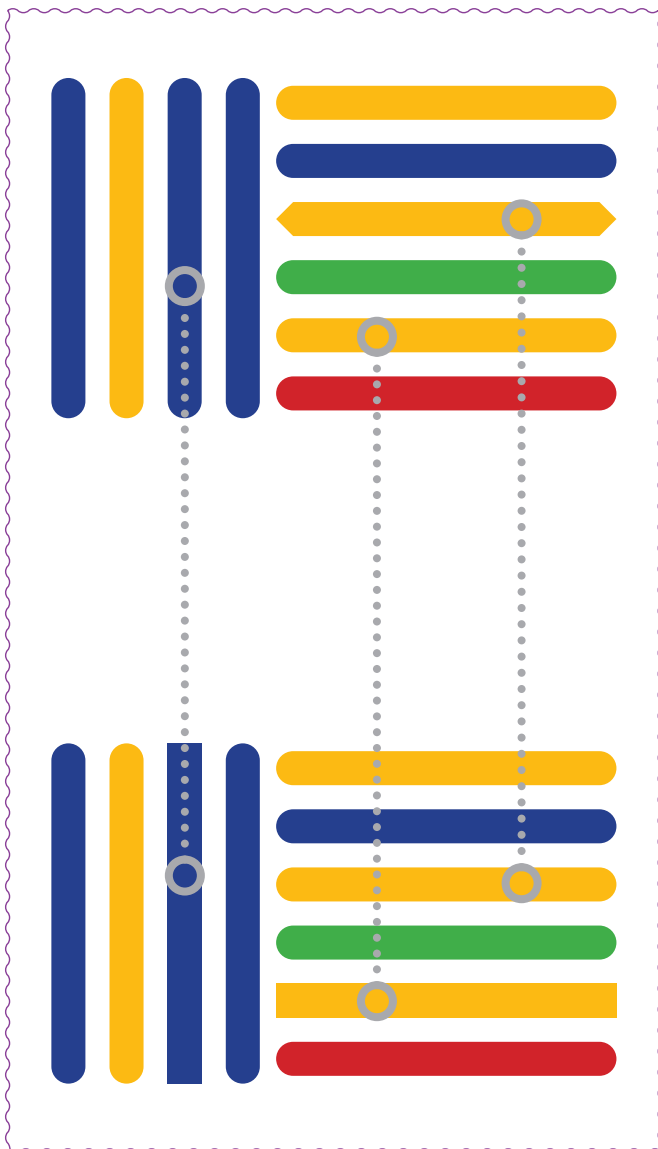
... COPYING PATTERNS ...



... COMPARING AND COMPLETING PATTERNS...

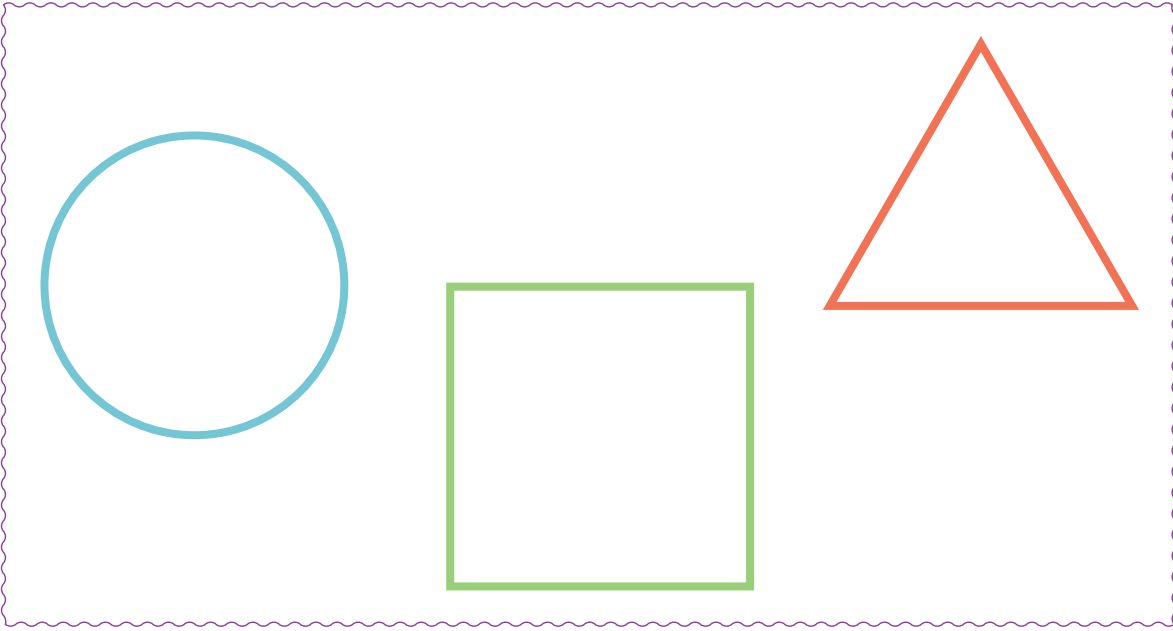


... FINDING THE DIFFERENCES ...

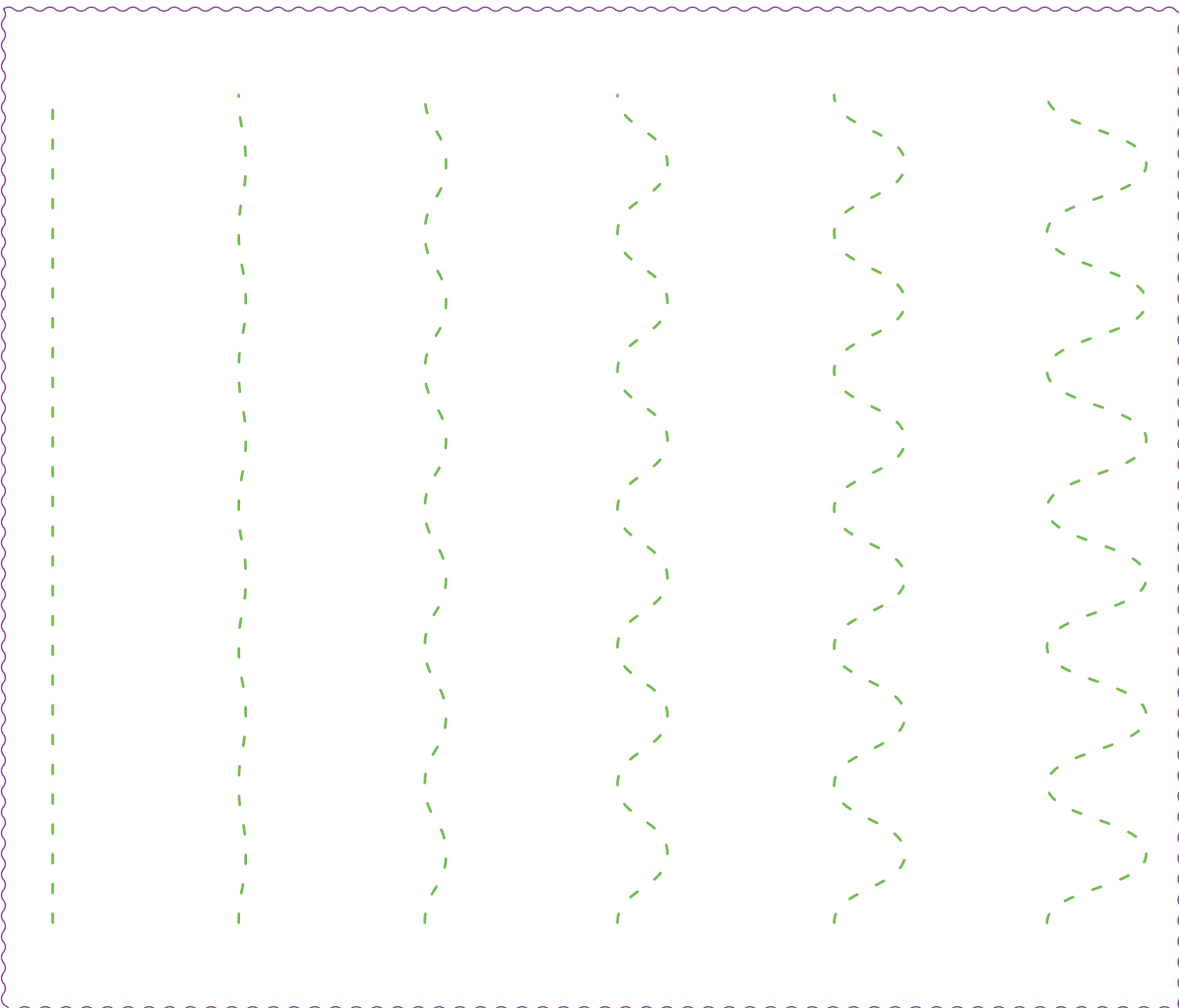


Different types of Brainscribed tasks

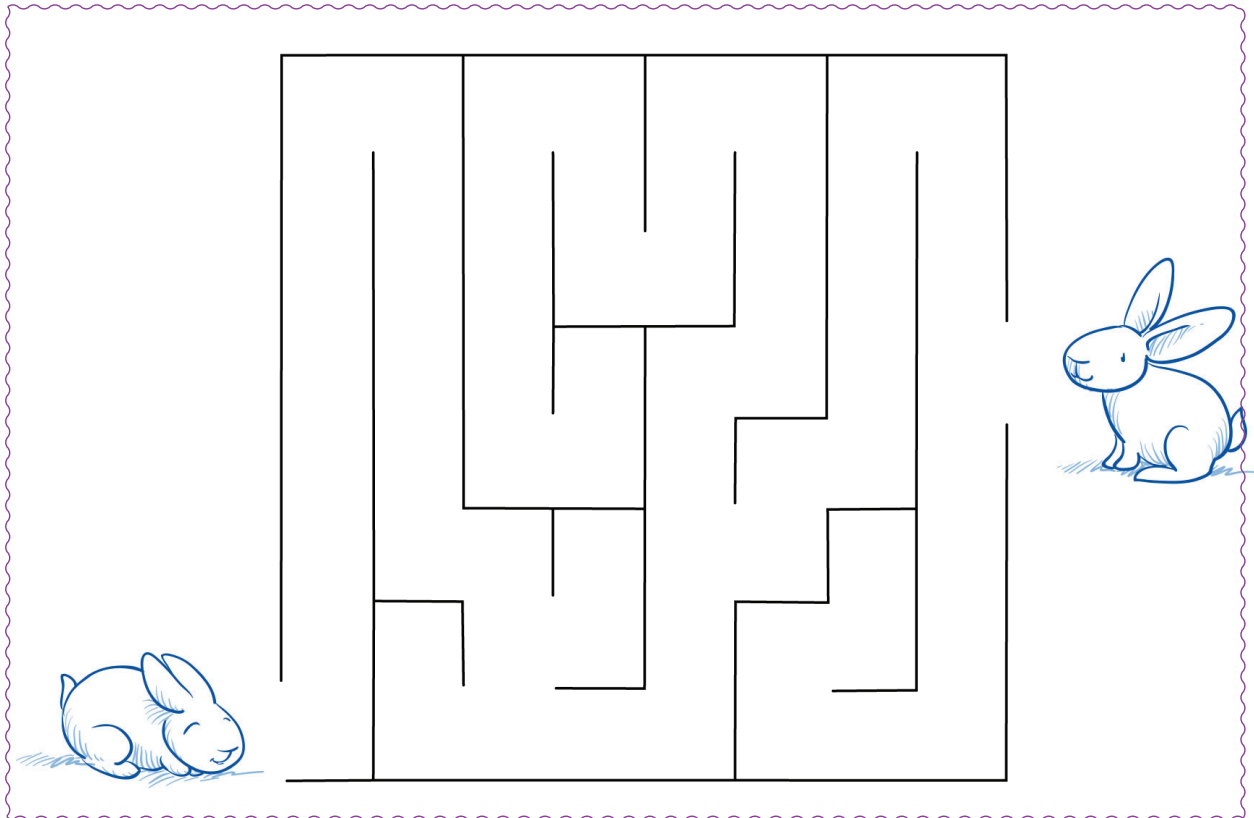
COPYING OF DIFFERENT SHAPES ...



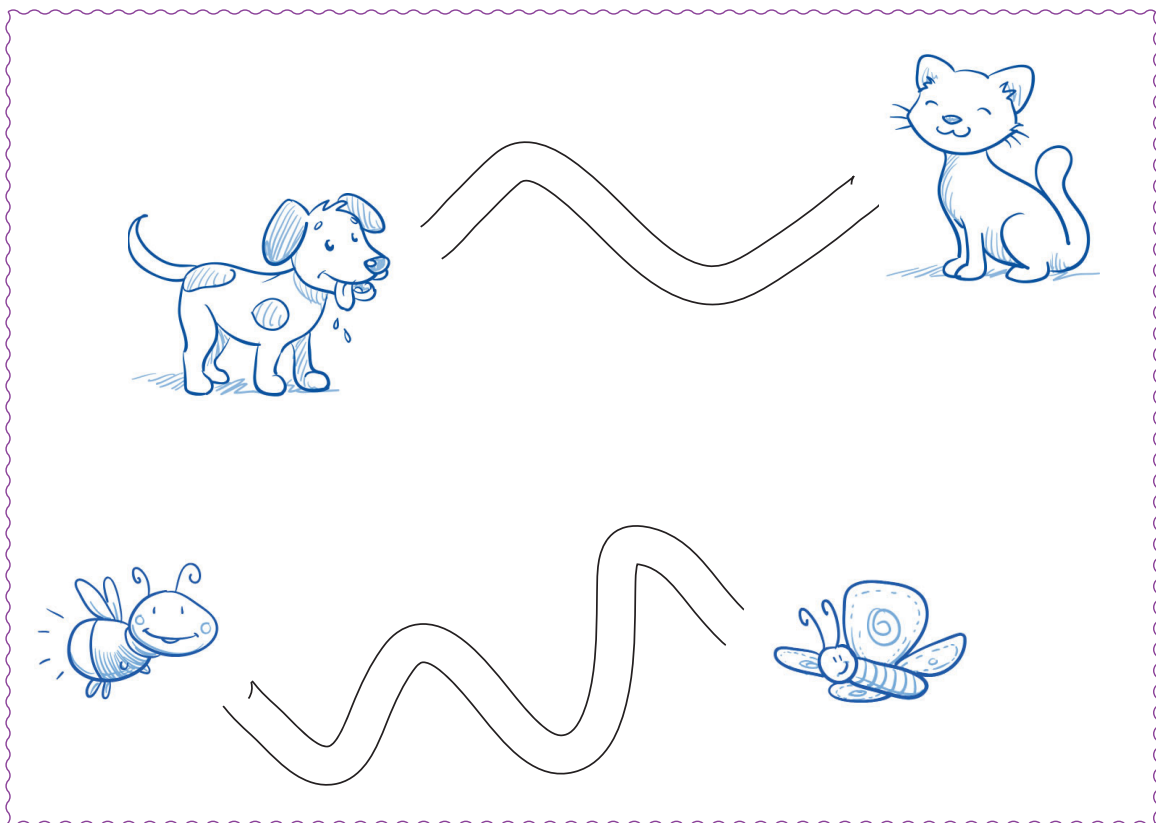
... TRACING LINES ...



... SOLVING MAZES ...



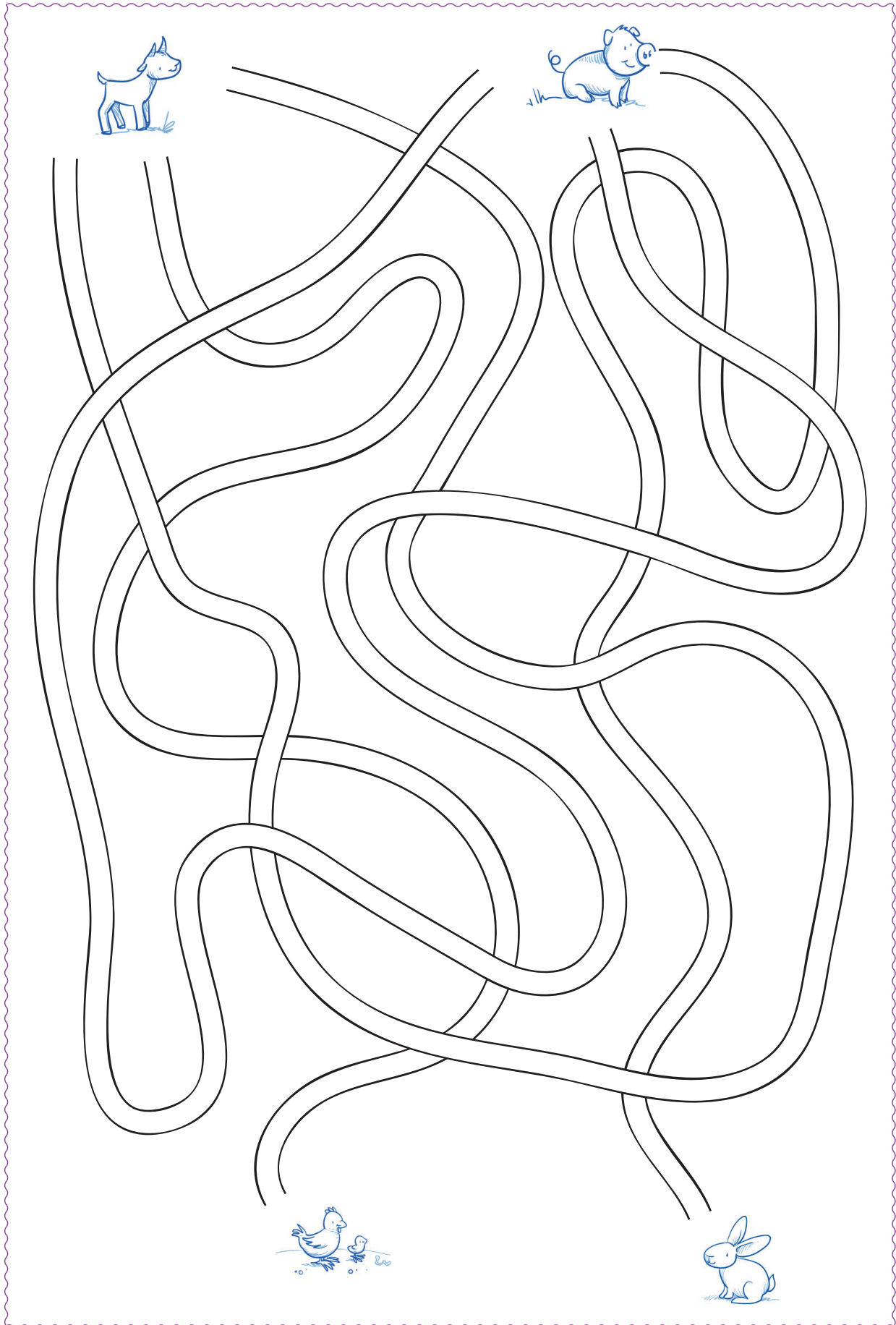
... CHANELLING - DRAWING A PATH BETWEEN TWO GUIDING LINES...



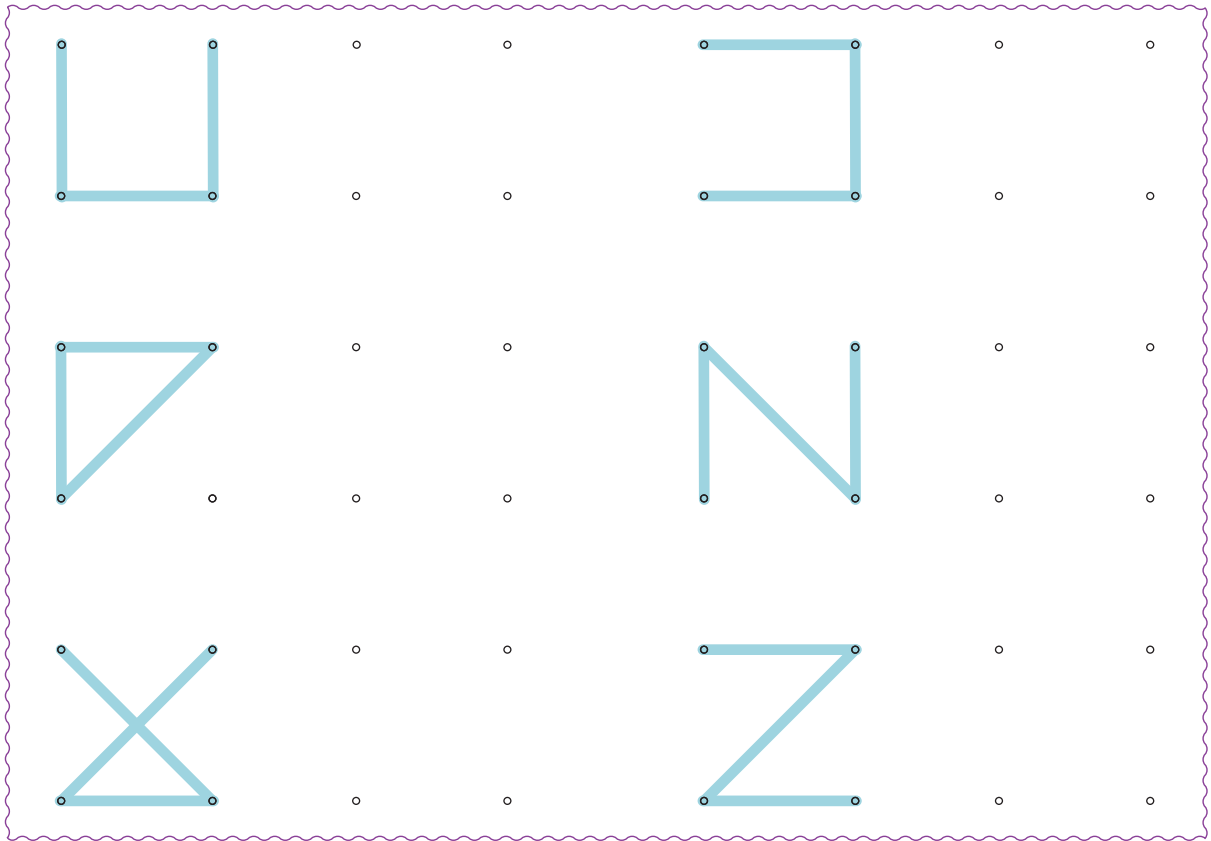
Different types of Brainscribed tasks

... SEARCHING AND TRACING PATHS ...

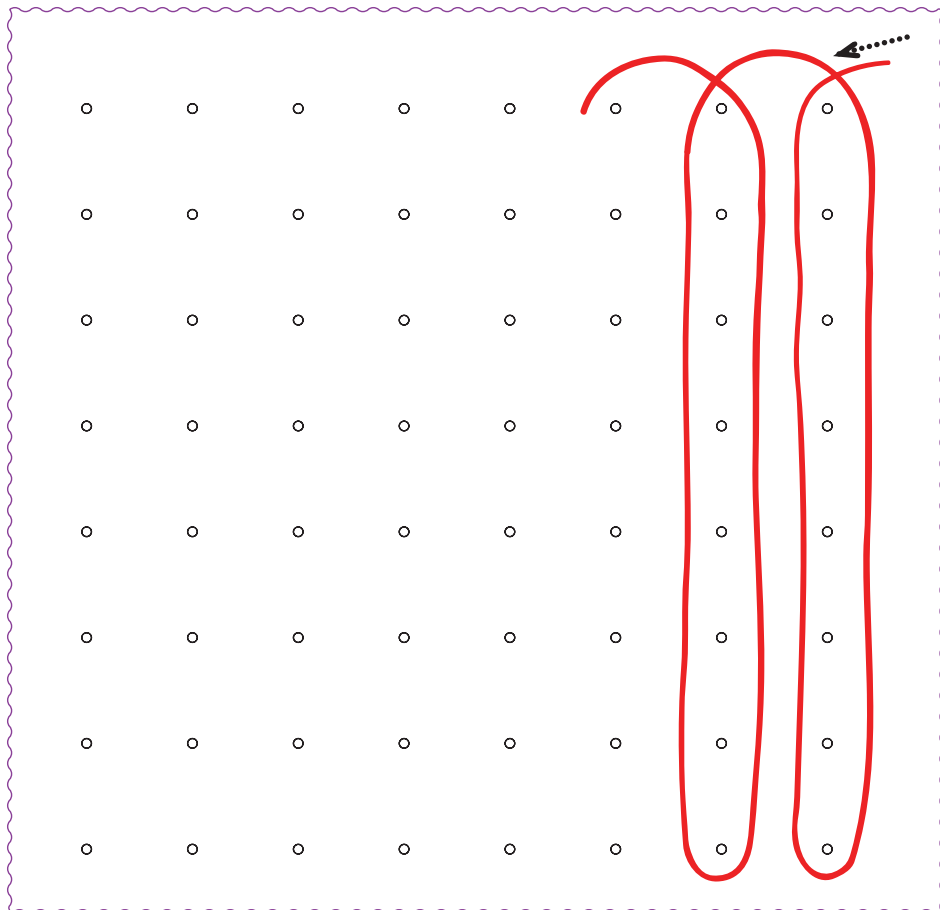
Different types of Brainscribed tasks



... CONNECTING DOTS ...

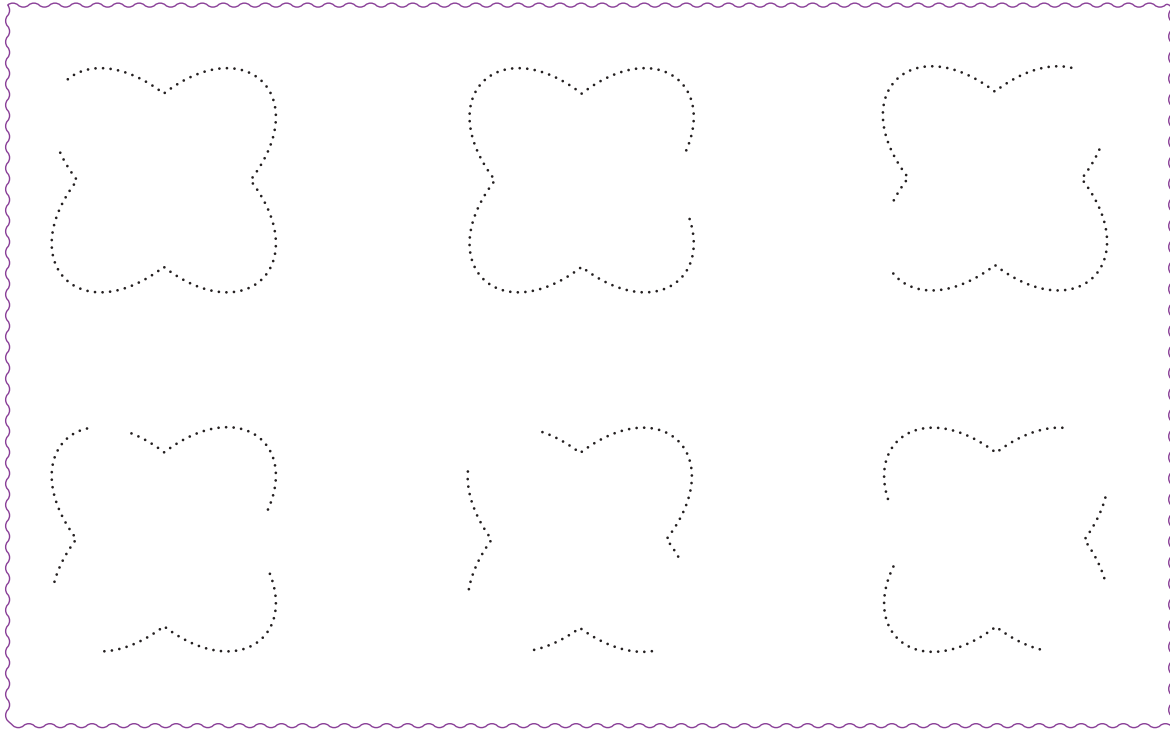


... DRAWING CURVES AND LOOPS IN A GRID...

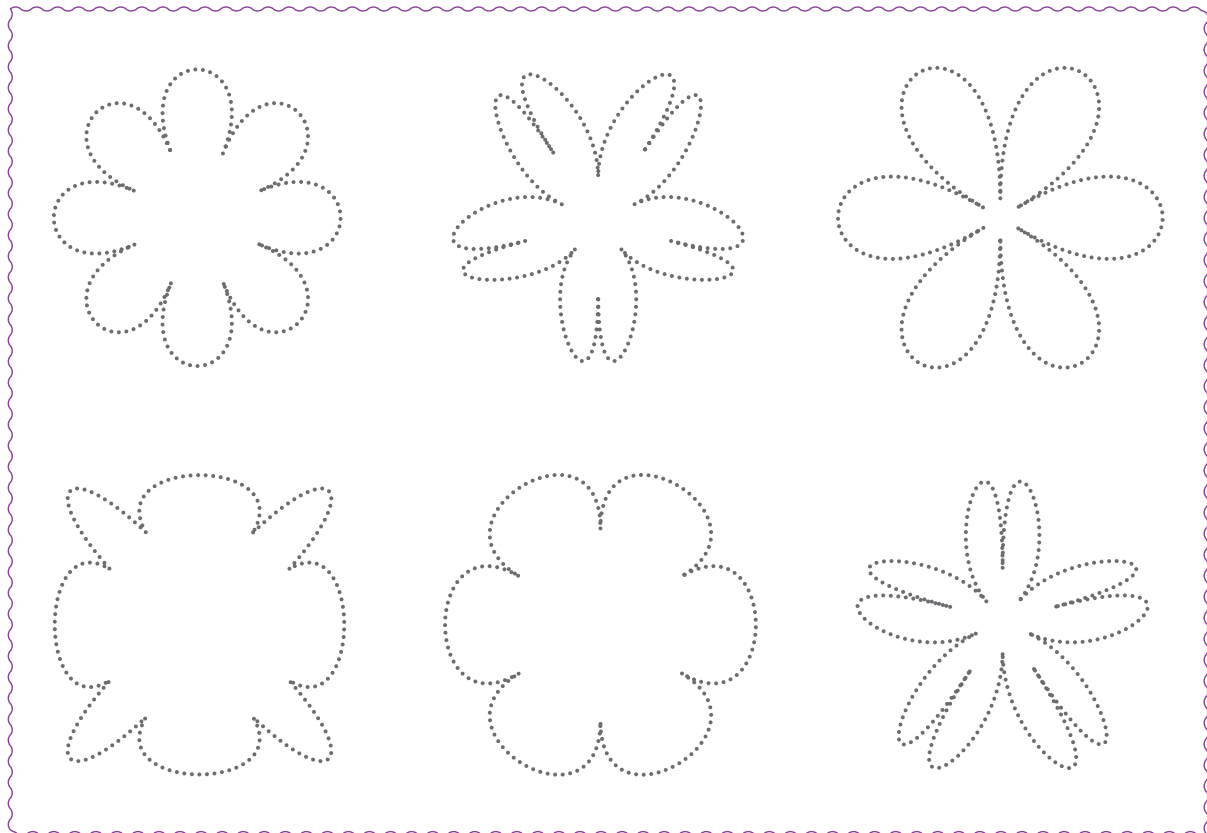


Different types of Brainscribed tasks

... SEARCHING AND COMPLETING SHAPES ...



... TRACING DIFFERENT SHAPES ...



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