Free printable · Ages 3 to 6

Calm Counting Worksheets 1 to 10

Counting worksheets for preschool and kindergarten, made for busy, sensitive and neurodivergent little learners.

What's inside

- 10 number pages, 1 to 10, all with the same three parts: count, colour, trace
- 2 count and match pages
- A Build the Number mat with cut-out cards 0 to 10
- Move and Count cards for breaks
- An "I Can Count!" star tracker

How to use it

- One page at a time is plenty. Stop while it's still going well.
- Every number page has the same layout, so your child knows what's coming.
- Doing just one part of a page still counts. Counting matters more than tracing.
- Read the story line together first. It gives the counting a reason.

Make it work for your child

- Let them show the answer in their own way: pointing, saying it, putting a real object on each picture, or colouring.
- Cover the parts you're not doing with a sheet of paper to cut visual clutter.
- Try thick crayons, dot markers or a pencil grip if holding a pencil is tiring.
- Standing at a wall or lying on the floor is fine. Comfort helps focus.

What to look for

- Touching each picture once as they count
- Saying the numbers in the same order each time
- Knowing the last number tells you "how many"
- Back-to-front numbers are very common at this age. Just keep tracing together.

More counting ideas and the full guide:
earlychildhoodedu.net

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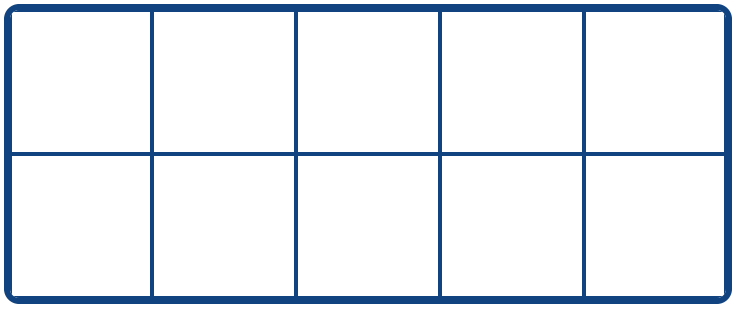
1 Koala finds 1 big leaf.

one

1 Count the leaf. Touch each one.



2 Colour 1 box in the ten frame.



3 Trace the number 1 with your finger, then a crayon.

1 1 1

one

one

Grown-up tip: Touch the leaf and say “one”. Pointing while you count is the skill.

I did it! ☐

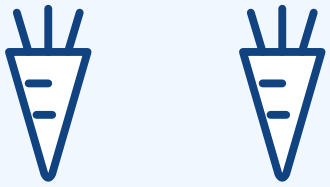
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2

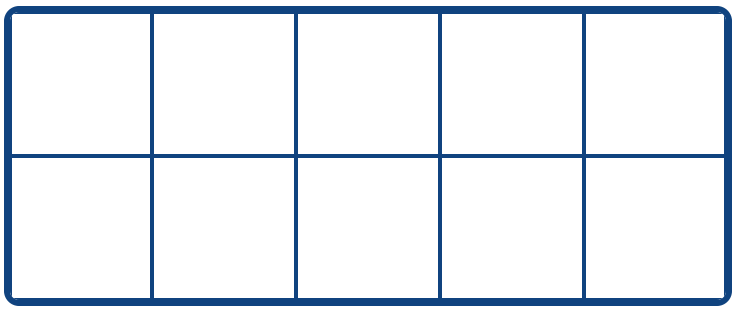
Wombat digs up 2 carrots.

two

1 Count the carrots. Touch each one.



2 Colour 2 boxes in the ten frame.



3 Trace the number 2 with your finger, then a crayon.

2 2 2

two

two

Grown-up tip: Put a real object, like a button or block, on each picture as you count.

I did it! ☐

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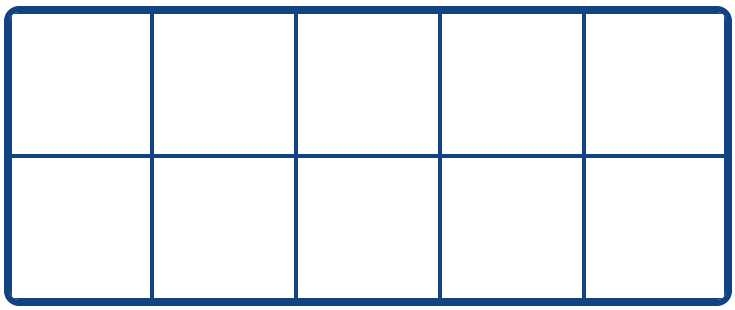
3 Echidna rolls 3 apples home.

three

1 Count the apples. Touch each one.



2 Colour 3 boxes in the ten frame.



3 Trace the number 3 with your finger, then a crayon.

3 3 3

three

three

Grown-up tip: At the end, ask “How many?” The last number we say tells us how many.

I did it! ☐

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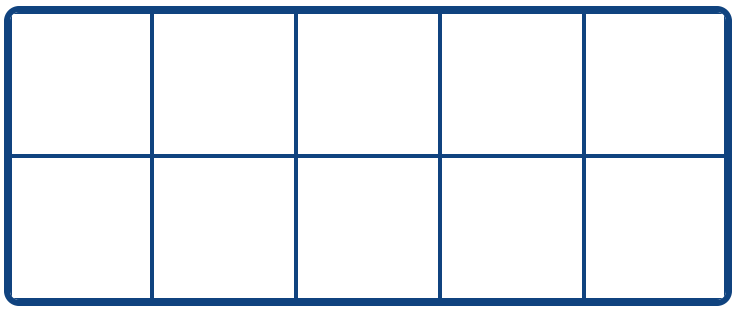
4 Platypus spots 4 fish in the creek.

four

1 Count the fish. Touch each one.



2 Colour 4 boxes in the ten frame.



3 Trace the number 4 with your finger, then a crayon.

4 4 4

four

four

Grown-up tip: Can your child see 4 without counting one by one? That is called subitising.

I did it! ☐

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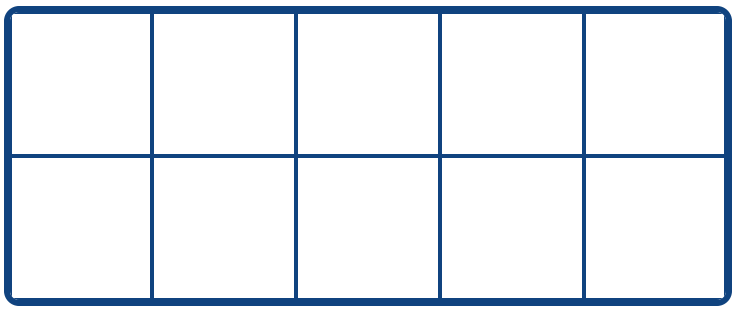
5 Kookaburra counts 5 stars.

five

1 Count the stars. Touch each one.



2 Colour 5 boxes in the ten frame.



3 Trace the number 5 with your finger, then a crayon.

5 5 5

five

five

Grown-up tip: Look: 5 fills the whole top row of the ten frame.

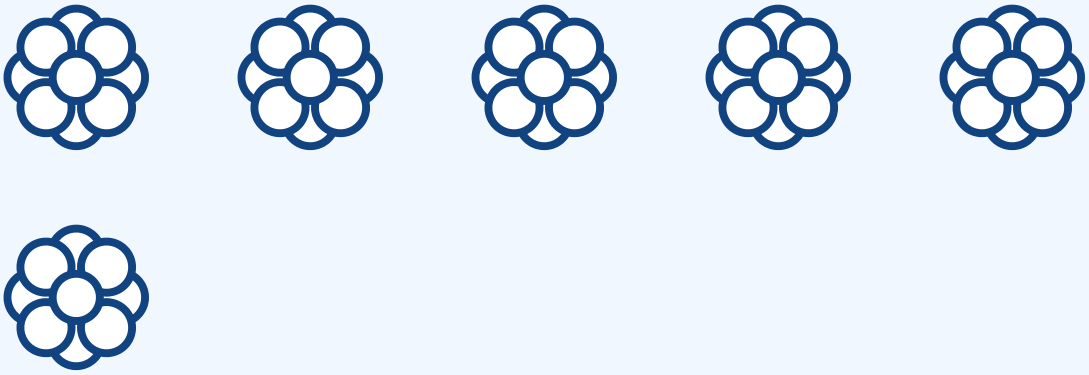
I did it! ☐

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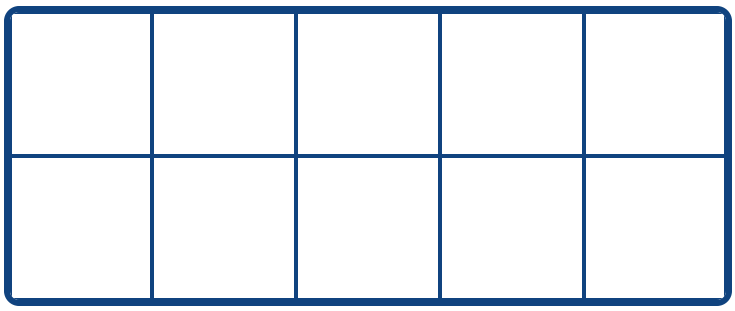
6 Possum picks 6 flowers.

six

1 Count the flowers. Touch each one.



2 Colour 6 boxes in the ten frame.



3 Trace the number 6 with your finger, then a crayon.

6 6 6

six

six

Grown-up tip: 6 is 5 and 1 more. Point to the full row, then the extra one.

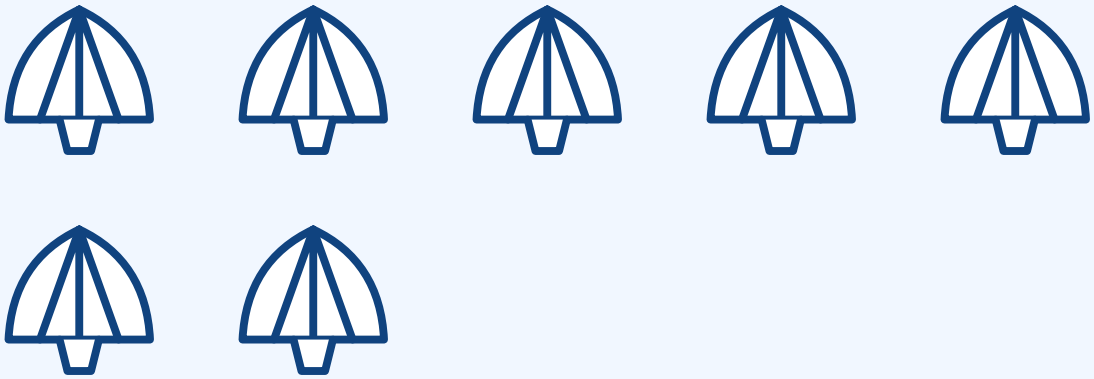
I did it! ☐

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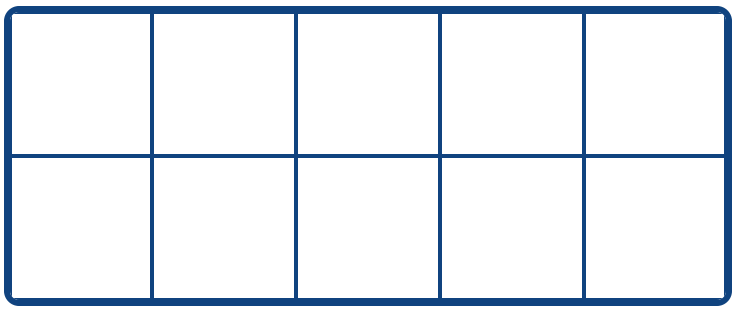
7 Turtle finds 7 shells on the sand.

seven

1 Count the shells. Touch each one.



2 Colour 7 boxes in the ten frame.



3 Trace the number 7 with your finger, then a crayon.

7 7 7

seven

seven

Grown-up tip: Count the shells, then jump 7 times together.

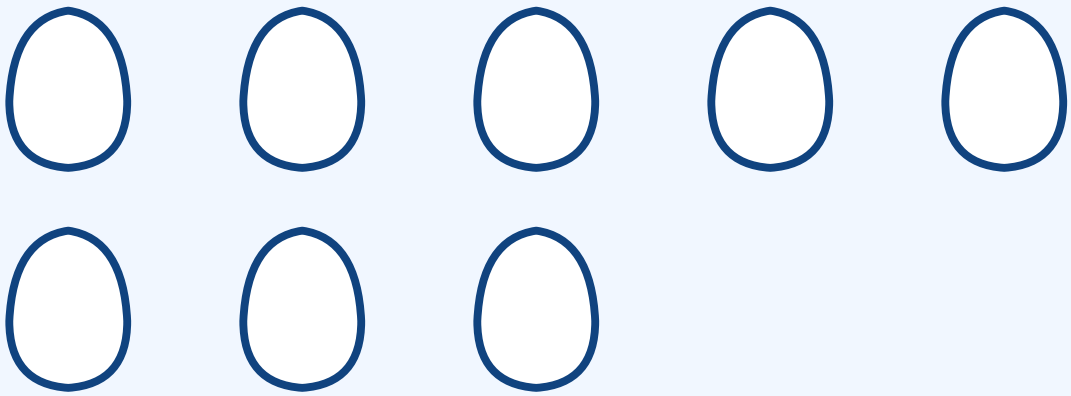
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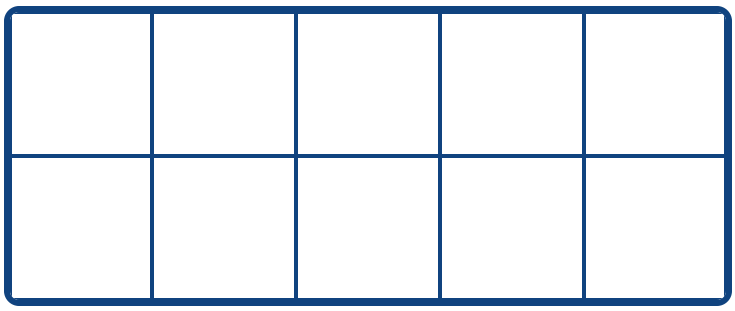
8 Hen sits on 8 eggs.

eight

1 Count the eggs. Touch each one.



2 Colour 8 boxes in the ten frame.



3 Trace the number 8 with your finger, then a crayon.

8 8 8

eight

eight

Grown-up tip: 8 is 5 and 3 more. Count the full row, then keep going.

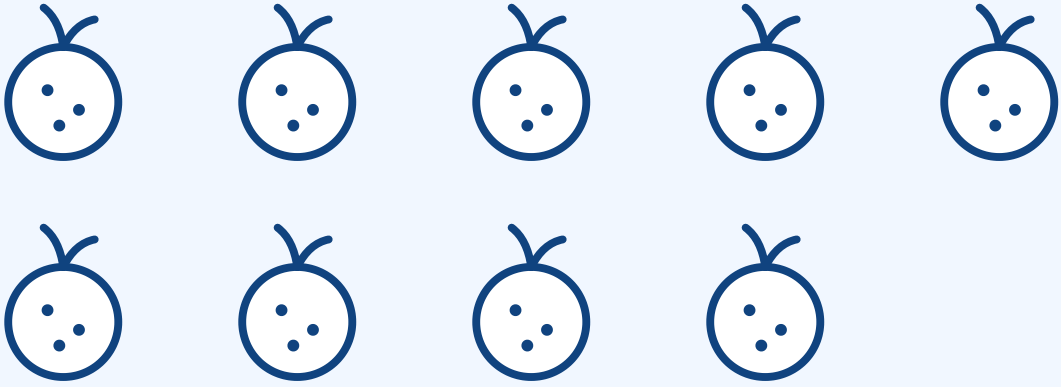
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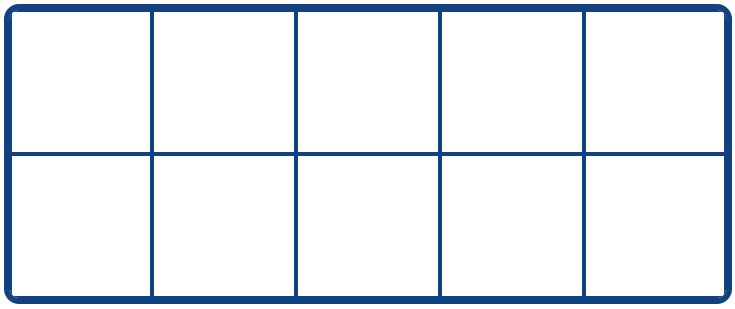
9 Kangaroo collects 9 berries.

nine

1 Count the berries. Touch each one.



2 Colour 9 boxes in the ten frame.



3 Trace the number 9 with your finger, then a crayon.







nine

nine

Grown-up tip: 9 is one less than 10. Which box in the ten frame is still empty?

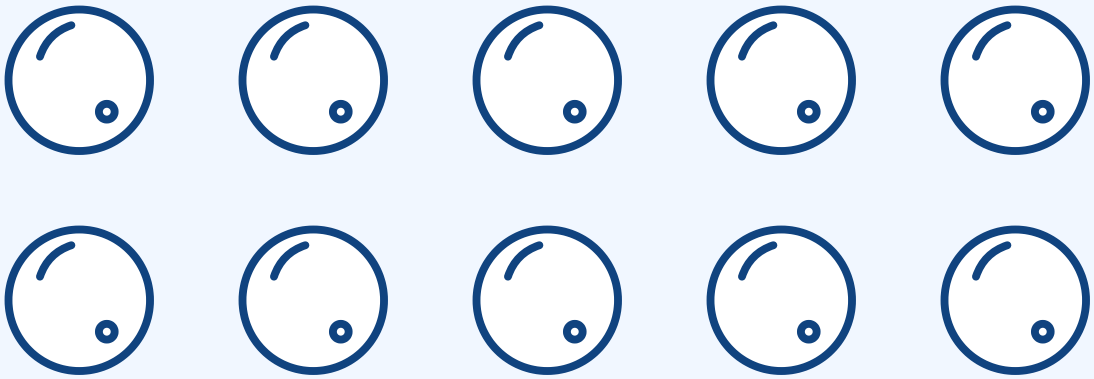
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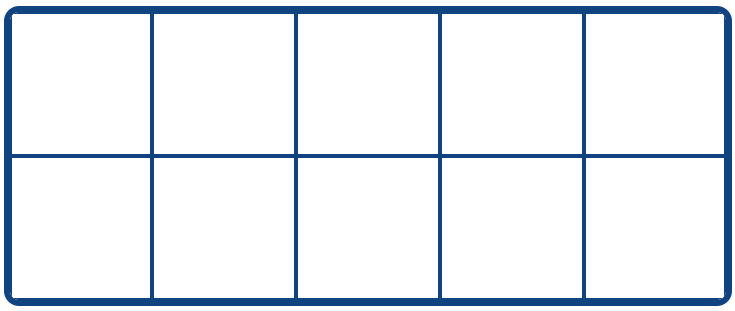
10 Frog blows 10 bubbles.

ten

1 Count the bubbles. Touch each one.



2 Colour 10 boxes in the ten frame.



3 Trace the number 10 with your finger, then a crayon.

10 10 10

ten

ten

Grown-up tip: 10 fills the whole ten frame. Every box is full!

I did it! ☐

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Count and Match 1 to 5

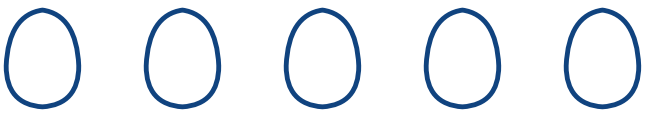
Count each group. Draw a line from the dot to the matching number.











Grown-up tip: If drawing lines is hard, your child can point, or place a counter on the matching number instead.

I did it! ☐

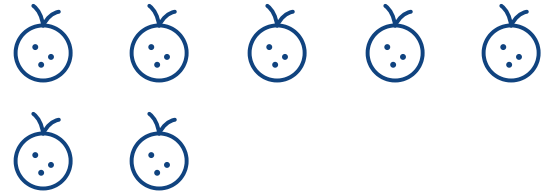
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Count and Match 6 to 10

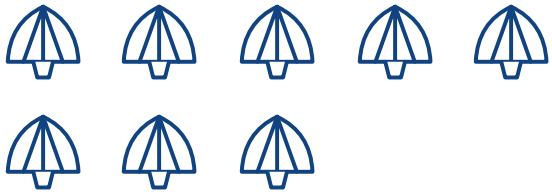
Count each group. Draw a line from the dot to the matching number.



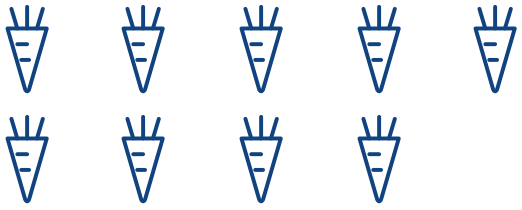
8



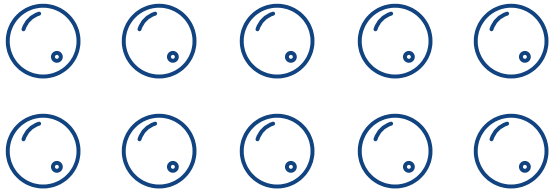
10



9



6



7

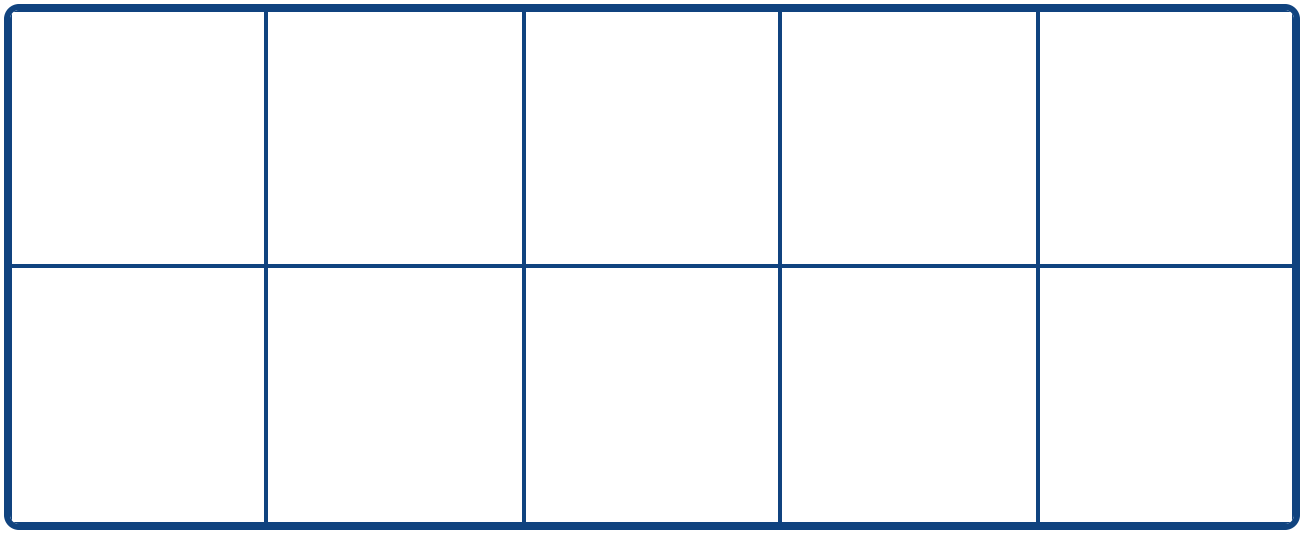
Grown-up tip: If drawing lines is hard, your child can point, or place a counter on the matching number instead.

I did it! ☐

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Build the Number

Cut out the number cards. Pick a card, then put that many buttons, blocks or pasta pieces in the ten frame. How many?



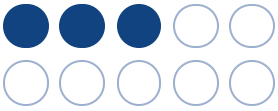
✂ Cut along the grey lines

0	1	2	3	4	5
6	7	8	9	10	

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Move and Count Cards

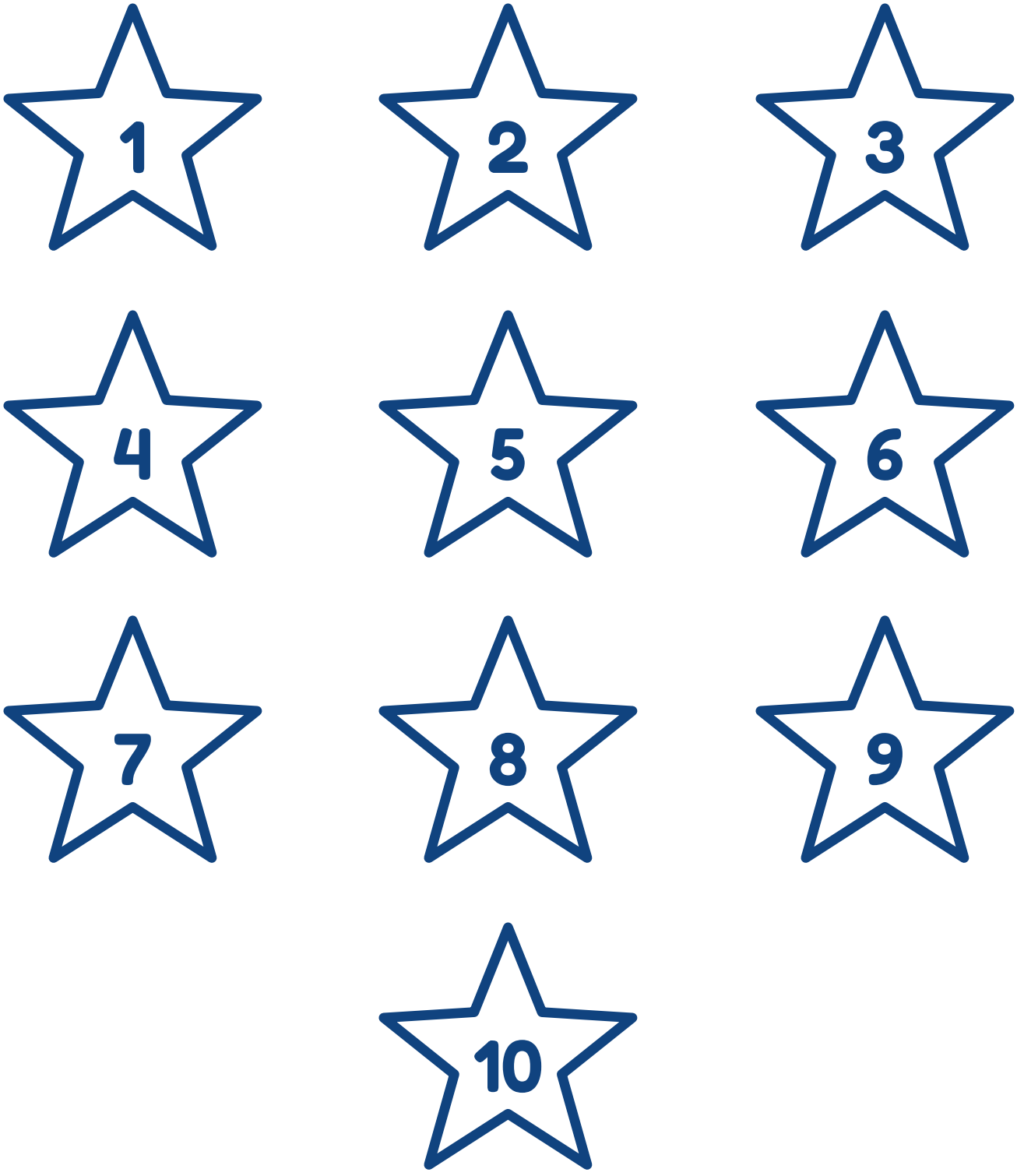
Cut out the cards. Pick one between worksheets, or any time your child needs to wiggle. Count out loud together.

2 **Hop 2 times** 	**3** **Jump 3 times** 	**4** **Take 4 slow balloon breaths** 
5 **Clap 5 times** 	**6** **Touch your toes 6 times** 	**7** **Squeeze your hands together 7 times** 
8 **Push the wall and count to 8** 	**10** **Wiggle your fingers and count to 10** 	**?** **My own idea:** _____ _____

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I Can Count!

Colour a star each time you finish a number page.



Name _____

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