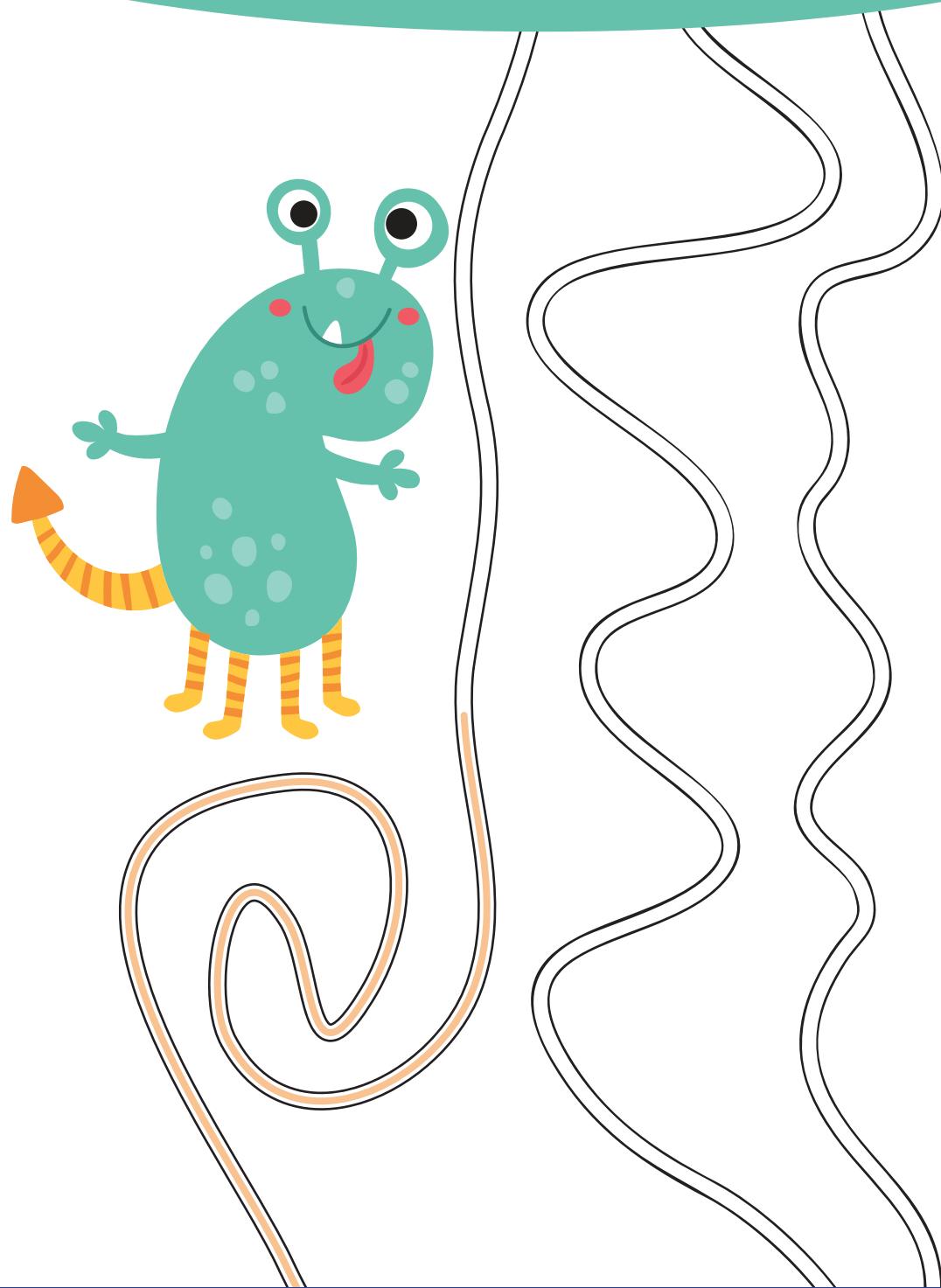


6.74

# CHANELLING

Paths:  
4 mm Wide



dr. Kristijan Musek Lešnik, dr. Petra Lešnik Musek

VISUAL-MOTOR INTEGRATION & GRAPHOMOTOR TRAINING WORKBOOK

# **CHANELLING PATHS: 2 MM WIDE**

**dr. Kristijan Musek Lešnik**

**dr. Petra Lešnik Musek**



# CHANELLING

## PATHS:

### 2 MM WIDE

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

Workbook title: CHANELLING: Paths: 2 mm wide

BrainscribED Resources for Visual-Motor Integration and Graphomotor Skills Development

Copyright © 2024 Kristijan Musek Lešnik, Petra Lešnik Musek  
All rights reserved.

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

Members/subscribers of the BrainscribED Expert Program may print and use individual worksheets from  
this workbook for their own professional work during the term of their membership/subscription.

Illustrations: Daniela Barreto, Shutterstock

Front cover illustrations: los\_ojos\_pardos, Shutterstock

First paperback edition, 2024

Some of the worksheets first published in e-form in 2009

Number of pages: 186



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

Published by:

IPSOS dr. Kristijan Musek Lešnik s.p.  
Požarnice 26d, SI-1351 Brezovica pri Ljubljani

[www.brainscribed.com](http://www.brainscribed.com)

# Contents

About channelling	4
Instructions	5
Worksheets	6
Single path	6
Two paths	41
Three paths	83
Four paths	125
Five paths	154
About BrainscribED series	180
List of 2024 BrainscribED workbooks	181
Different types of BrainscribED tasks	182

# About chanelling

## Why chanelling activities are important

Channeling tasks encourage and reinforce hand-eye coordination by asking the child to draw a line between two leading lines.

Guiding lines determine the path in the middle of which a child must draw a line. As children draw lines between them, they simultaneously trace and compare their developing lines with the guiding lines. This constant checking of the distance of the child's drawn line from the guiding lines reinforces the fine-motor control of hand movements. Therefore, chanelling activities strengthen visual-motor integration and fine-motor control of hand and finger movements and lead to the acquisition of basic graphomotor, fine-motor and pre-writing skills and competences that will later play an important role in the development of writing and other specific finomotor skills.

## Worksheets and activities in this workbook

Activities and tasks in this workbook strengthen children's visual-motor integration and basic graphomotor skills by asking children to draw paths between the guiding lines (in the middle of the provided paths). In some activities helping dotted lines are provided to help children with drawing. Tasks start with wide and straight paths, and then gradually change to narrow and curvy paths as the child's skill level improves.

Activities and tasks difficulty increase throughout the workbook by:

- increased complexity of paths to be traced,
- increased number of paths to be traced.

Children should not change the position of the sheet, or rotate it, while drawing. They should be encouraged to draw each line in a single stroke, without stopping or shifting the drawing tool.

# Instructions

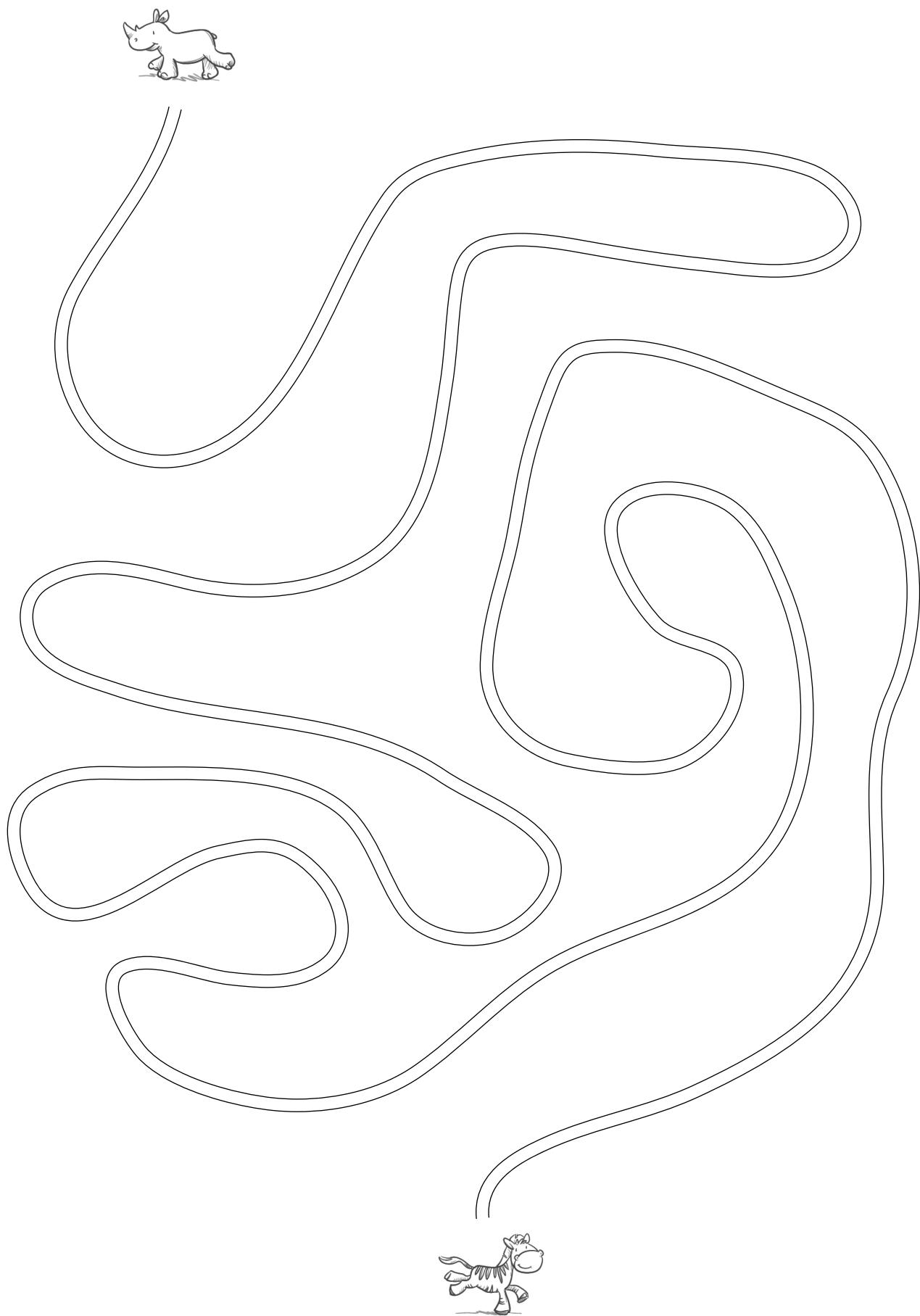
## Tracing activities

Ask the child to draw the path between the guiding lines to connect animal friends.

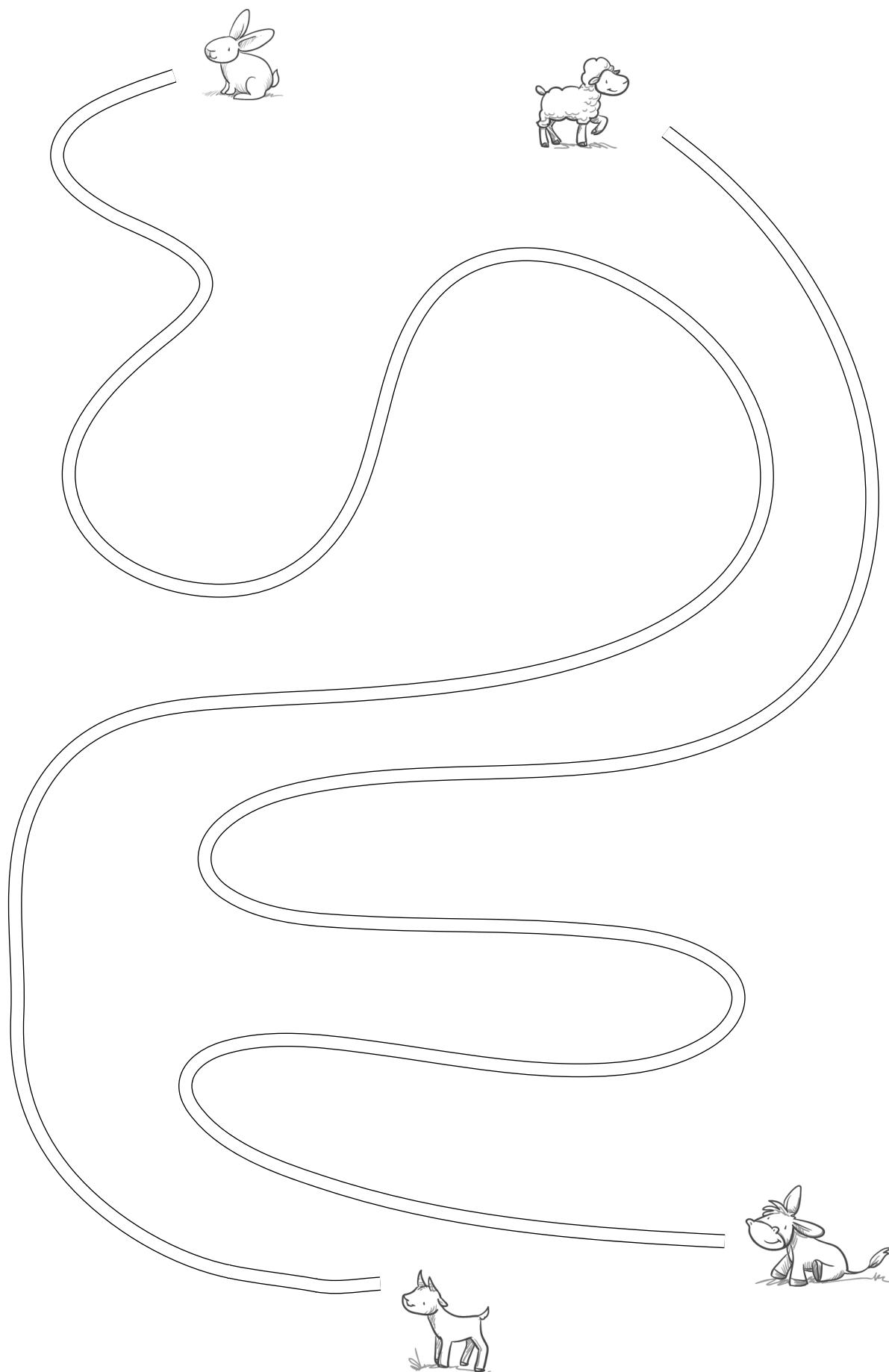
## Alternative - colouring activities

Ask the child to colour each path, making sure to cover the whole path, without going over the border.

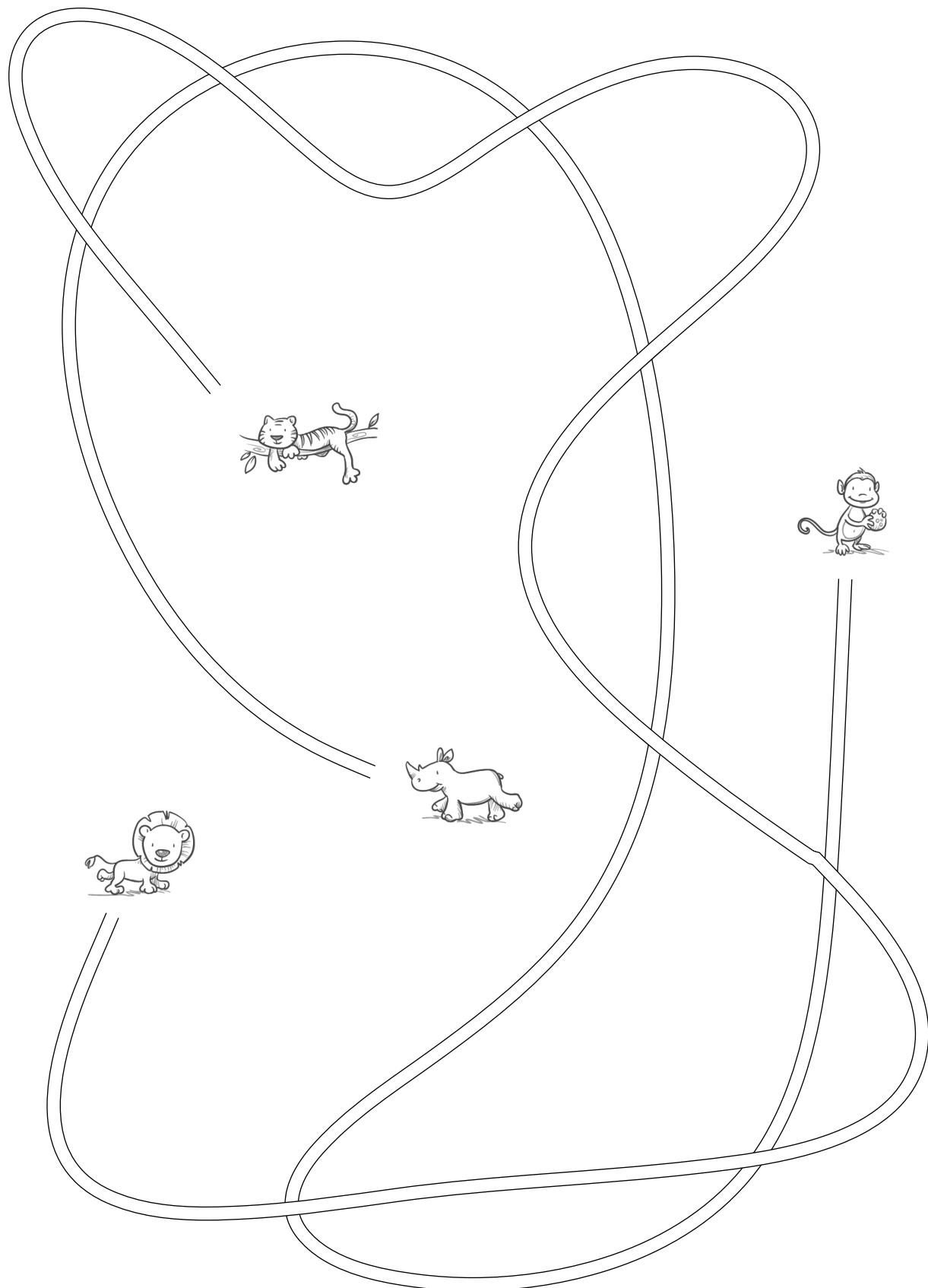
CONNECT THE FRIENDS. DRAW A LINE IN THE MIDDLE OF EACH PATH.



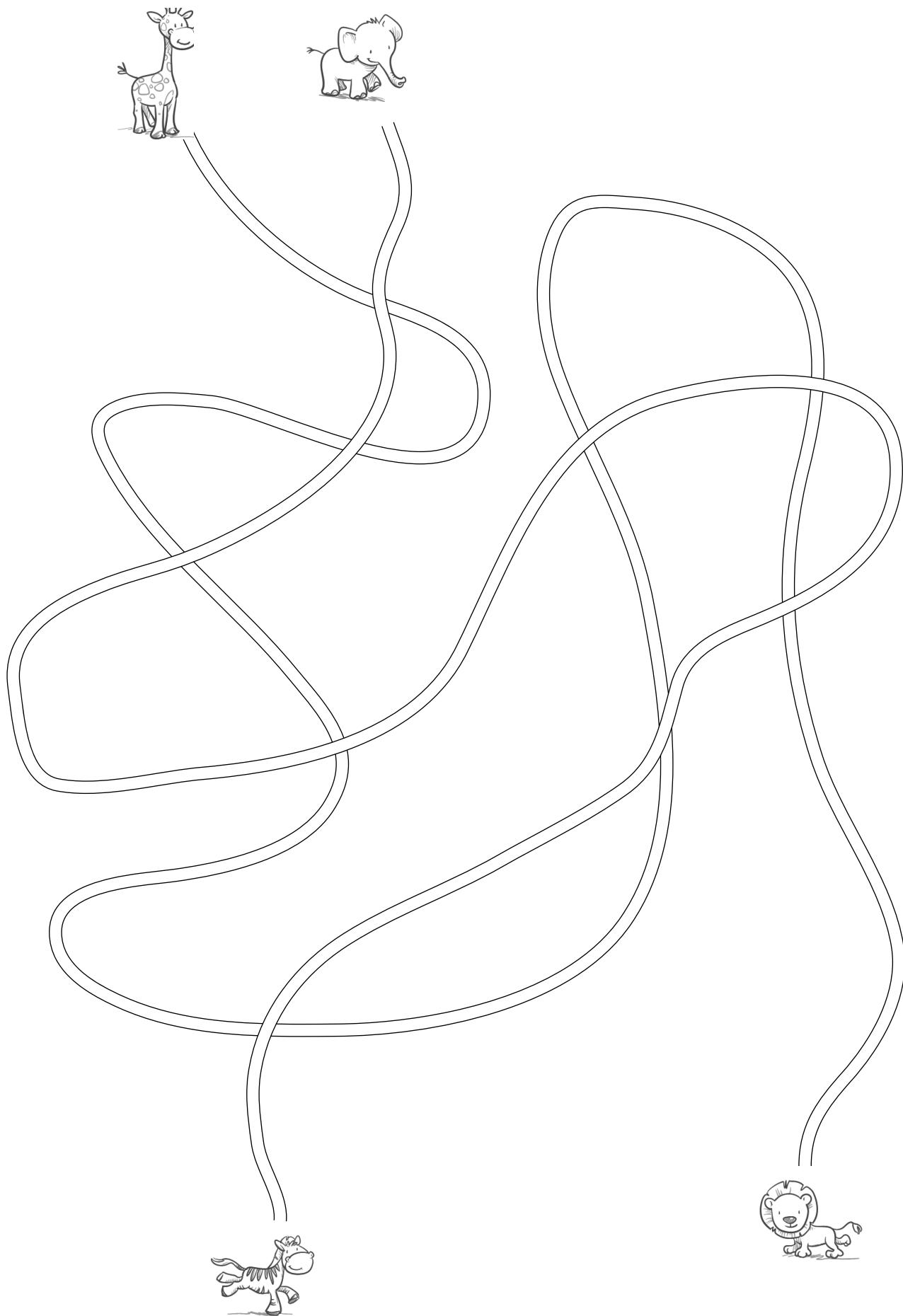
CONNECT THE FRIENDS. DRAW A LINE IN THE MIDDLE OF EACH PATH.



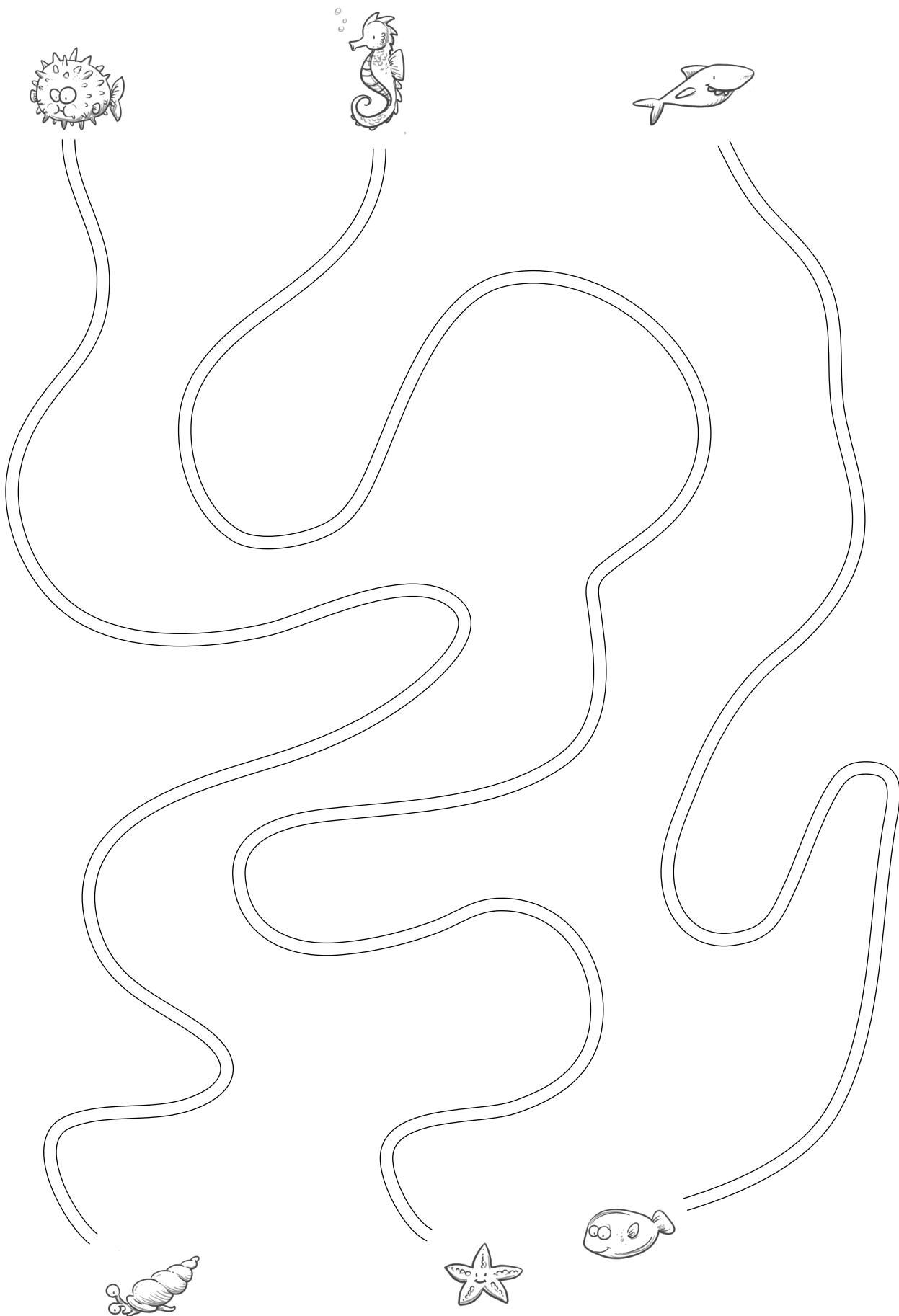
CONNECT THE FRIENDS. DRAW A LINE IN THE MIDDLE OF EACH PATH.



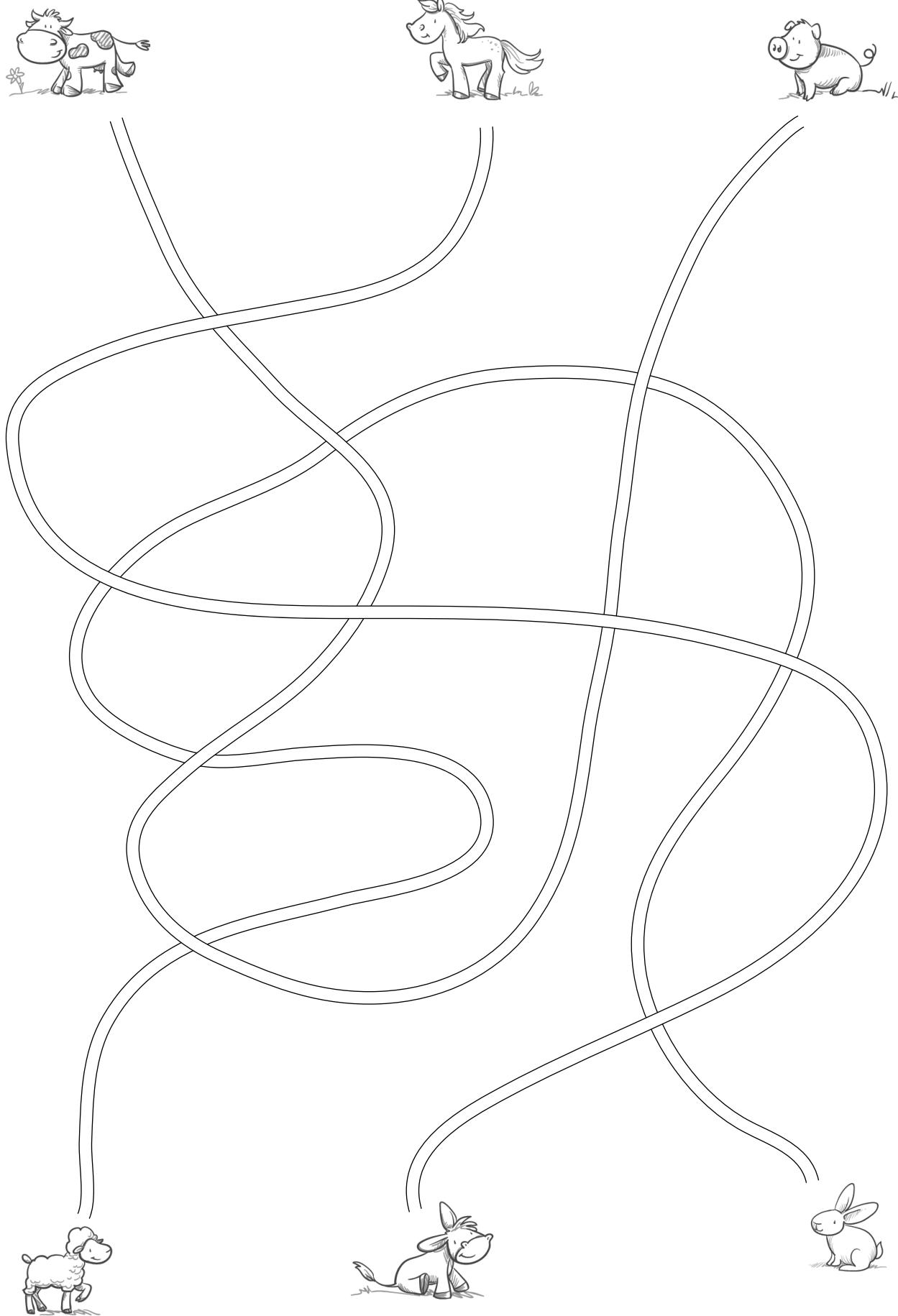
CONNECT THE FRIENDS. DRAW A LINE IN THE MIDDLE OF EACH PATH.



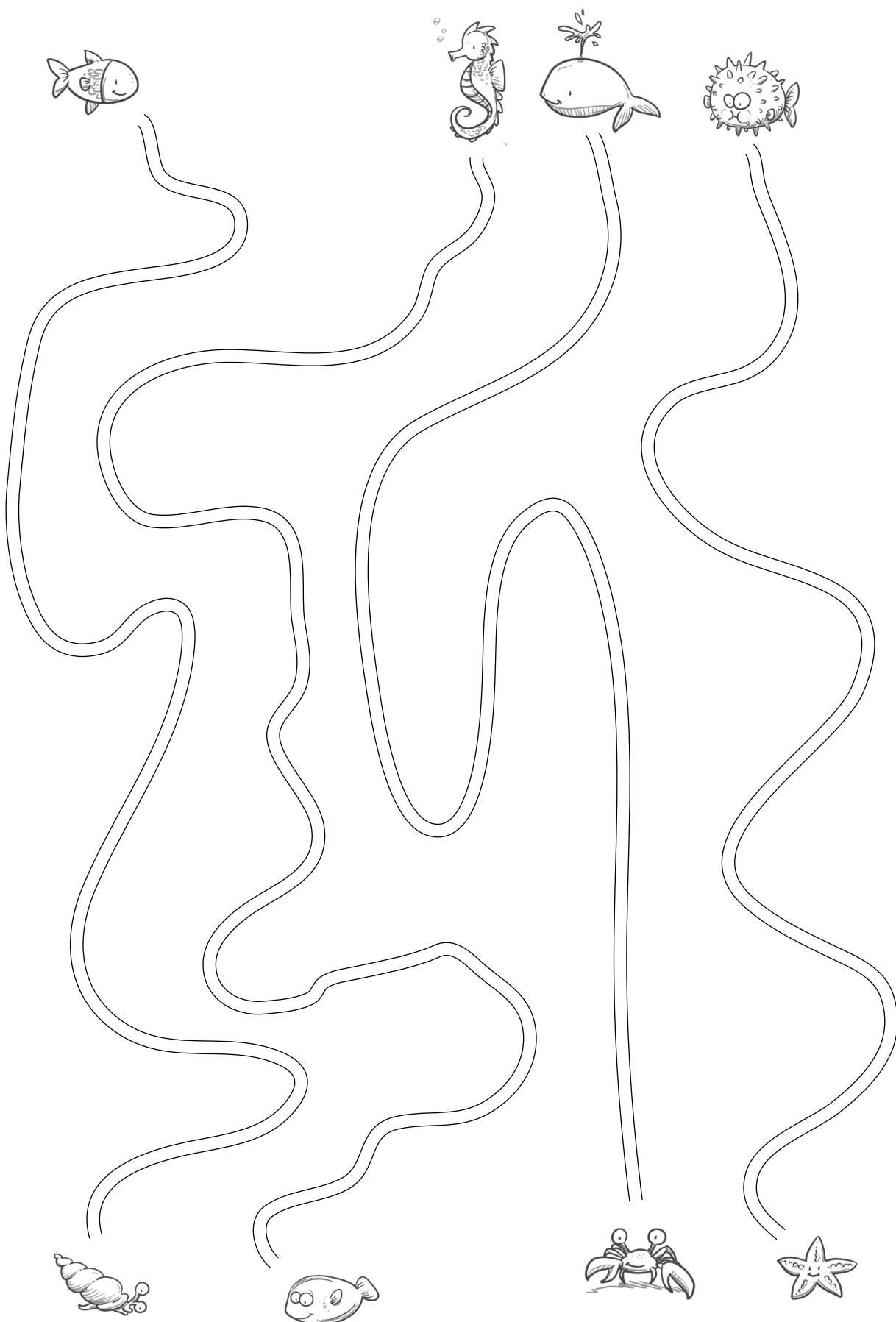
CONNECT THE FRIENDS. DRAW A LINE IN THE MIDDLE OF EACH PATH.



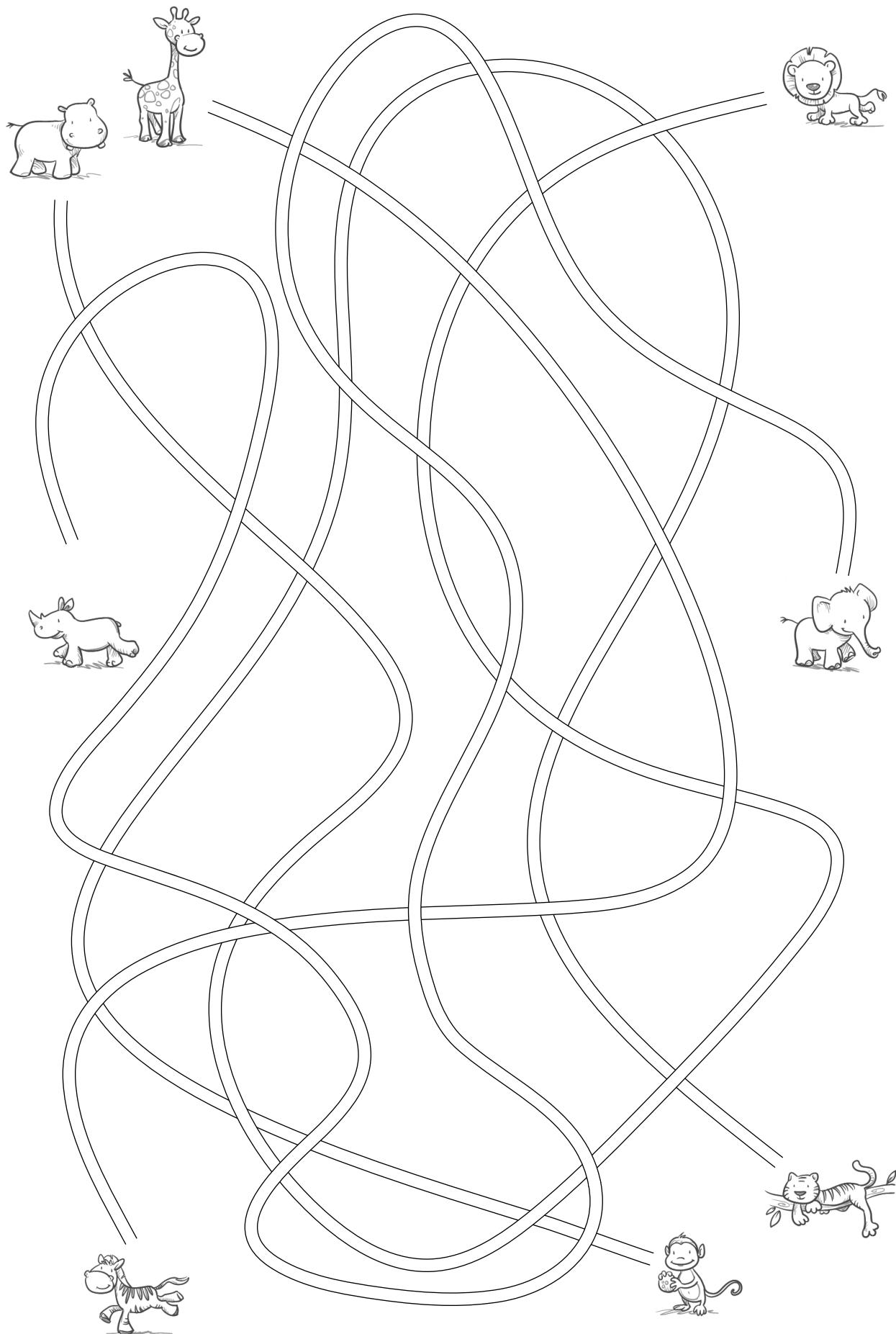
CONNECT THE FRIENDS. DRAW A LINE IN THE MIDDLE OF EACH PATH.



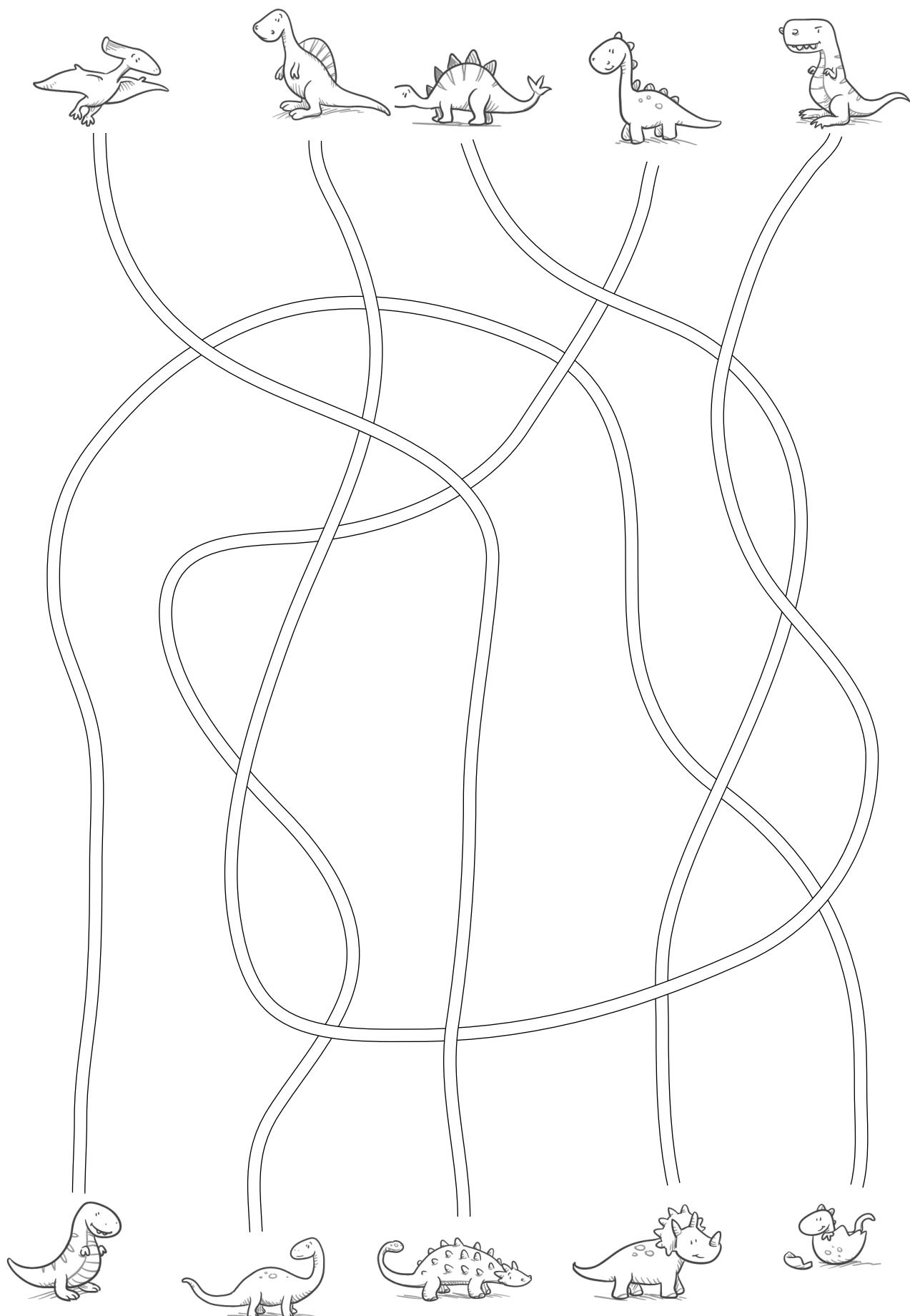
CONNECT THE FRIENDS. DRAW A LINE IN THE MIDDLE OF EACH PATH.



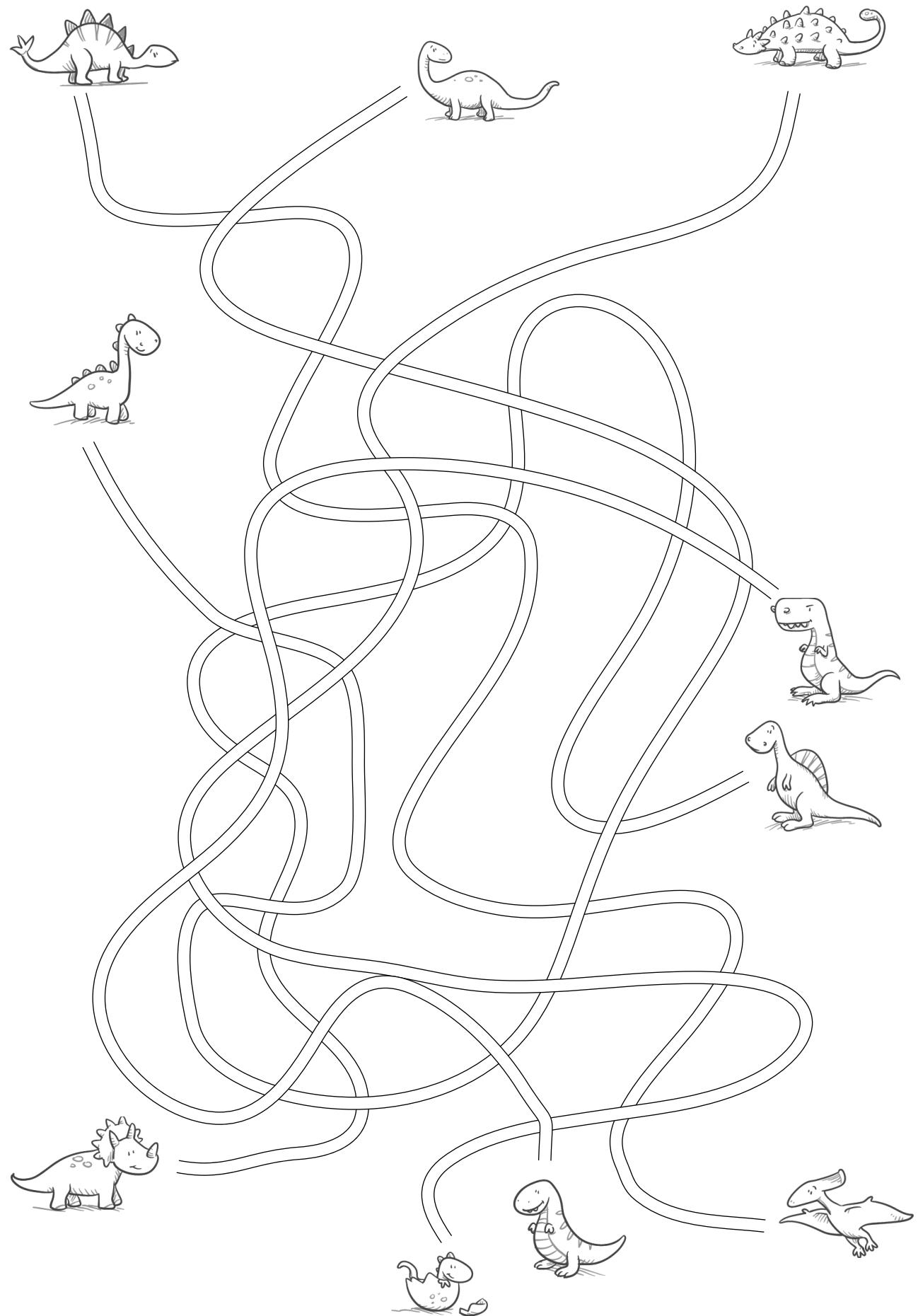
CONNECT THE FRIENDS. DRAW A LINE IN THE MIDDLE OF EACH PATH.



CONNECT THE FRIENDS. DRAW A LINE IN THE MIDDLE OF EACH PATH.



CONNECT THE FRIENDS. DRAW A LINE IN THE MIDDLE OF EACH PATH.



# 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 ...

## ... and for children with DIFFICULTIES

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

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 and 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 - INTERVANNING
- 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 LINES
- 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

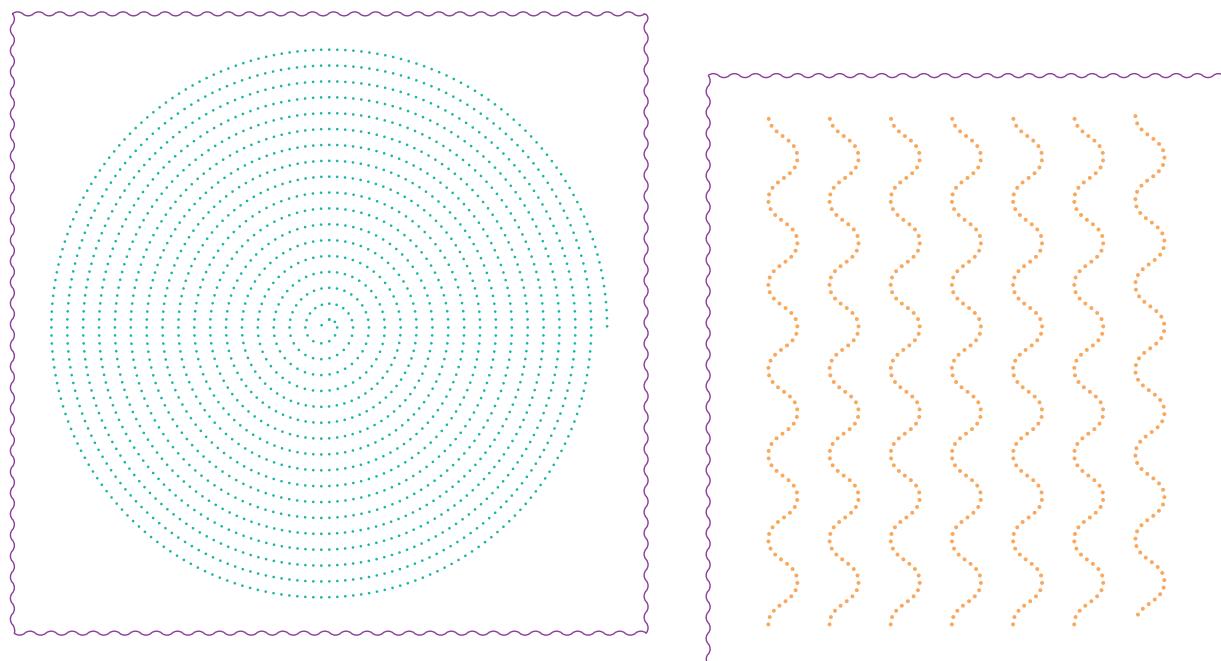
# Different types of Brainscribed tasks

Brainscribed activities are organised into thematic workbooks.

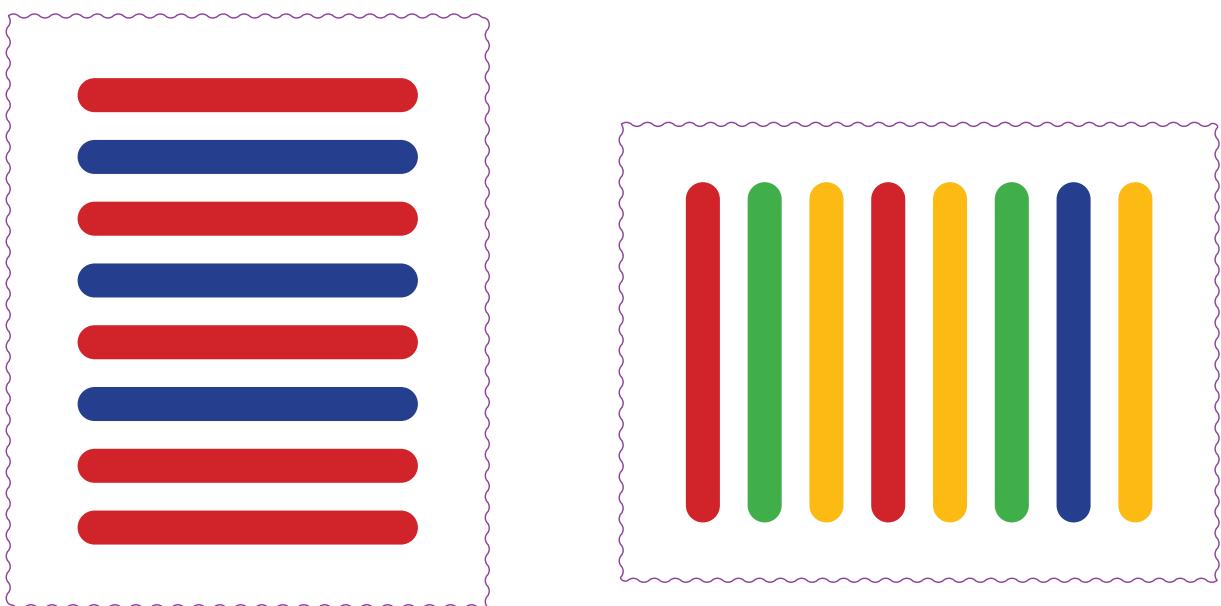
In each volume, the difficulty of the tasks gradually increases.

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.

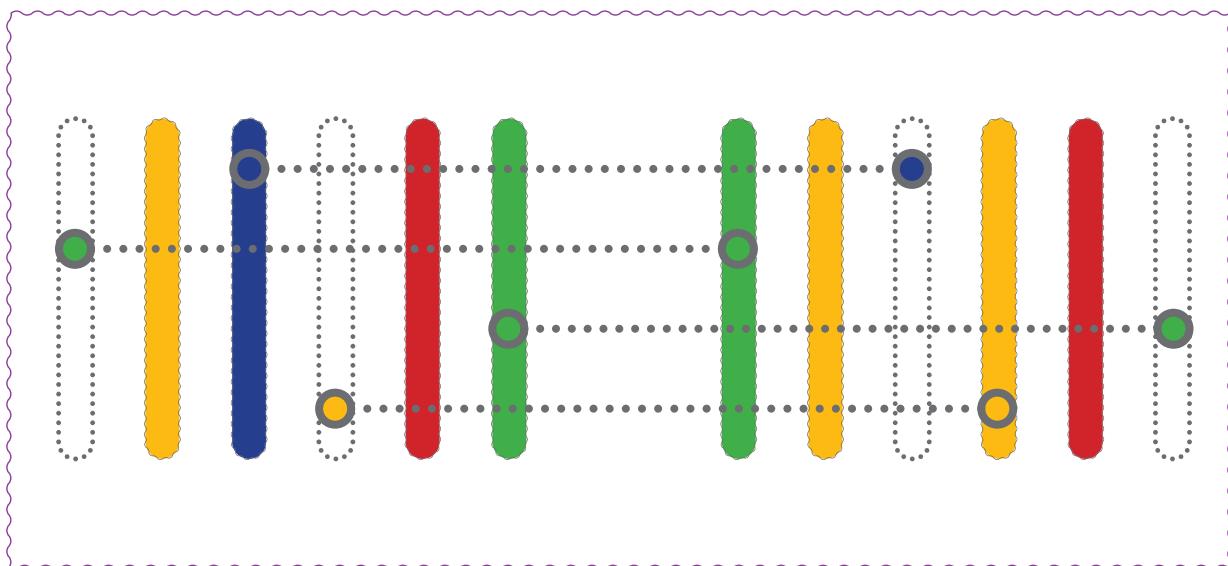
## CUTTING AND TEARING ...



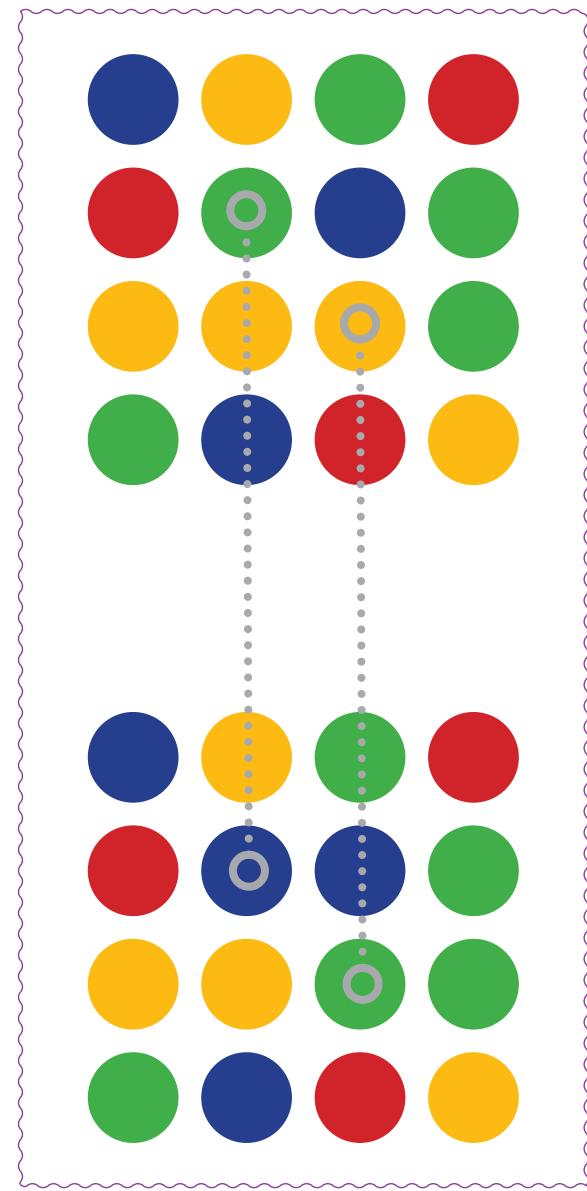
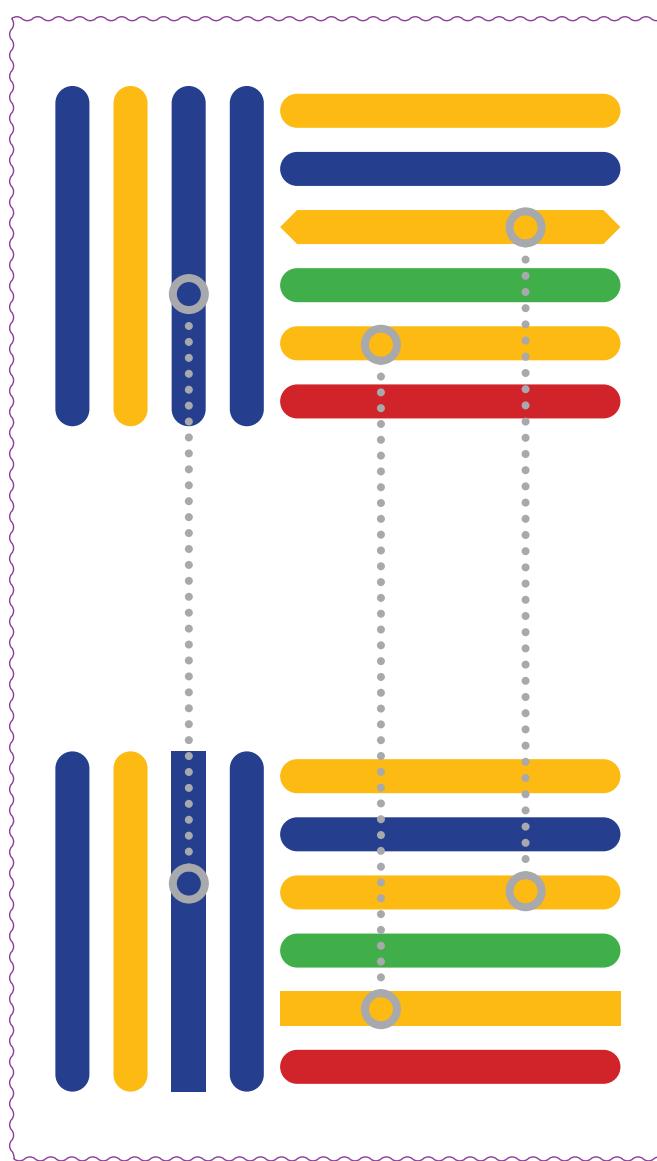
## ... COPYING PATTERNS ...



... COMPARING AND COMPLETING PATTERNS...



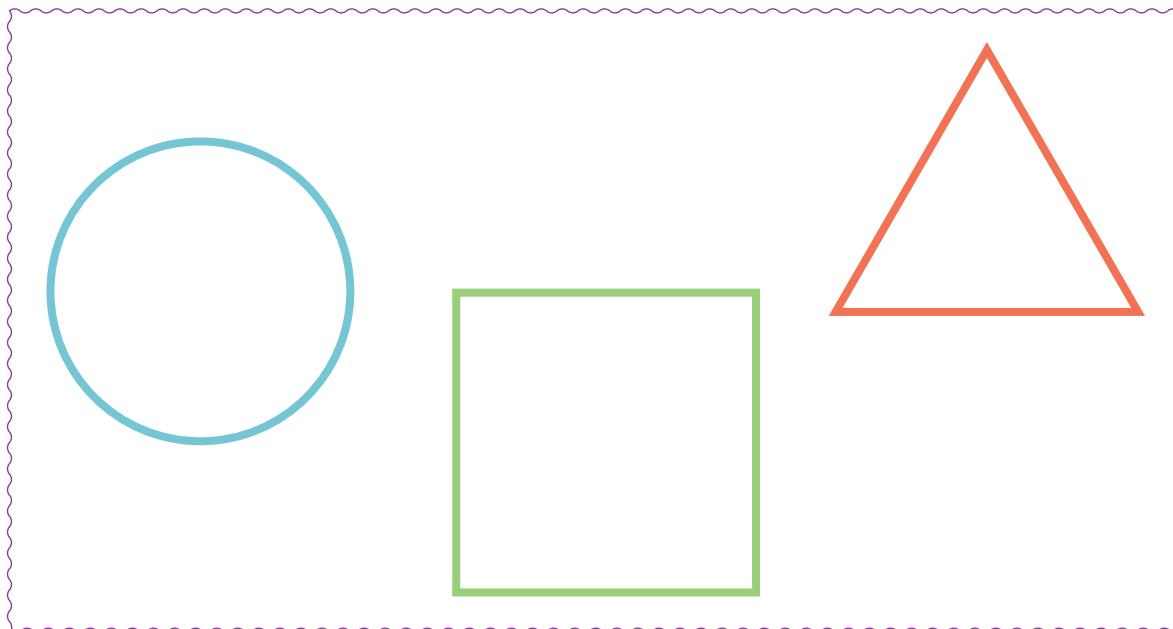
... FINDING THE DIFFERENCES ...



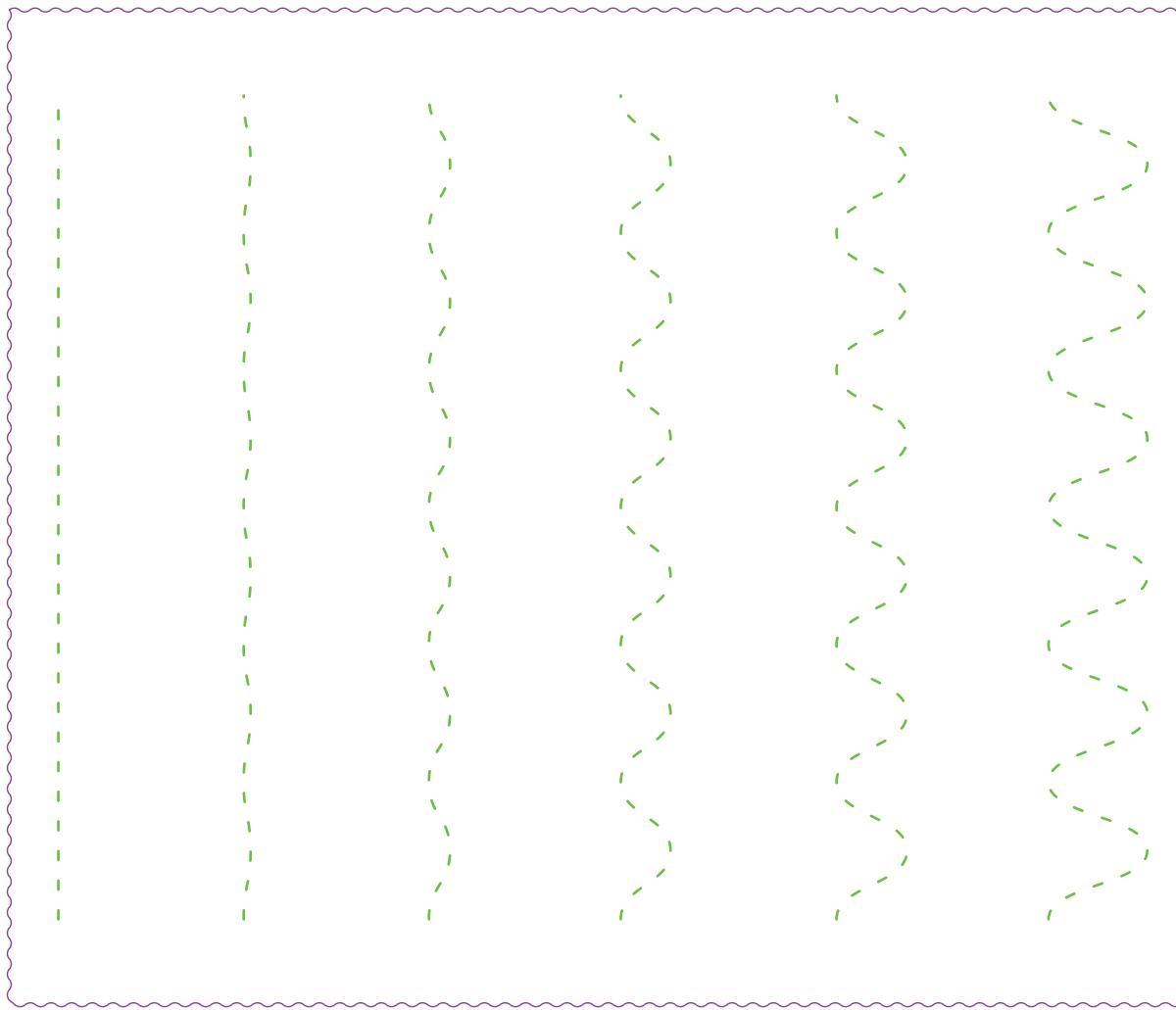
**Different types of Brainscribed tasks**

## Different types of Brainscribed tasks

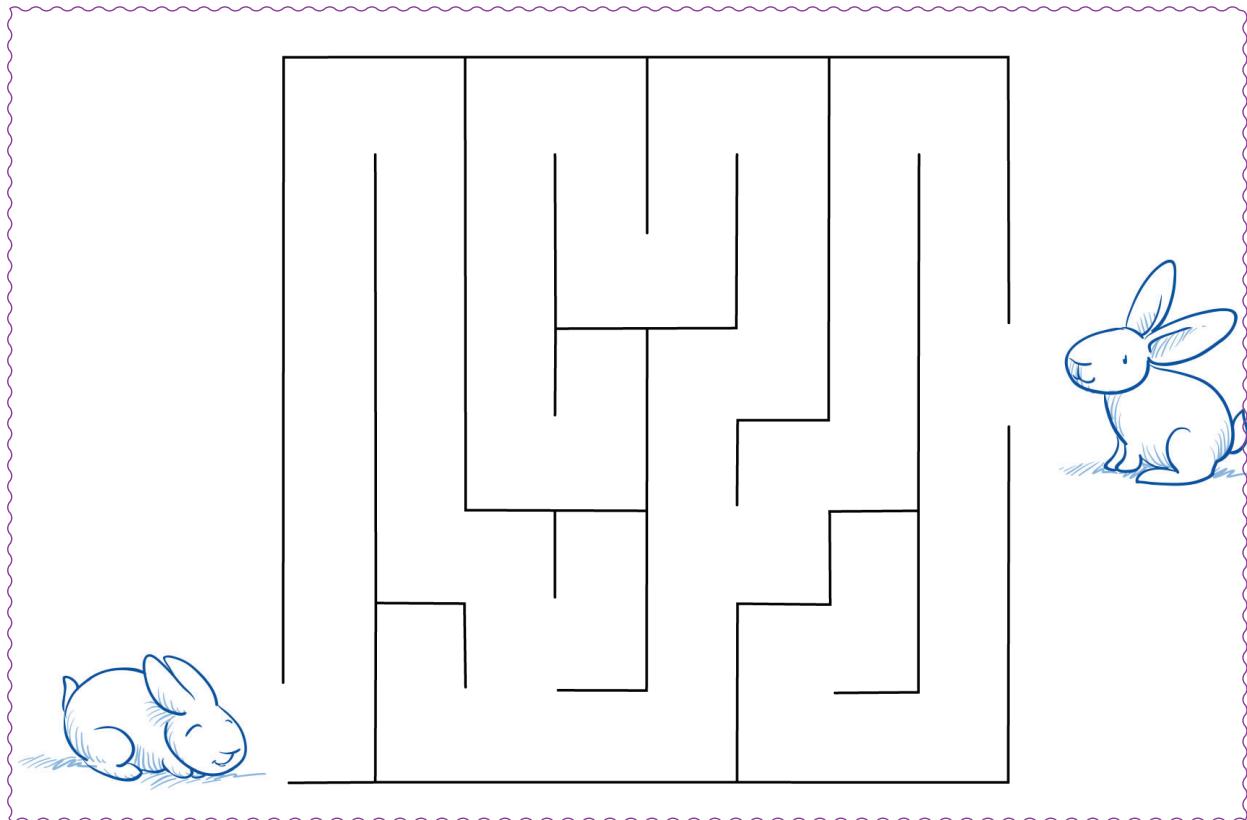
COPYING OF DIFFERENT SHAPES ...



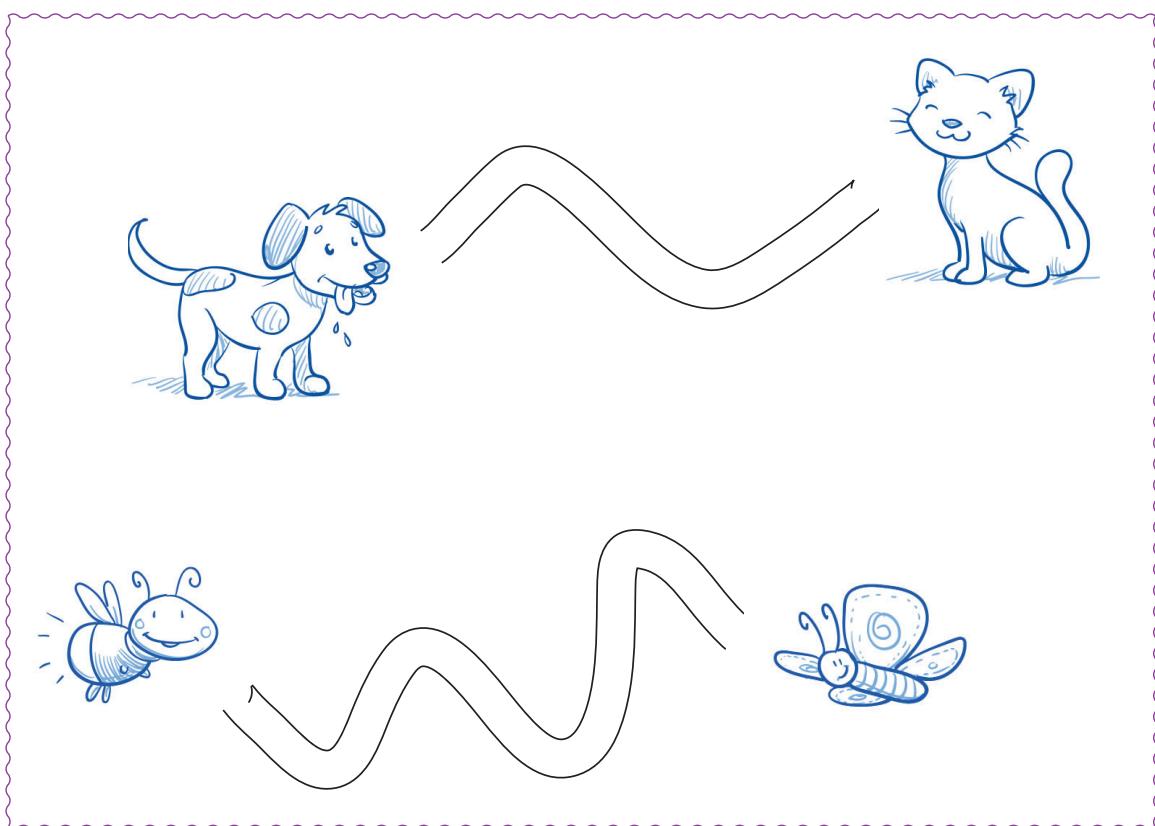
... TRACING LINES ...



... SOLVING MAZES ...



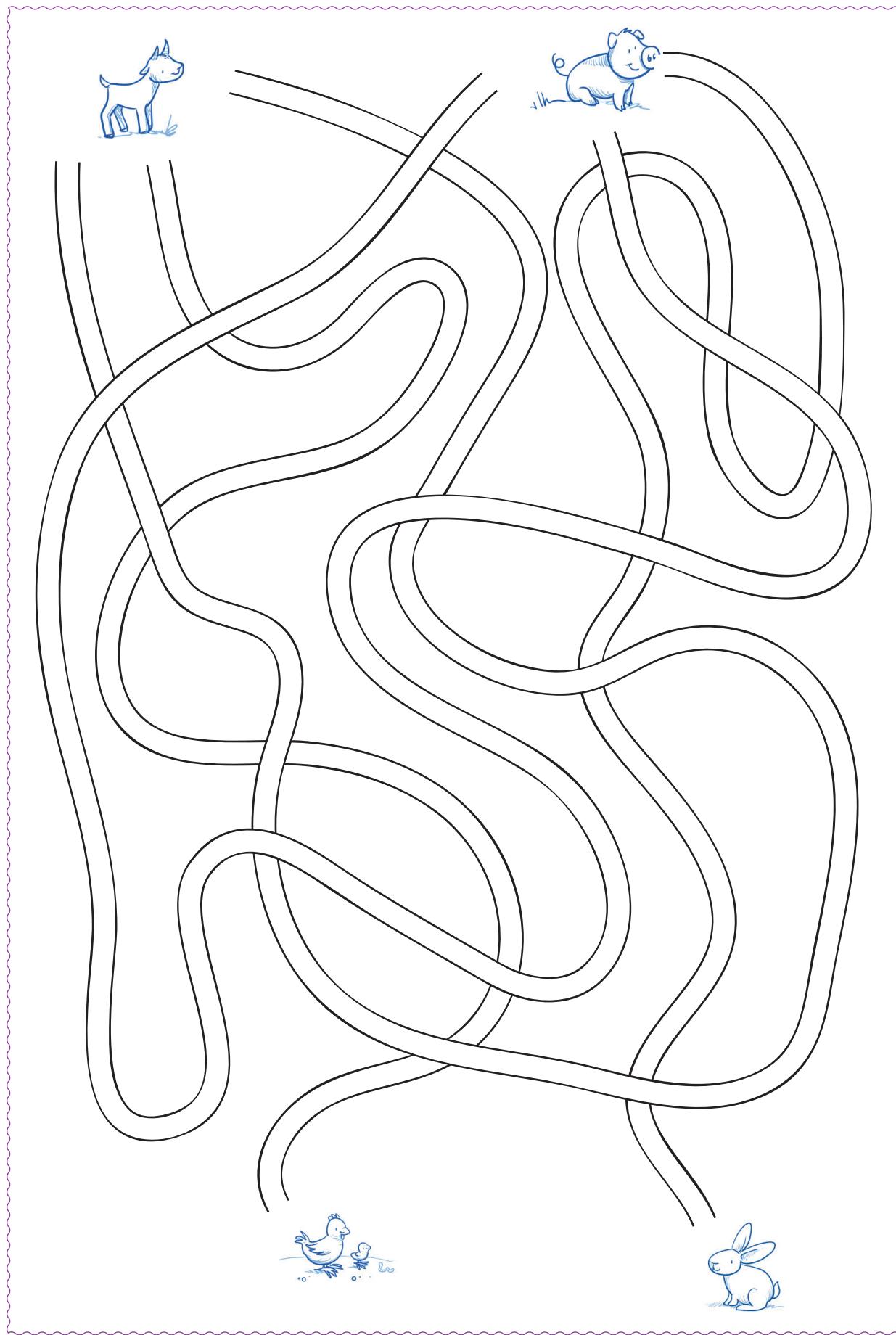
... CHANELLING - DRAWING A PATH BETWEEN TWO GUIDING LINES...



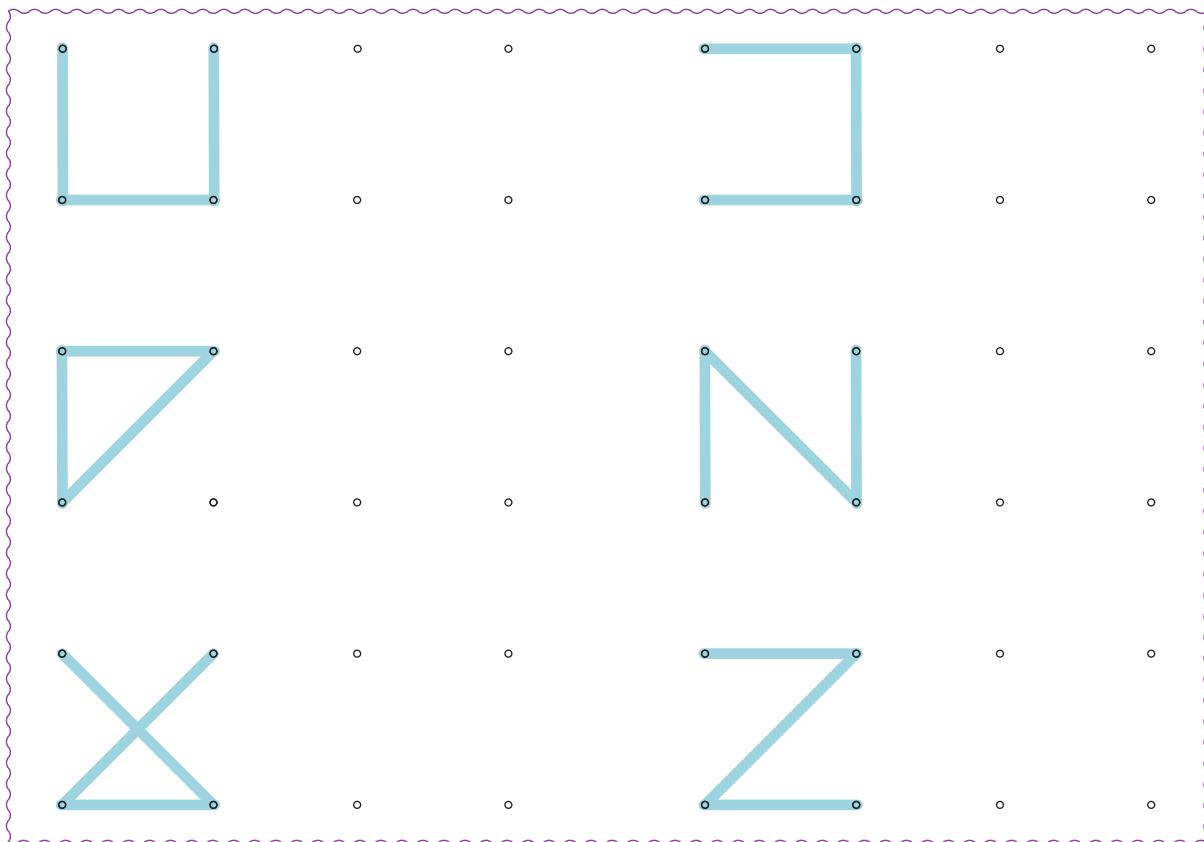
**Different types of Brainscribed tasks**

## Different types of Brainscribed tasks

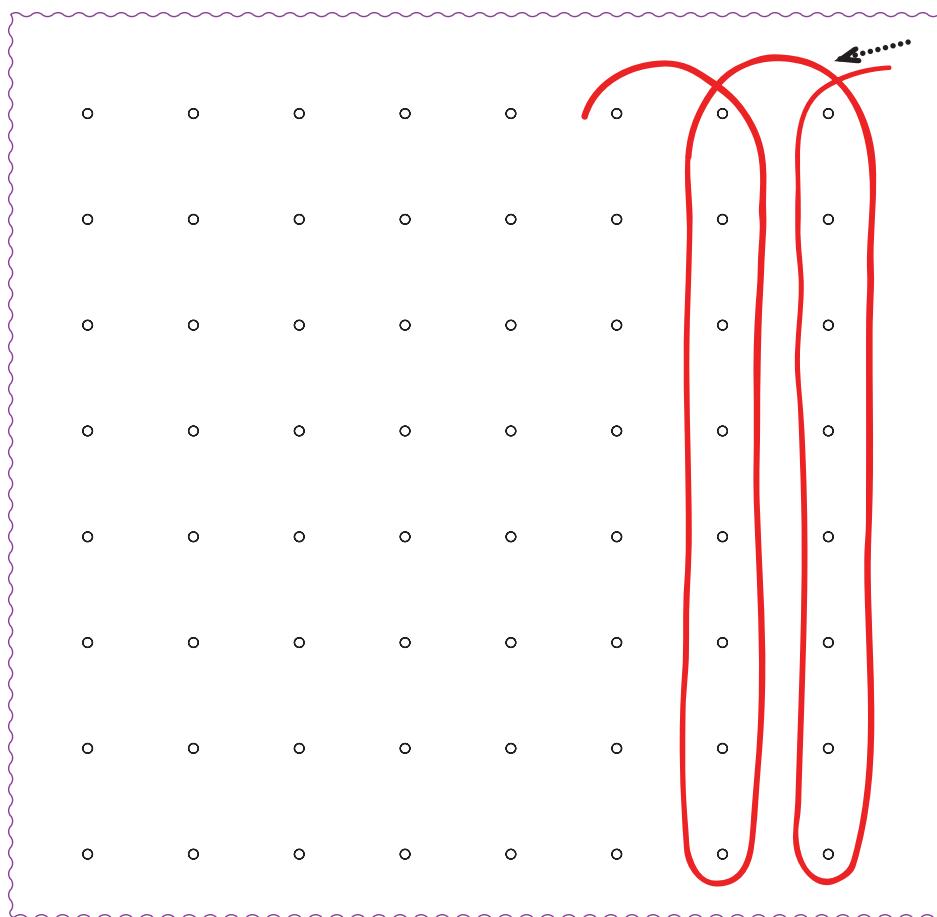
... SEARCHING AND TRACING PATHS ...



... CONNECTING DOTS ...



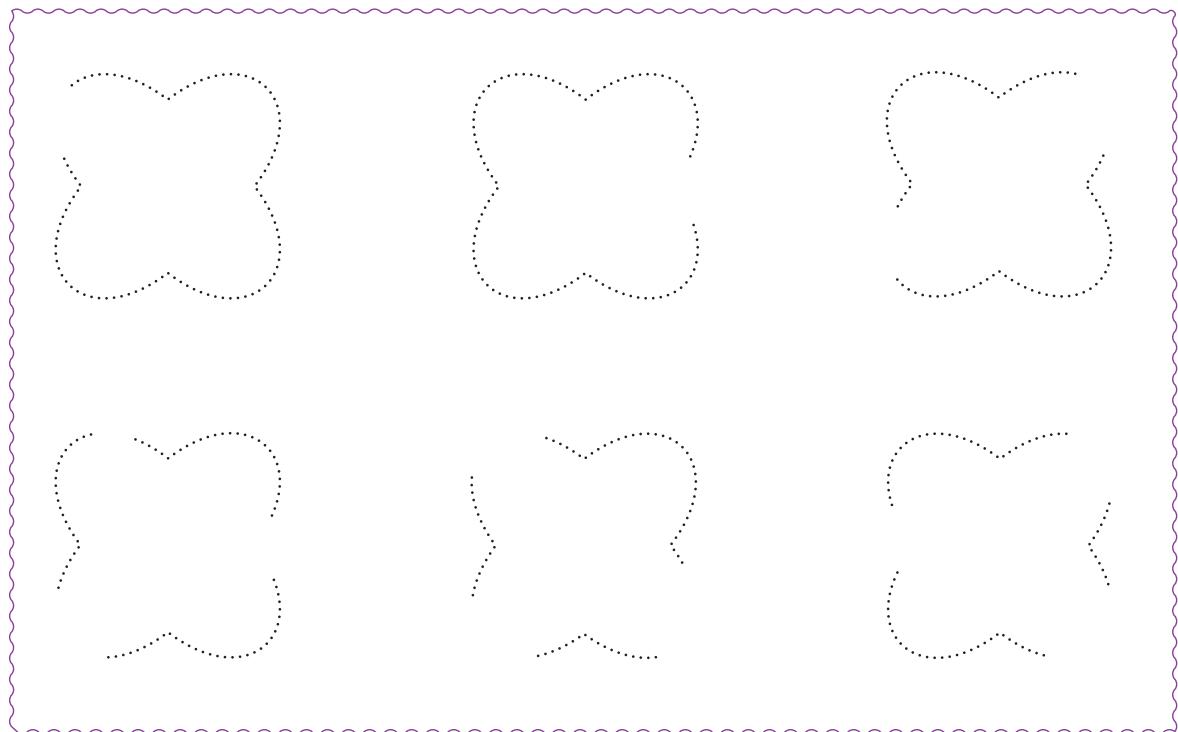
... DRAWING CURVES AND LOOPS IN A GRID...



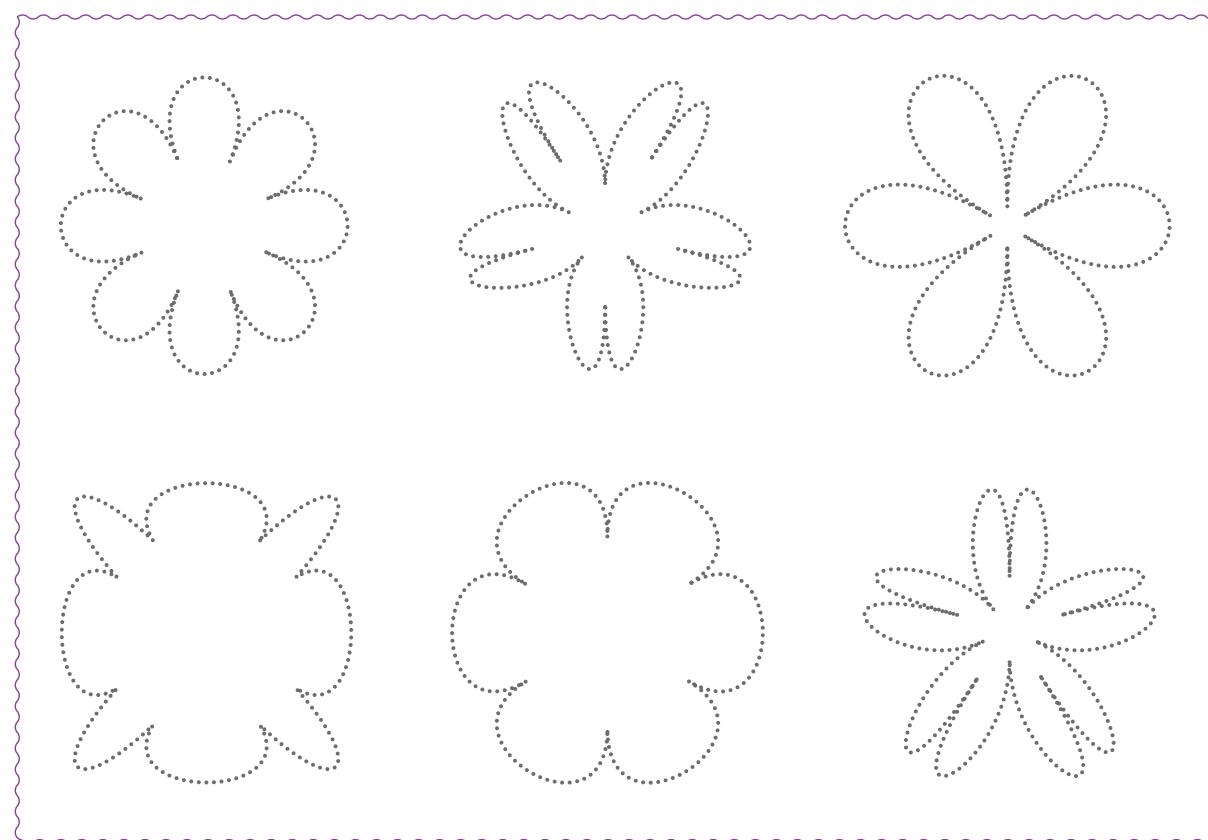
Different types of Brainscribed tasks

## Different types of Brainscribed tasks

... SEARCHING AND COMPLETING SHAPES ...



... TRACING DIFFERENT SHAPES ...



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