

## For 4 to 5 year olds

Screen-free learning resources that build multiple skills.

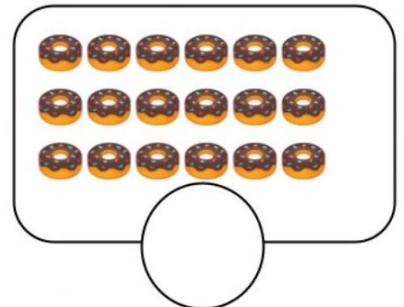
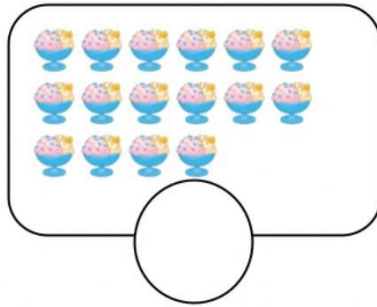
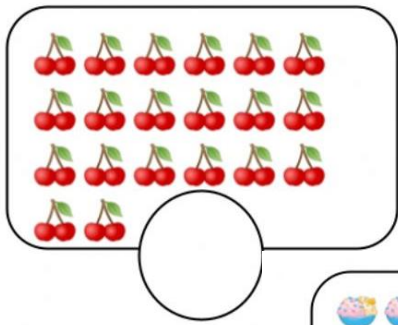


## Content Partners

# Check if this Workbook is right for you.

**Answer the following questions in 20 minutes.**

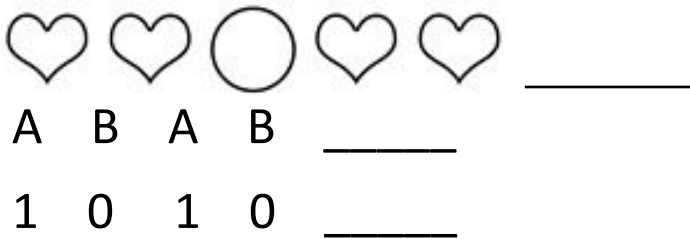
1. Count and write the number:



2. Write the missing numbers: 2 \_\_\_\_\_, \_\_\_\_\_, 6, 8, 10

3. Arrange the numbers from smallest to biggest: 10, 20, 9, 3

4. What comes next in the following patterns?



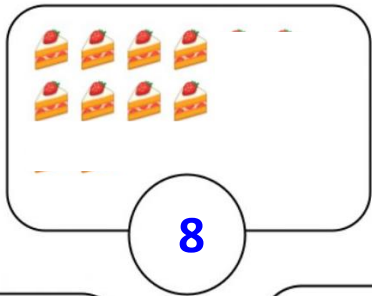
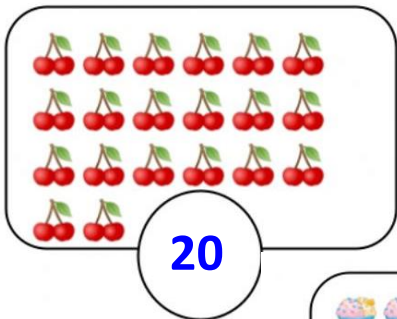
5. Draw two objects that look like a circle.

*Check your answers using the key on the next page.*

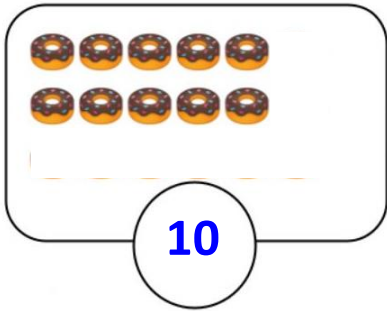
# Answer Key

Give the allotted marks for each correct answer.

1.



1 mark each.



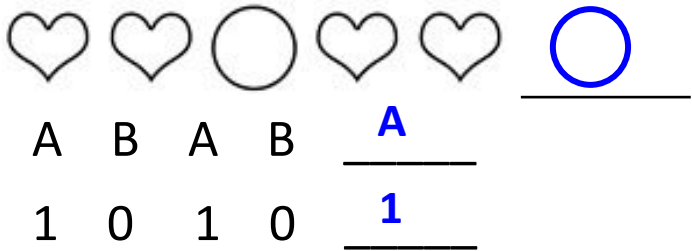
2. 2 4 , 6 , 8, 10

1 mark each.

3. 3, 9, 10, 20

1 mark

4.



1 mark each.

5.



plate



clock

(Any other circular object is correct.)

1 mark each.

If your score is:

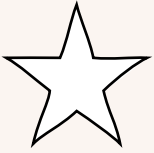
5 or less	Use the <b>Foundation Numeracy Workbook</b>
6 to 10	This workbook is right for you!
More than 10	Use the <b>Numeracy Workbook for Level 1</b>

# My Learning Journey

Name: \_\_\_\_\_

Draw yourself here.

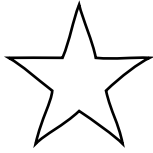
## Week 1



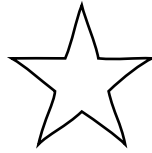
Day 1



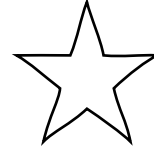
Day 2



Day 3



Day 4



Day 5

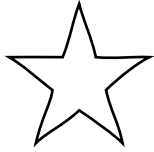


**DONE!**

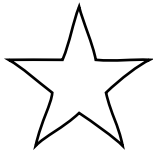
## Week 2



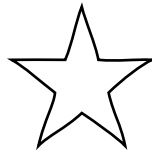
Day 1



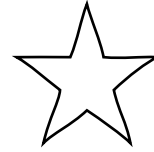
Day 2



Day 3



Day 4

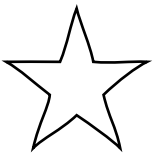


Day 5

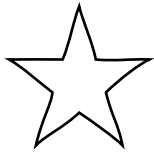


**DONE!**

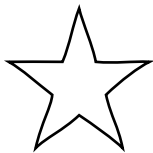
## Week 3



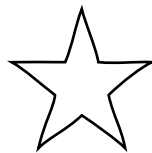
Day 1



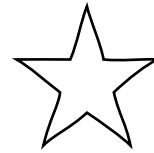
Day 2



Day 3



Day 4

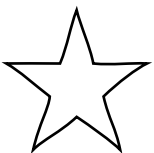


Day 5



**DONE!**

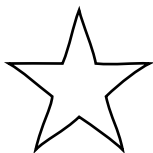
## Week 4



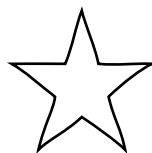
Day 1



Day 2



Day 3



Day 4



Day 5



## My Emotions

Draw how you feel **everyday** in your notebook.

Today, I feel



Happy

Sad

Confused

Angry

Scared



# Week 1 Overview



## Project

### My Cute Cat

Explore and count  
numbers from 21 to 30.

## How Many?

Count objects and  
write the number.

5

## Be a Number

Try looking  
like a number!

4

## Action!

Count and repeat a  
given action.

3

## Numbers in Words

Practise writing number  
names from 1 to 5.

1

2

## Number Names

Practise writing number  
names from 6 to 10.

## Materials Needed

- Paper
- Glue / Tape
- Pencil
- Scissors

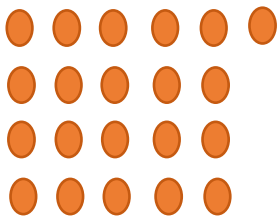


## My Cute Cat

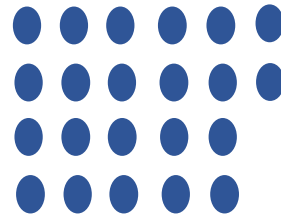
Can you draw a cat and count its whiskers?

Which animals have whiskers?

Count and trace these numbers:



21



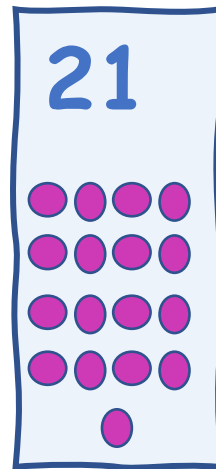
22



## Making Cat Whiskers

Tear 10 thin rectangles of paper to make the whiskers of your cat.

Make the whiskers for the numbers '21' and '22'.



*Write the number*

*Draw the same number of circles.*

Find objects in your home that look like thin rectangles.

## NUMBERS IN WORDS ( 1 TO 5 )

Say and trace the number names.

0

zero

zero

zero

1

one

one

one

2

two

two

two

3

three

three

three

4

four

four

four

5

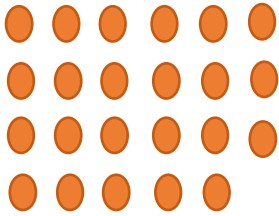
five

five

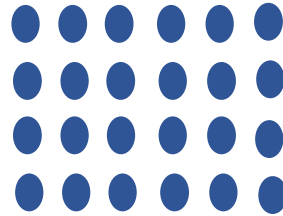
five

## My Cute Cat

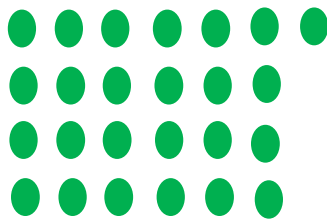
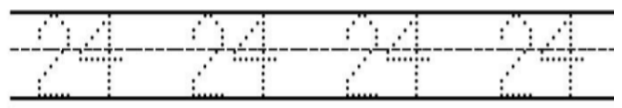
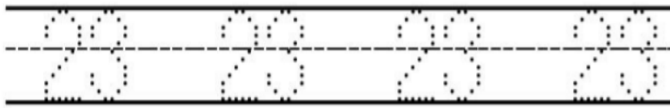
Count and trace these numbers:



23



24



25



Make the cat whiskers for the numbers 23, 24, and 25.

Let's Revise!

Complete the Number Trains



# NUMBERS IN WORDS( 6 TO 10)

Say and trace the number names.

6

six

six

six

7

seven

seven

seven

8

eight

eight

eight

9

nine

nine

nine

10

ten

ten

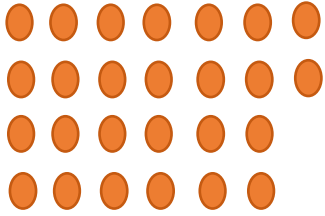
ten

Write the missing numbers.

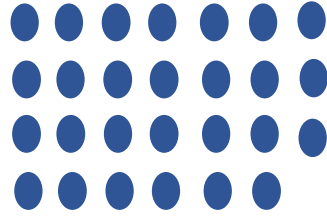
1  3  5  7  9

## My Cute Cat

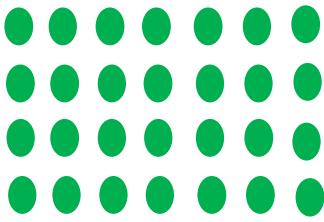
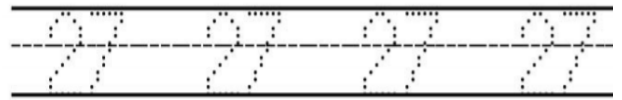
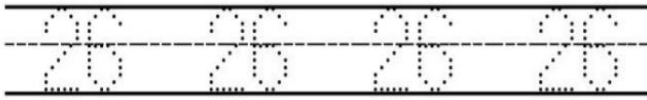
Count and trace these numbers:



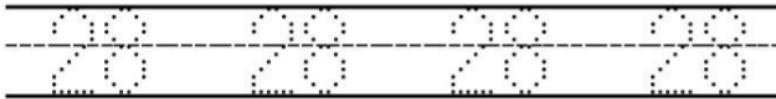
26



27



28



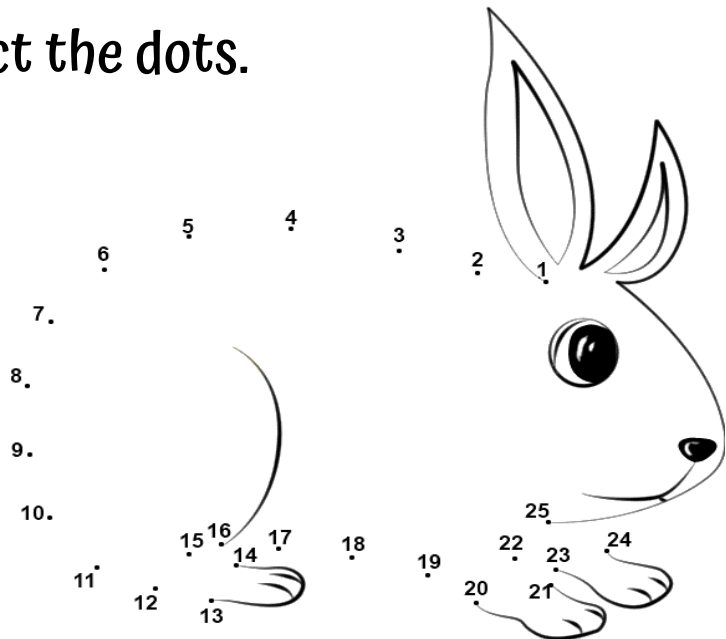
- Is there anyone in your home who is 20 to 28 years old?
- How old are they?

Make the cat whiskers for the numbers 26, 27, and 28.

Let's Revise!

Connect the dots.

Which animal do you see?



# ACTION !

3 or more players

## How to Play

- A player will say a number (from 1 to 20) and an action. (*clap, jump, walk, etc.*)
- The others will do the action that many times.
- Give 1 point to the player who does it the fastest.

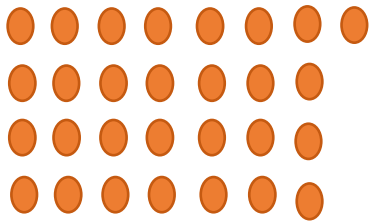


**Who has the most points?**

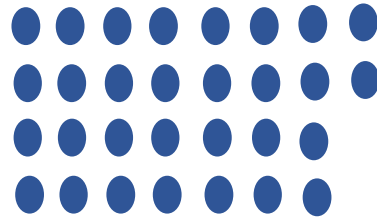
**They win the game!**

## My Cute Cat

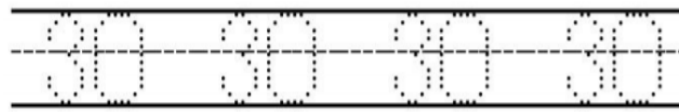
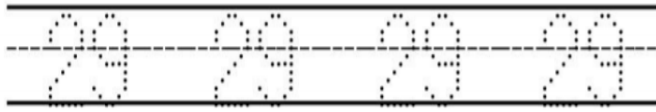
Count and trace these numbers:



29



30



Make the cat whiskers for the numbers 29 and 30.

## Let's Revise! Skip-counting

1. Make a number line from 0 to 30 as shown:



2. Start from 0. Skip 2 numbers and write the pattern below:

2, 4, 6, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
 \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, 30

3. Skip-count by 5.

5, 10, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

4. Skip-count by 10. 10, \_\_\_\_\_, \_\_\_\_\_

# BE THE NUMBER

Take 3 deep breaths.

Make the numbers 1 to 9 with your body!

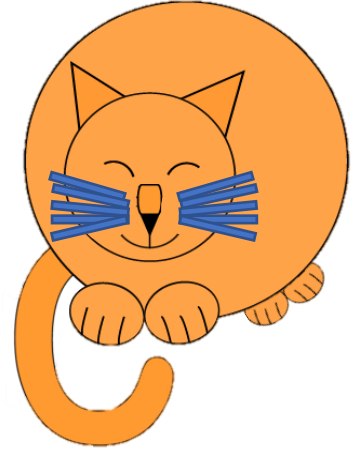
Here are some examples:



## My Cute Cat

### Make Your Cat

- Draw a circle to make the cat's face and a bigger circle for the cat's body.
- Add a tail and legs.
- Stick the whiskers to the face.

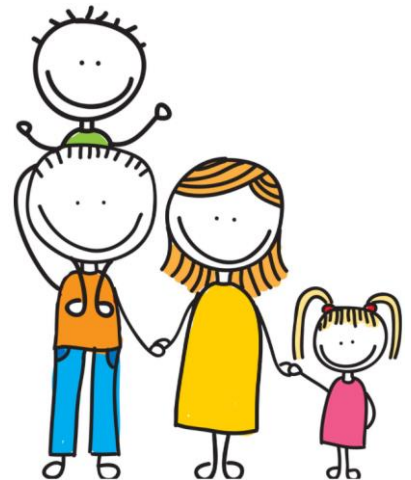


### Present Your Cat

- Show and explain your cat to your friends and family.
- Count the total number of whiskers of your cat.

### Let's Revise!

1. Make a numbered a numbered list of the people in your family and your closest friends.
2. Draw them an write their names too!
3. How many family members are below the age of 30?



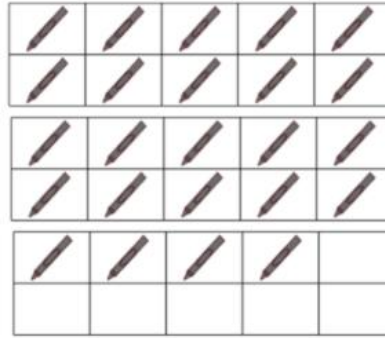
Count the number of items and circle the correct number.



20

21

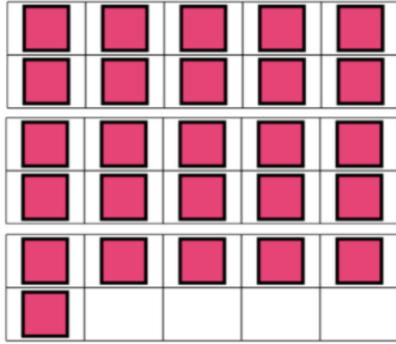
22



23

24

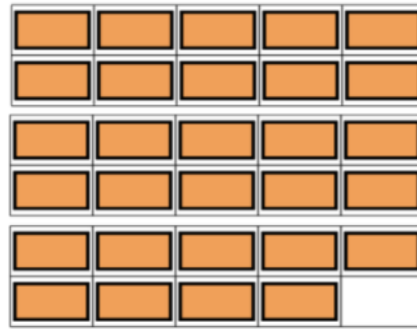
25



25

26

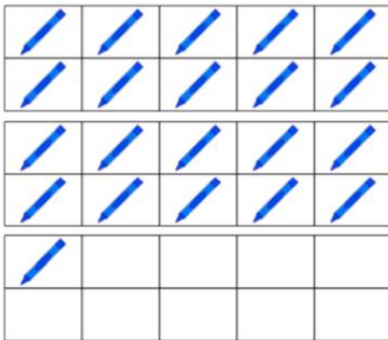
27



28

29

30



20

21

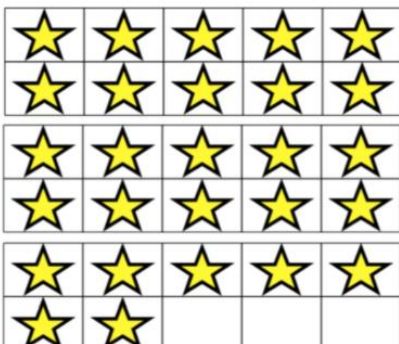
22



23

24

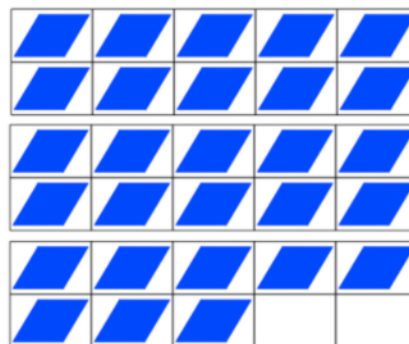
25



25

26

27



28

29

30

# Weekly Reflection

Did I enjoy learning this week?



What are some new things I learned?

If you liked this, go to our IFERB website for hundreds of more such resources. Visit <https://resources.educationaboveall.org>

# Week 2 Overview



## Project

### My Peacock

Explore and count numbers from 31 to 40.

## Number Trace

Practise writing numbers from 41 to 50.

## Who Says!

Play a game to practise number orders.

## Hills and Valleys

Calm yourself through a breathing activity.

## Let's Add

Count the total items in the farm.

## More or Less?

Identify which group has more items.

## Materials Needed

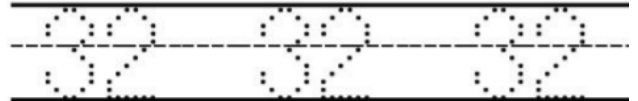
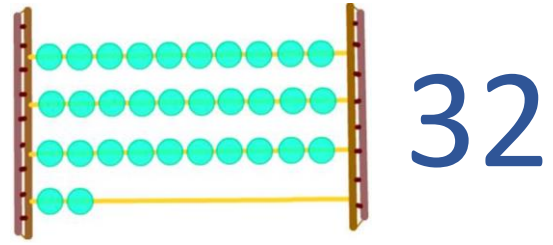
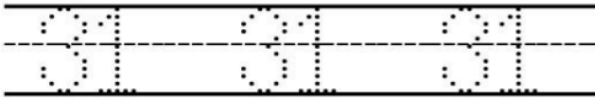
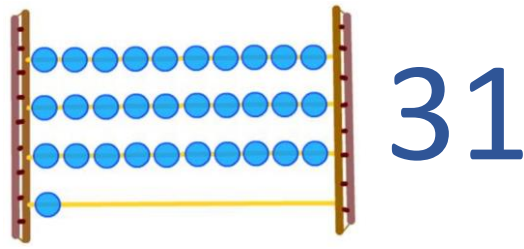
- Paper
- Clay or Dough
- Pencil
- Scissors, Glue



## My Peacock

How many tail feathers does your peacock have?

Count and trace these numbers:



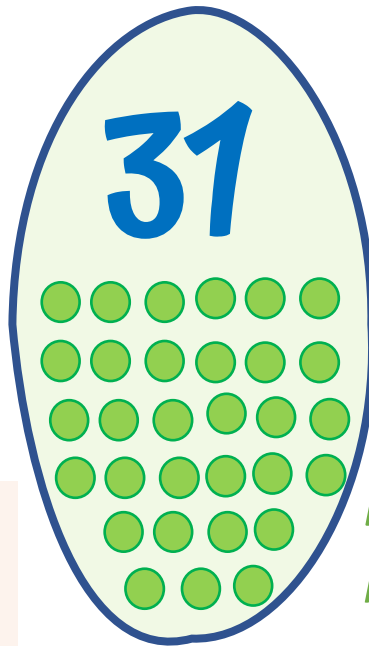
## Making Your Bird

Draw an oval shape.

Cut 10 equal oval shapes.

These are the tail feathers of your peacock.

Make the tail feathers for the numbers '31' and '32'.



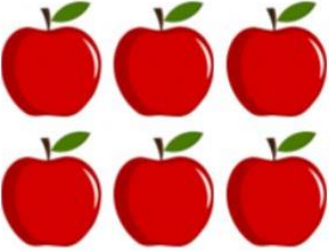
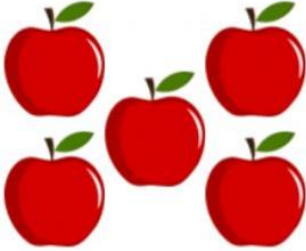
*Write the number*

*Draw the same number of circles.*

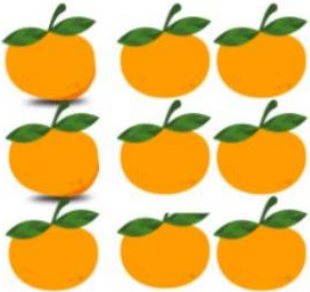
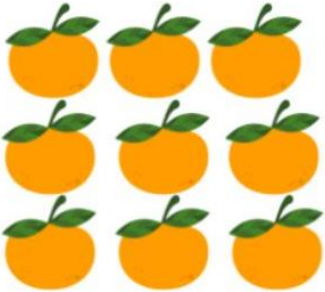
Find objects in your home that have an oval shape.

Help me count the total number of each item in my farm!

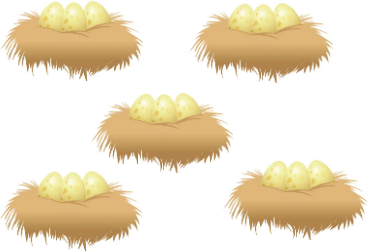
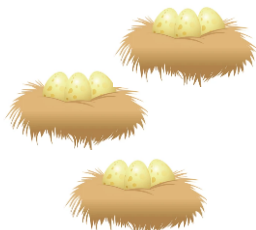


1.  +  =           



6

2.  +  =           

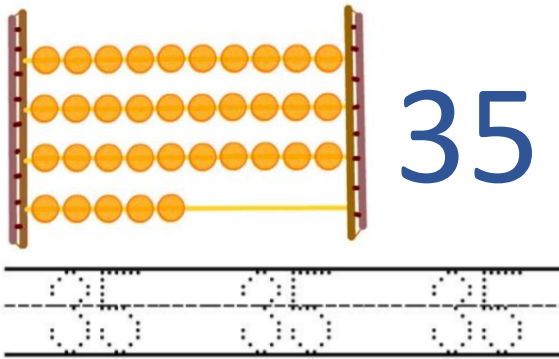
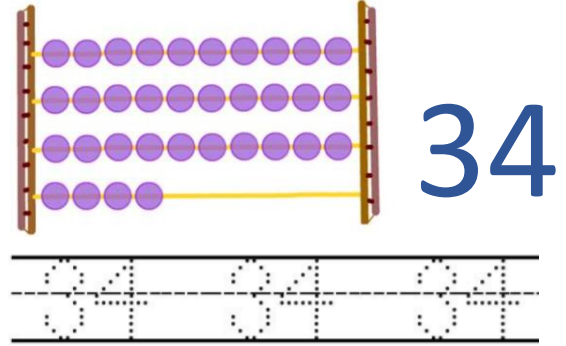
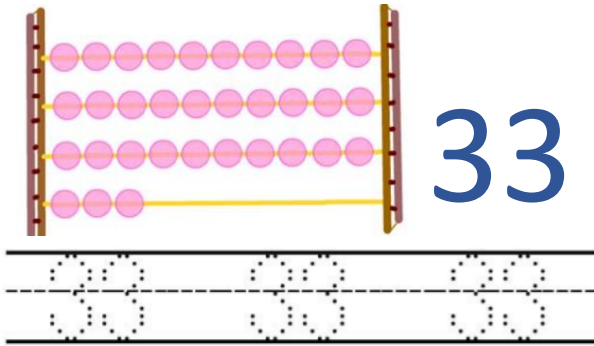
3.  +  =           

4.  +  =

# My Peacock

Count and trace these numbers:



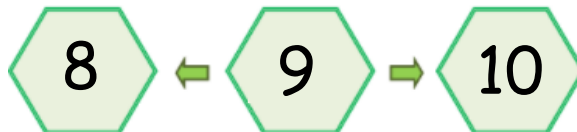
What do you think you can find 33, 34, and 35 objects of?  
(Pebbles, leaves, etc.)

Make the tail feathers for the numbers 32, 33, and 34.

Let's Revise!

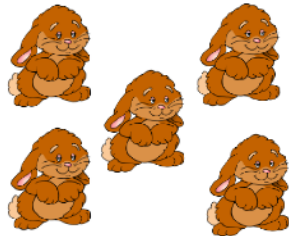
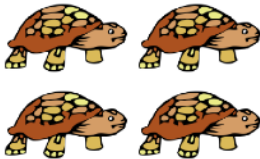
One less

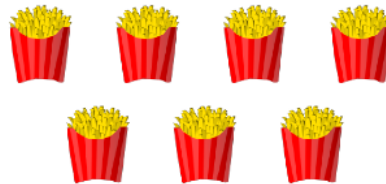
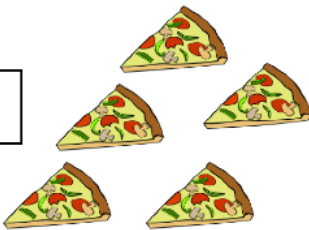
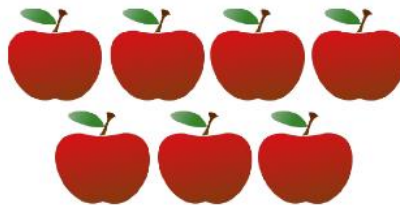
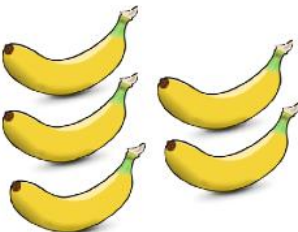
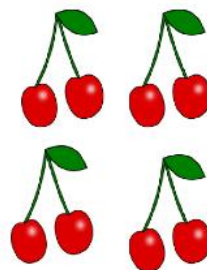
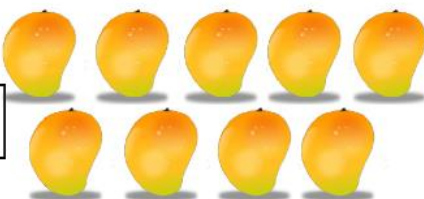
One more



# MORE OR LESS?

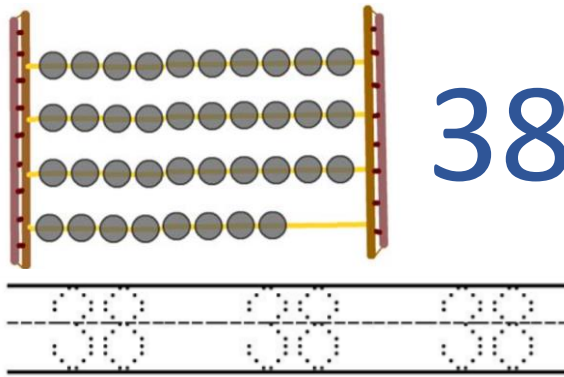
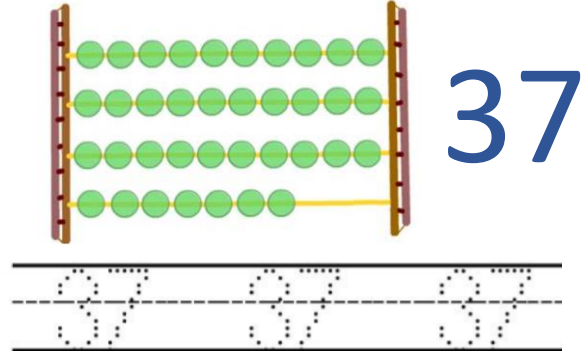
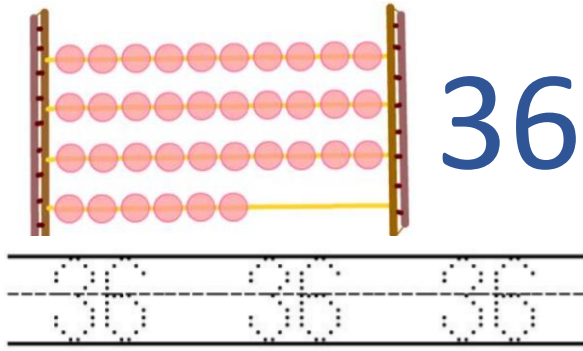
Tick (✓) the group that has more number of things.

☐

☐
☐

☐
☐

☐
☐

☐
☐

☐

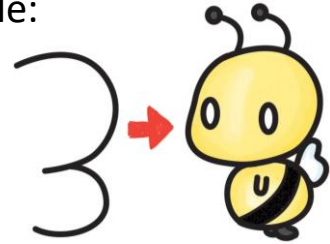
## My Peacock

Count and trace these numbers:



Draw using these numbers!

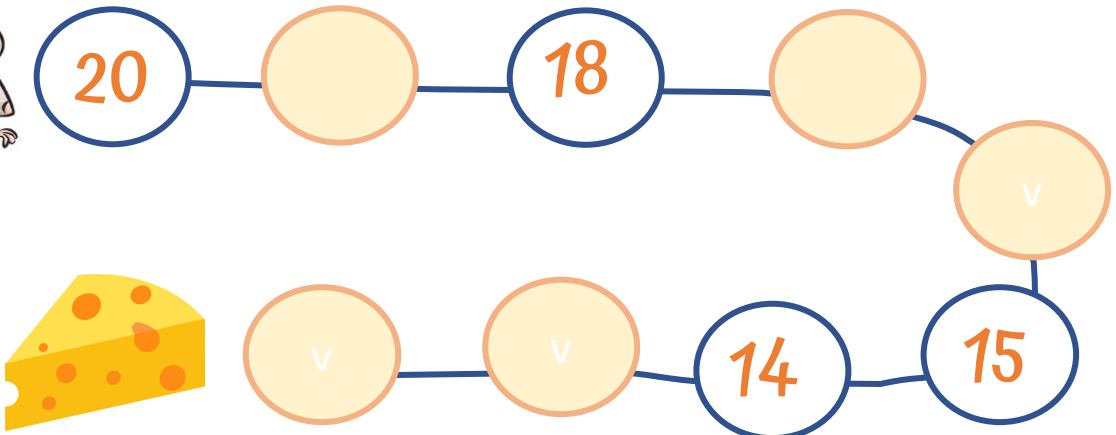
Example:



Make the tail feathers for the numbers 36, 37, and 38.

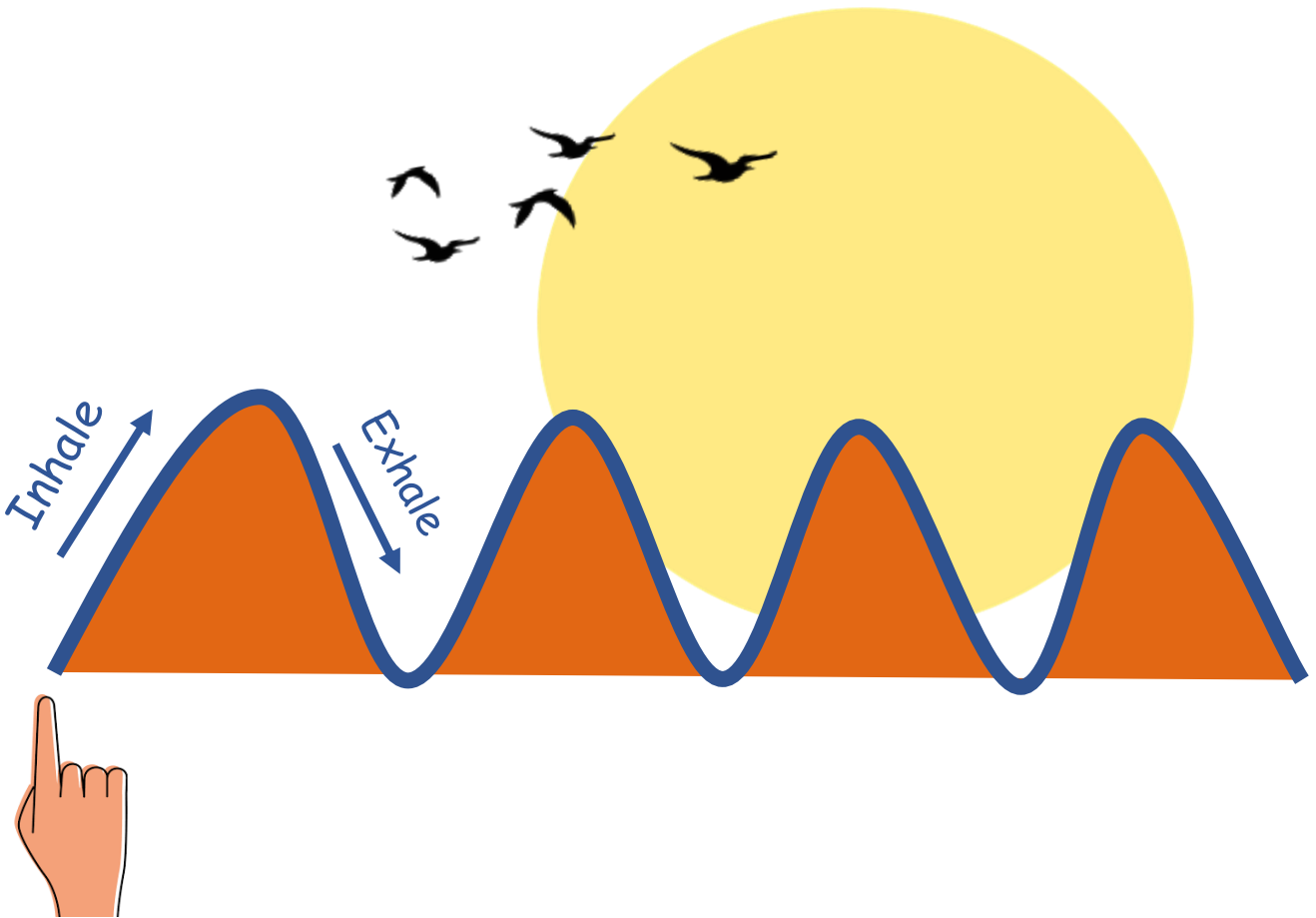
Let's Revise!

Count backward to write the missing numbers.



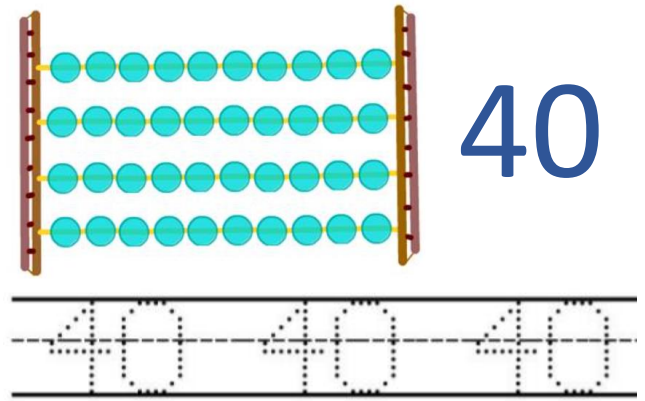
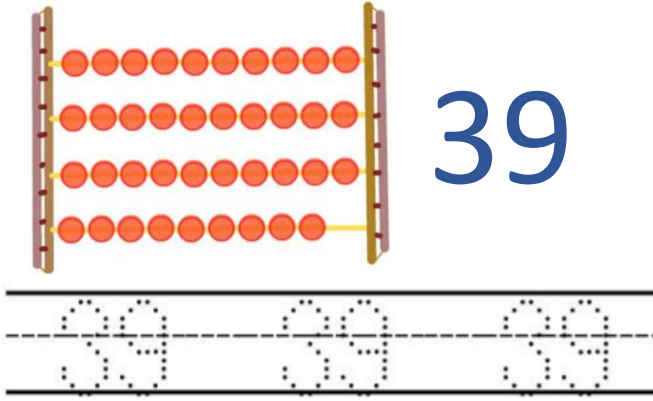
## HILLS AND VALLEYS

- Place your pointer finger at the first valley.
- As you breathe in, move your finger up the hill.
- As you breath out, move your finger down to the valley.
- Repeat this 5 times.



## My Peacock

Count and trace these numbers:



Make the tail feathers for the numbers 39 and 40.

Walk 40 steps with your parent.

Who can reach further? Why do you think that is?

Let's Revise!

Connect the dots. Which animal is it?



# WHO SAYS!

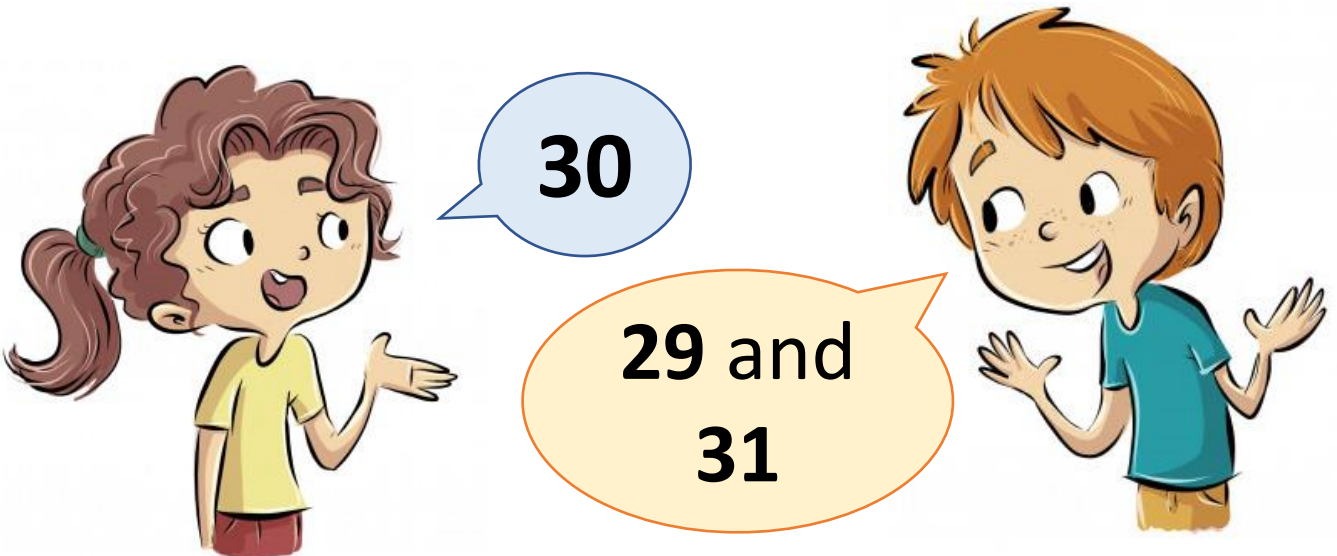
## No. of Players

2 or more players



## How to Play

- A player will say a number from 1 to 40.
- The others have to say the number that comes **before** and **after** it.
- Give 1 point to the player who says it correctly the fastest.



**Who has the most points?**

They win the game!

## My Peacock

### Make Your Peacock

- Draw or make the peacock's face and body using clay or dough.
- Add eyes and a beak to the face.

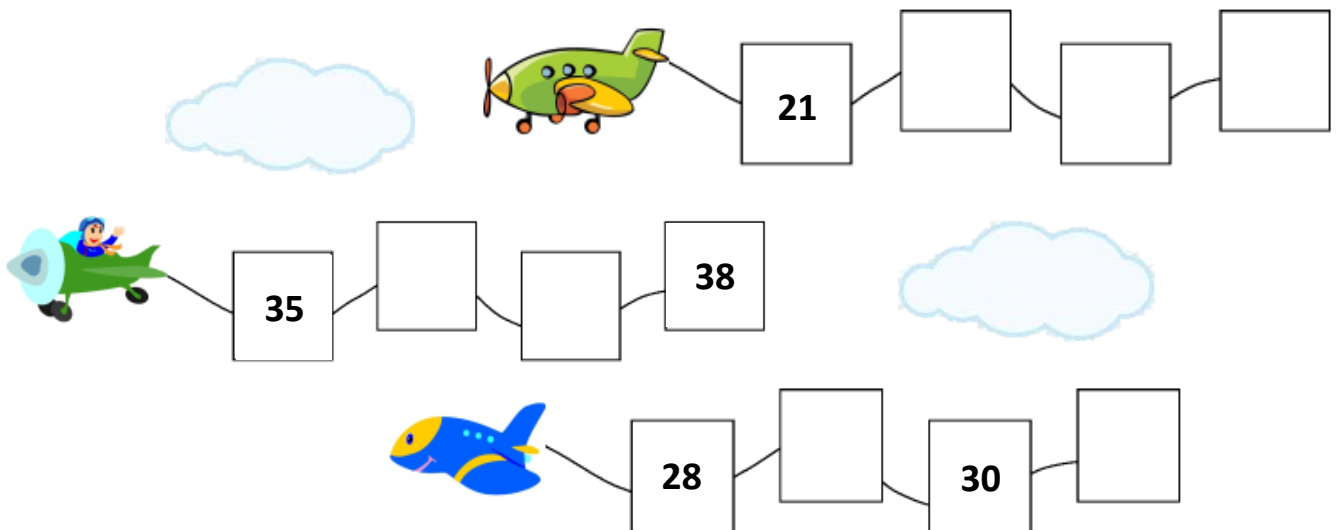
Stick the tail feathers to the body in order.



### Present Your Lovely Bird

- Show and explain your bird to your friends/ family.
- Count the total number of tail feathers.

**Let's Revise!** Fill the missing numbers.



Trace and write numbers from 41 to 50. Arrange small objects at home in the shape of each number.

41

41 41 41 41 41

42

42 42 42 42 42

43

43 43 43 43 43

44

44 44 44 44 44

45

45 45 45 45 45

46

46 46 46 46 46

47

47 47 47 47 47

48

48 48 48 48 48

49

49 49 49 49 49

50

50 50 50 50 50

# Weekly Reflection

Did I enjoy learning this week?



What are some new things I learned?

If you liked this, go to our IFERB website for hundreds of more such resources. Visit <https://resources.educationaboveall.org>

# Week 3 Overview



## Project

## Beauty in Shapes

Explore shapes and measurements.

## Story Time

Read about The Shape Family.



5

## Shape Matching

Match the objects with the shape.

4

## Sunny Side

Think and draw what makes you happy!

3

## What Shape Are You?

Create shapes using your body!

1

2

## Measurements

Measure objects using digits and handspans.

## Materials Needed

- Paper
- Colors
- Pencil
- Chalk



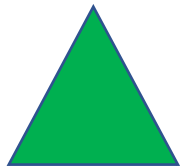
## Beauty in Shapes

Can I make a drawing using different shapes?

Do you know these shapes?



Circle



Triangle



Rectangle



Square



Star




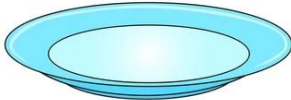

Heart



Oval

Draw 2 objects at home that look like each shape.

### Example

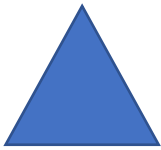
Shape	Object 1	Object 2
		

## WHAT SHAPE ARE YOU?

### How to Play

4 or more players

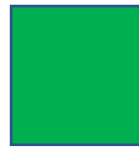
- Each player act out these shapes and lines:



Triangle



Rectangle



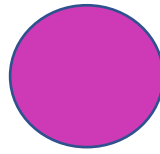
Square



Star



Heart

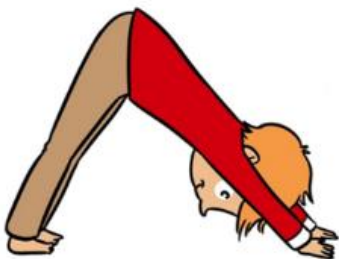


Circle



Line

- If others guess the shape correctly, the player gets a point.



Triangle



Square



Star

**The player with the most points wins the game!**

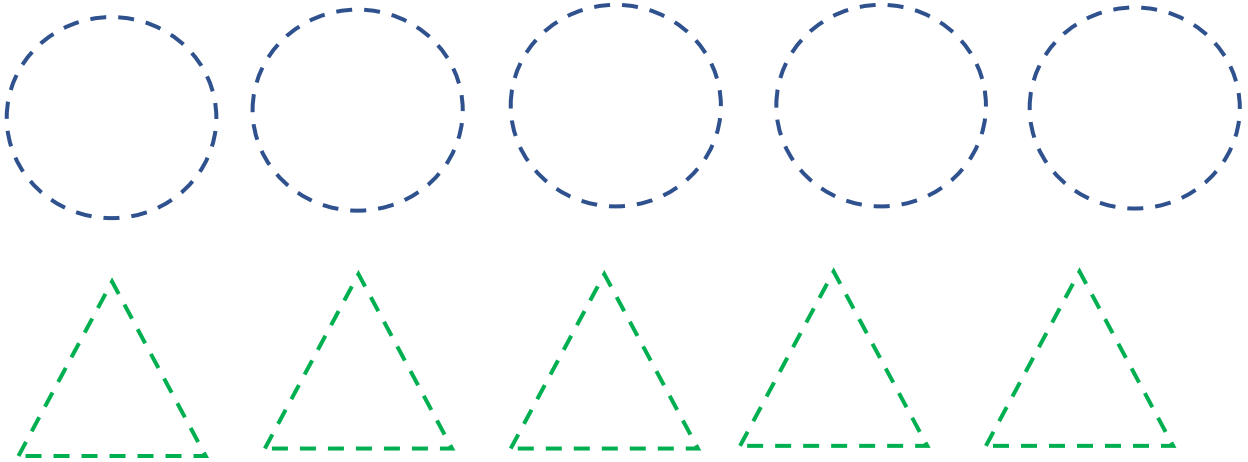
## Beauty in Shapes

We will make a drawing using shapes this week!

Which shapes do you see in this drawing?



Let us practise drawing shapes! Trace the following:



## Drawing Activity

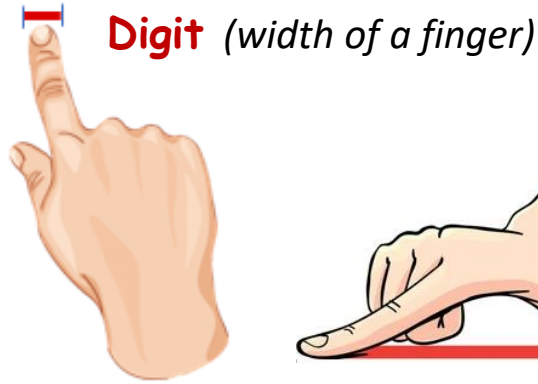
Draw the sun and the clouds at the top of the page using shapes and lines.



## MEASUREMENTS

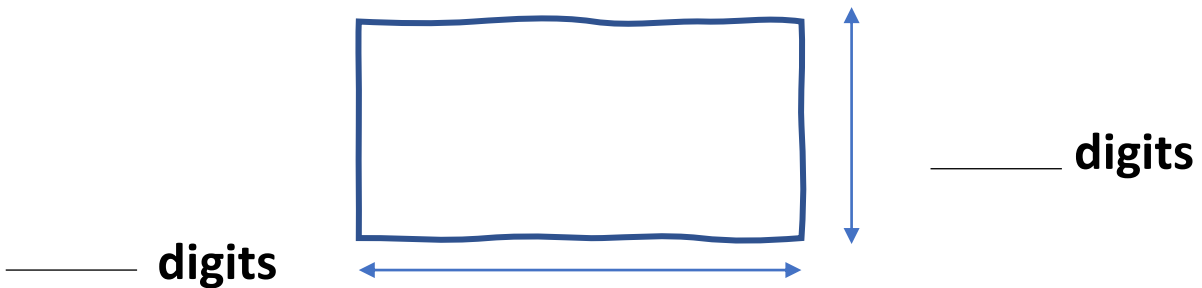
In the past, people measured using their bodies. Let's learn 2 ways:

- How many digits is 1 handspan?
- Which other body parts can we use to measure things?



**Handspan**

How many digits is your drawing sheet?  
Use your finger to find out!



Draw the outline of your friend's body.

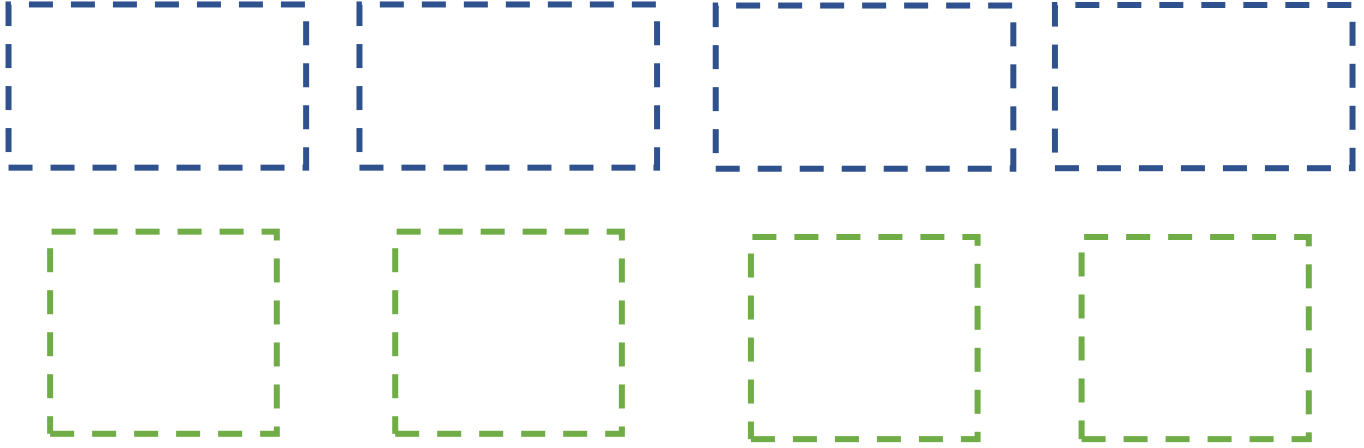


Measure the following  
using handspans:

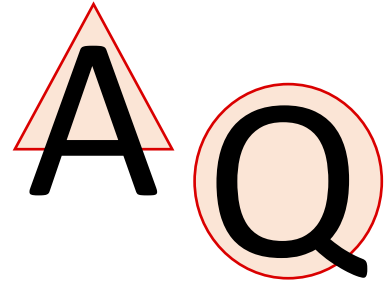
- Hand Length
- Leg Length
- Full Body Length

## Beauty in Shapes

Let us practise drawing shapes! Trace the following:



Identify various shapes in the alphabet!



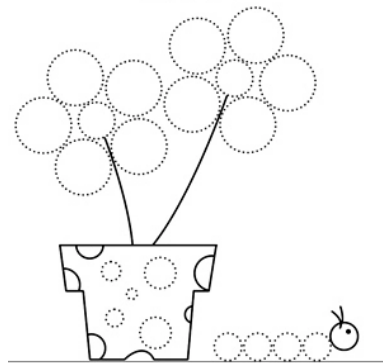
## Drawing Activity

- Draw a house using rectangles and squares.



You can add details:

- Door
- Windows
- Trees

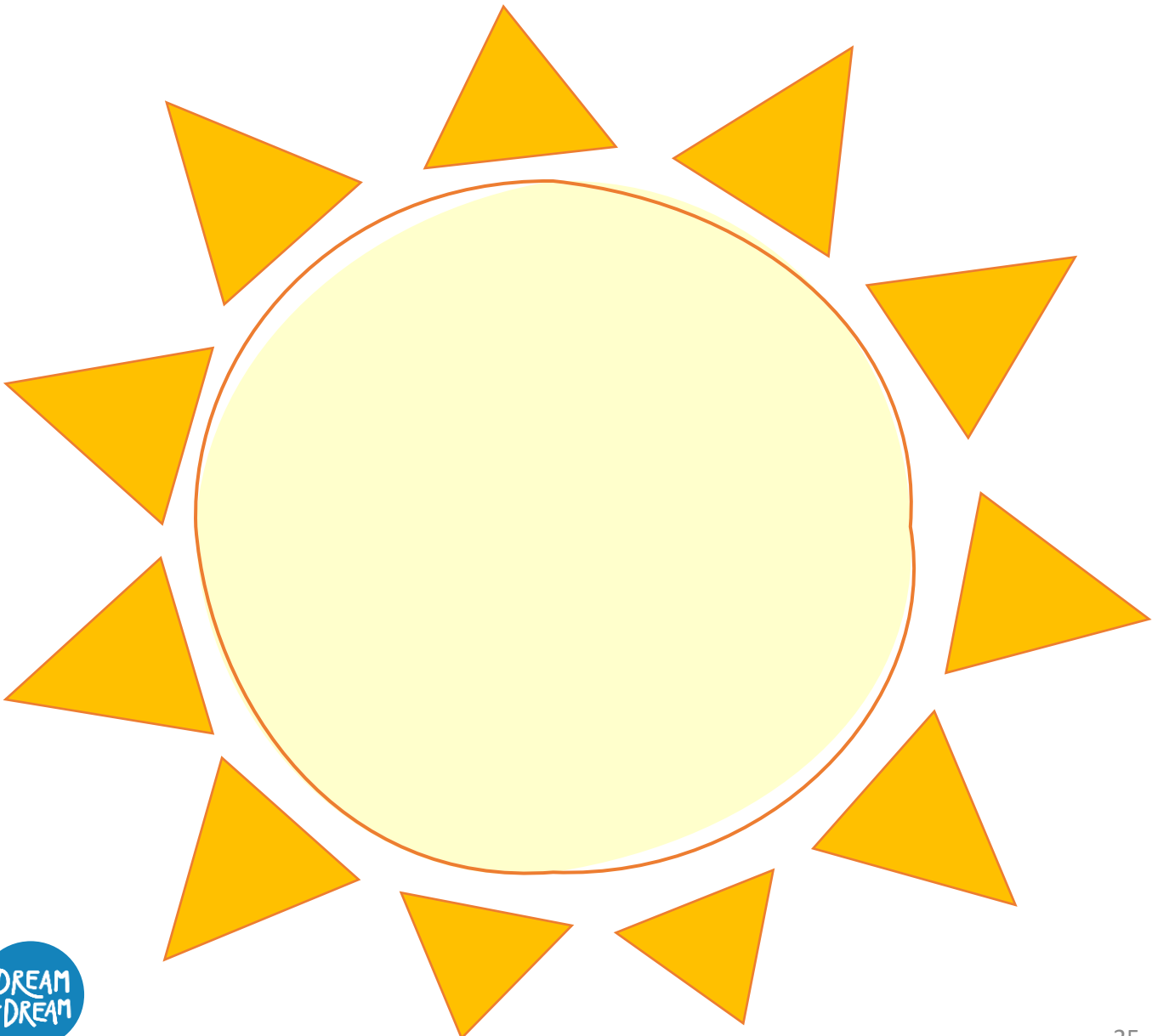


- Make 2 potted plants too!

## SUNNY SIDE

- Take 3 deep breaths.
- Close your eyes and think of all the things that make you **happy**.

**What comes to your mind?**  
Draw them inside the sun below.



## Beauty in Shapes

Add more ideas and details to your drawing in any shape of your choice. Examples:



Grass



Birds



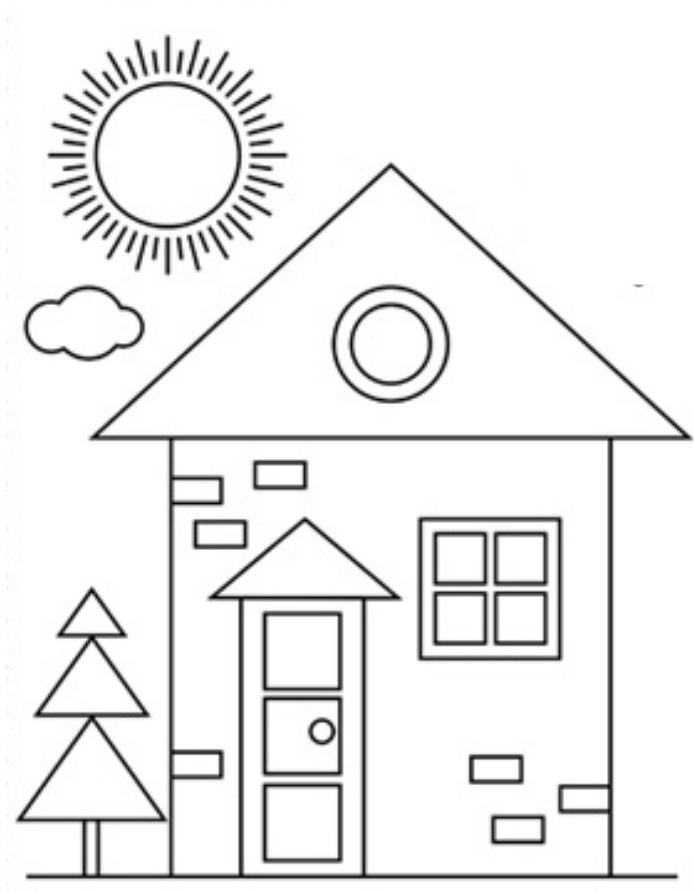
Animals




Car

## Let's Revise!

Look at this picture. Count the number of:



• Triangles 

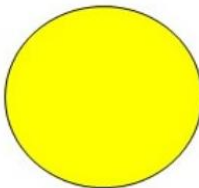
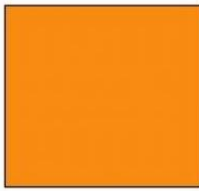
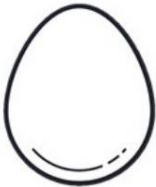
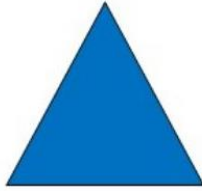
• Rectangles 

• Squares 

• Circles 

# SHAPE MATCHING

Match the object to its shape.



Draw objects around you that have these shapes too!

## Beauty in Shapes

### Presenting Your Drawing

Show your final drawing to your family and friends.

Add anything they want you to add using various shapes.

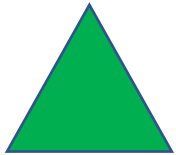
How many of each shape can you see in your drawing?



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

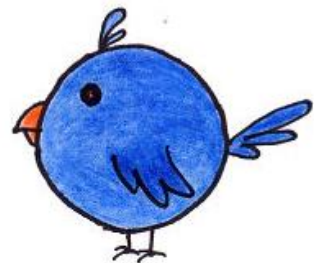
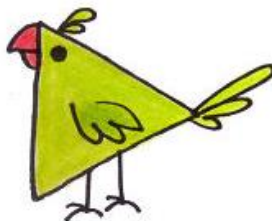
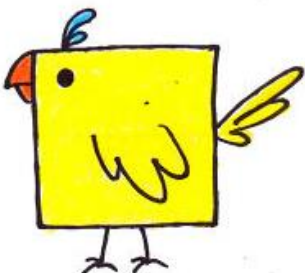


Draw a star for yourself for completing your drawing!



**Try this!**

Can you draw birds using shapes?





# WHO WILL WIN?



This is the Shapes Family. In their town, there is a Lantern Competition.

The Shapes are getting ready for it. Circle and his sister, Triangle, got to work.



Circle made a lantern with circles.

Triangle made one with triangles.

# WHO WILL WIN?

Mr. Square and Mrs. Rectangle said, "Isn't it boring to use the same shapes all the time?"

"Let us try something new!" said Circle.

Together, they made a lantern with circles and triangles.



Mr. Square loved the new lanterns. Who do you think won the competition?



- Name the characters in the story.
- Draw your own lantern using shapes.

# Weekly Reflection

Did I enjoy learning this week?



What are some new things I learned?

If you liked this, go to our IFERB website for hundreds of more such resources. Visit <https://resources.educationaboveall.org>

# Week 4 Overview



## Project

### Patterns Everywhere

Explore patterns around you.

## Story Time

Explore patterns with Paul, the Pattern Detective.

## Pattern Challenge

Explore patterns through a game.

## Free Flow

Create shapes and patterns with your hands.

## Complete the Pattern

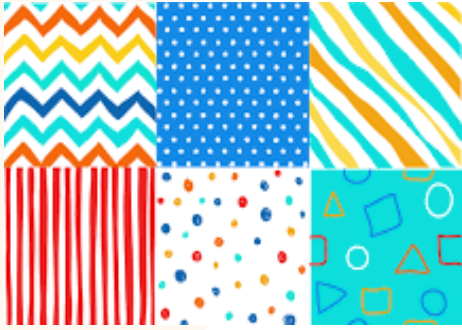
Observe and continue different patterns.

## Shape Patterns

Explore patterns with different shapes.

## Materials Needed

- Paper
- Pencil



## Patterns Everywhere

How can patterns help us understand the world?

Patterns are things, numbers, or shapes that repeat.

Circle what will come next in these patterns.

★ ▲ ★ ▲ ★	<div>★</div> <div>▲</div> <div>or</div>
■ ☾ ■ ☾ ■ ☾ ■	<div>■</div> <div>☾</div> <div>or</div>
⬠ ♥ ⬠ ♥ ⬠ ♥	<div>⬠</div> <div>♥</div> <div>or</div>
♥ + ♥ + ♥	<div>+</div> <div>♥</div> <div>or</div>

## Patterns in Life

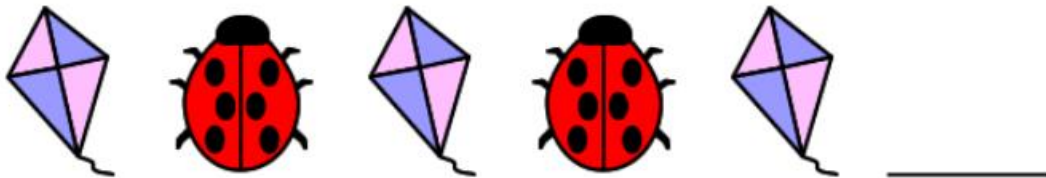
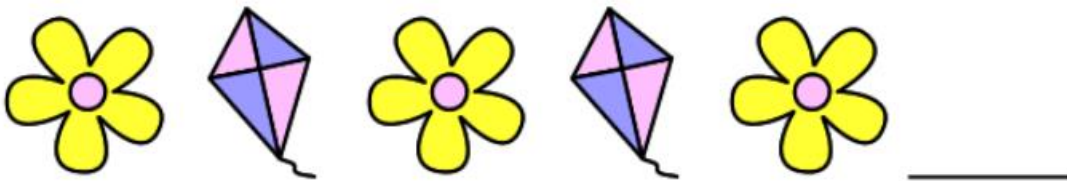


Days and nights repeat and happen regularly as a pattern.

What are some other patterns you see daily? Draw them!

# COMPLETE THE PATTERN


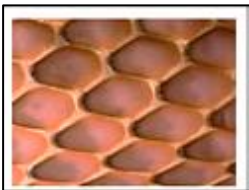
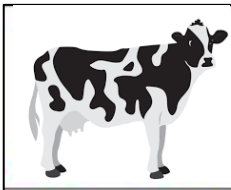
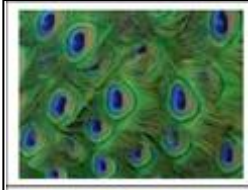
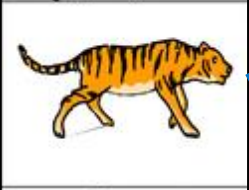

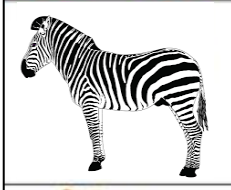









Draw what will come next in these patterns.



## Patterns Everywhere

### Patterns in Nature

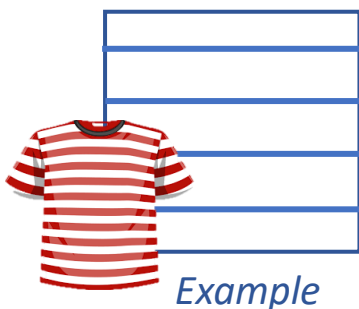
Name and match the animal with the pattern on their skin.

Find 3 patterns in nature and draw them.

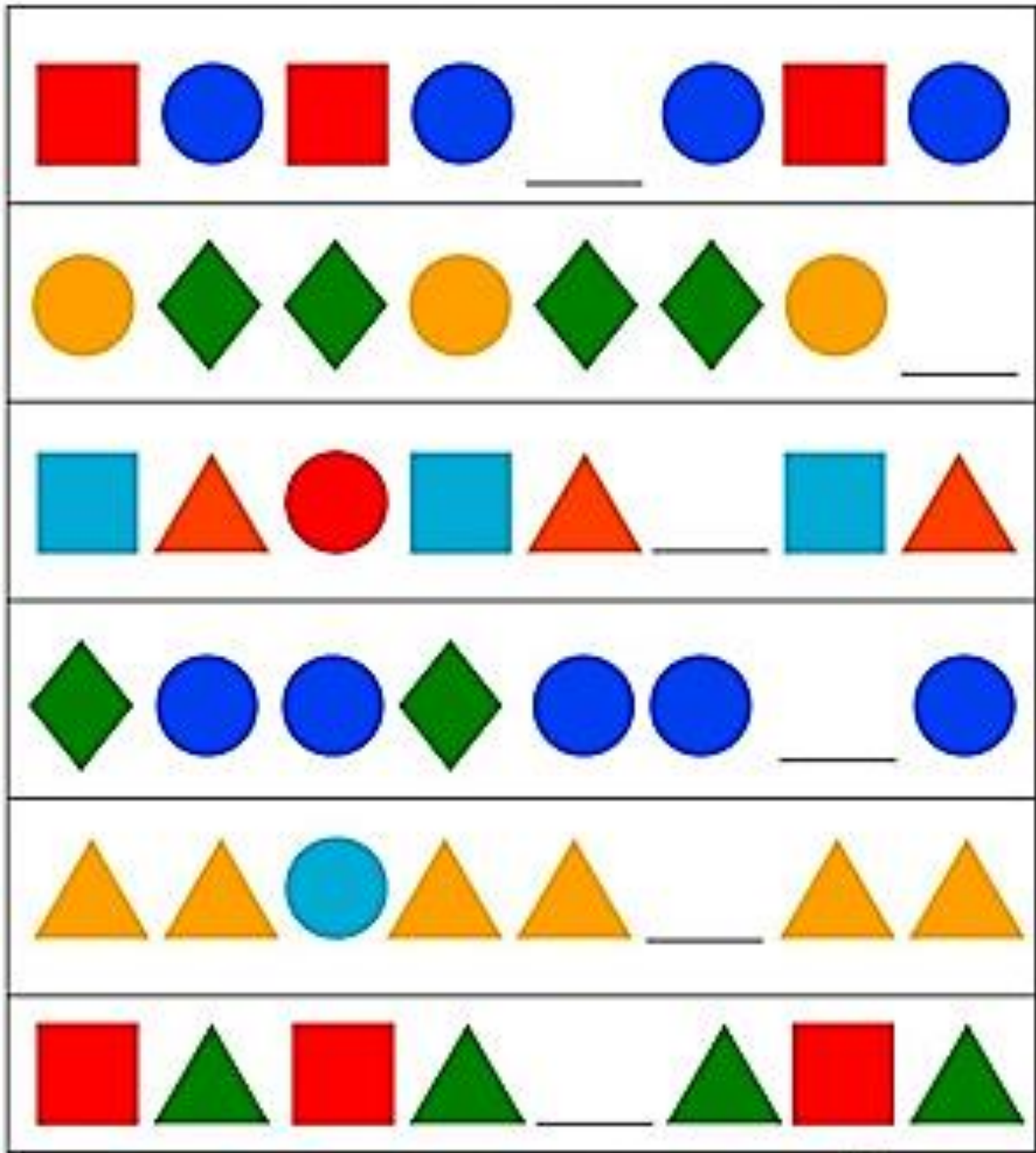
### Patterns in our Clothes

Observe the shapes and designs that repeat in your clothes or objects around you. Draw at least three such patterns in the boxes below.



# SHAPE PATTERNS

Draw the missing shapes in the following patterns



Create a pattern using any 2 shapes. You can draw these patterns or find small objects around you to create your own real life pattern by arranging the

Patterns Everywhere

Patterns in Music

Which is your favourite song?  
Sing it out loud with your family. Can you identify a pattern in it?

Let’s make music based on the code!

A



Snap your fingers.

B



Clap your hands.

C



Stomp your feet.

D



Tap your thighs.

Try these patterns!

C	A						
D	D	C					
A	B	B	D				
B	B	D	A	A			
A	A	C	C	B	B		
A	B	B	C	C	D	D	

## FREE FLOW

Scribble freely inside these boxes.

with your left hand

with your right hand

Do you see any patterns?

## Patterns Everywhere

Make a pattern with any 3 items in your home.

Example:



What comes next in these letter patterns?

A B A B A B \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

L M M L M M \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

P P Q P P Q \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

What comes next in these number patterns?

1 0 1 0 1 0 1 \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

2 3 5 2 3 5 \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

5 9 2 5 9 2 \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

21 7 21 7 21 \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

## PATTERN CHALLENGE

### Game Set-Up

2 to 3 players

Paper and Pen **OR**

Sand / Mud / Flour to draw patterns on.

### How to Play

- Player 1 draws any pattern using shapes.
- Player 2 must continue the pattern correctly.
- They earn a point if it is correct.



Can you complete my pattern?



Is this correct?



## Patterns Everywhere

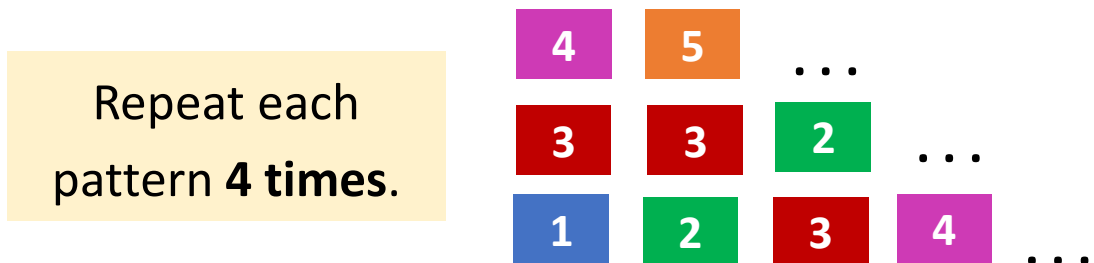
### Exercise/ Dance Patterns

Give a number code to 5 different body movements.

**Example:**



**Make 3 of your own exercise patterns! Example:**



You can also choreograph a dance routine to a song which follows a certain pattern of steps! Teach the exercise/dance patterns to your friends and family.



- Did they enjoy the exercise/dance?
- Were they able to follow the pattern?

# PAUL, THE PATTERN DETECTIVE



Paul loves searching for patterns. "I am going to be a pattern detective today! Let's go find patterns!" said Paul.

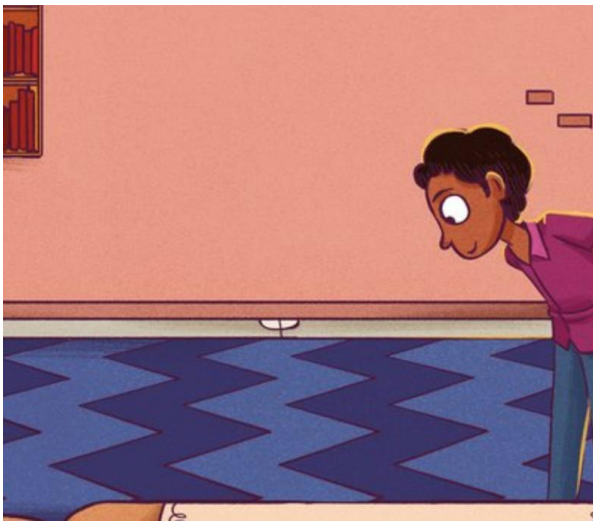
Paul found a pattern hanging on the tree. It is called a hive and bees live in it. It is made up of many hexagons stuck to each other. A hexagon is a shape with six sides.



Before going inside the house, he notices that the bricks of house make a pattern.

The bricks are brown. What is the shape of the brick?

# PAUL, THE PATTERN DETECTIVE



Inside the house, Paul saw a pattern on the carpet.

The carpet's colour is \_\_\_\_\_.

He went to the kitchen and saw a pattern on the table.

"What is this fruit?" Paul asked his Mom. "It is a \_\_\_\_\_," she said.



The next day at school, he told his friends all about the patterns he found.

"Join me today! Let's all be pattern detectives!" said Paul.

- Name the different places where Paul saw patterns.
- Draw your favourite pattern.

# Weekly Reflection

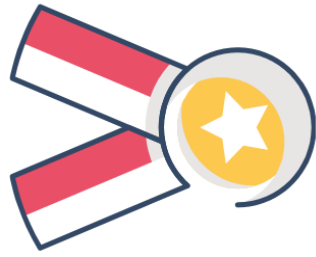
Did I enjoy learning this week?



What are some new things I learned?

If you liked this, go to our IFERB website for hundreds of more such resources. Visit <https://resources.educationaboveall.org>

# CERTIFICATE OF COMPLETION



This certificate is awarded to

\_\_\_\_\_

for the successful completion of the **Numeracy** workbook.

التعليم  
فوق  
الجميع

education

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all



Facilitator

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**Pg. 23, 35, and 48:** SEL Activities designed by Dream A Dream, India.

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