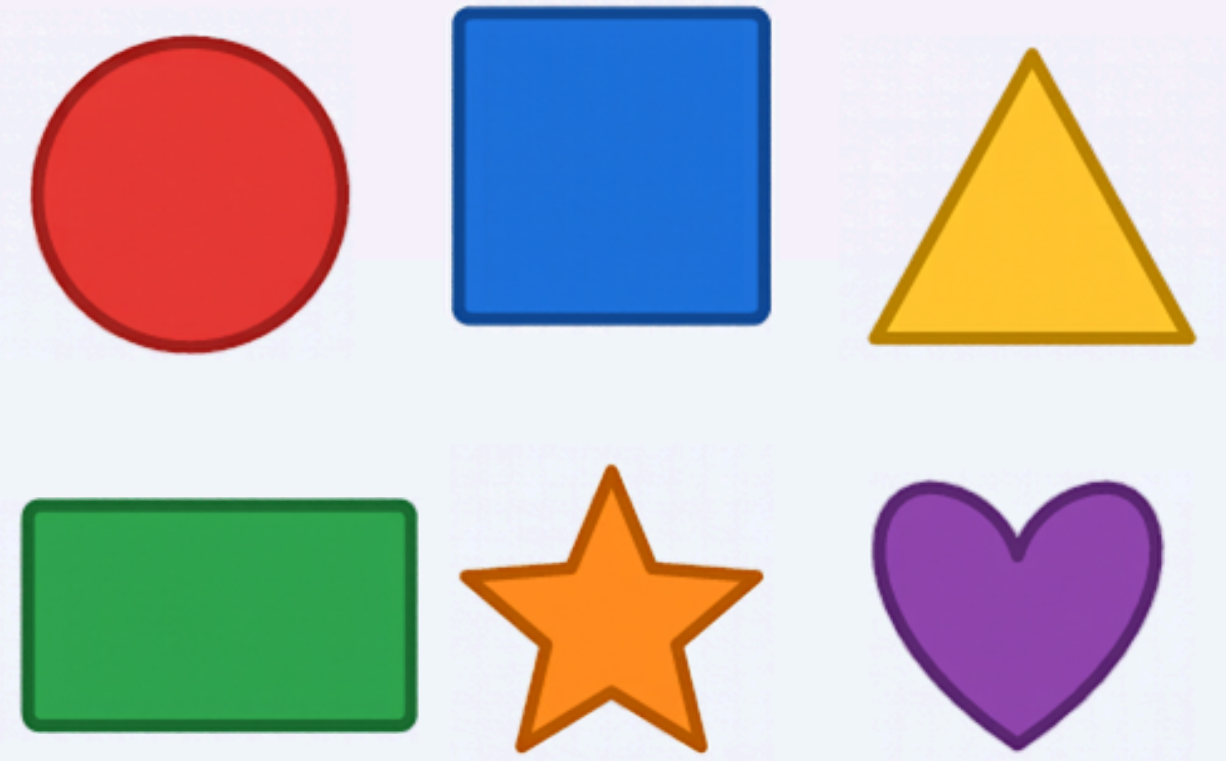
EARLYCHILDHOODEDUNET



Shapes & Colours Activity Pack

Calm, hands-on play for neurodivergent toddlers and preschoolers



Free 5 Page Sample

ADHD & Autism Friendly

No Dotted Lines Yet

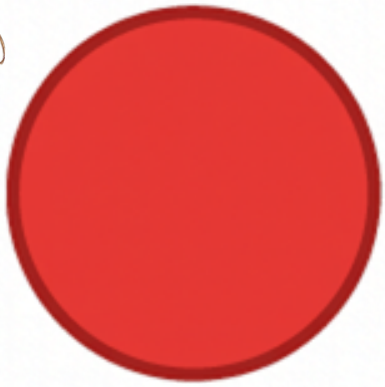
Print and Play

Created by Dr Dewi Griffith · earlychildhoodedu.net

Shape Cards

Cut out the cards. Hold, name and match them to real things around you.





circle



square



triangle

© 2026 EarlyChildhoodEduNet • earlychildhoodedu.net • For personal and single-classroom use

Colour the Circle

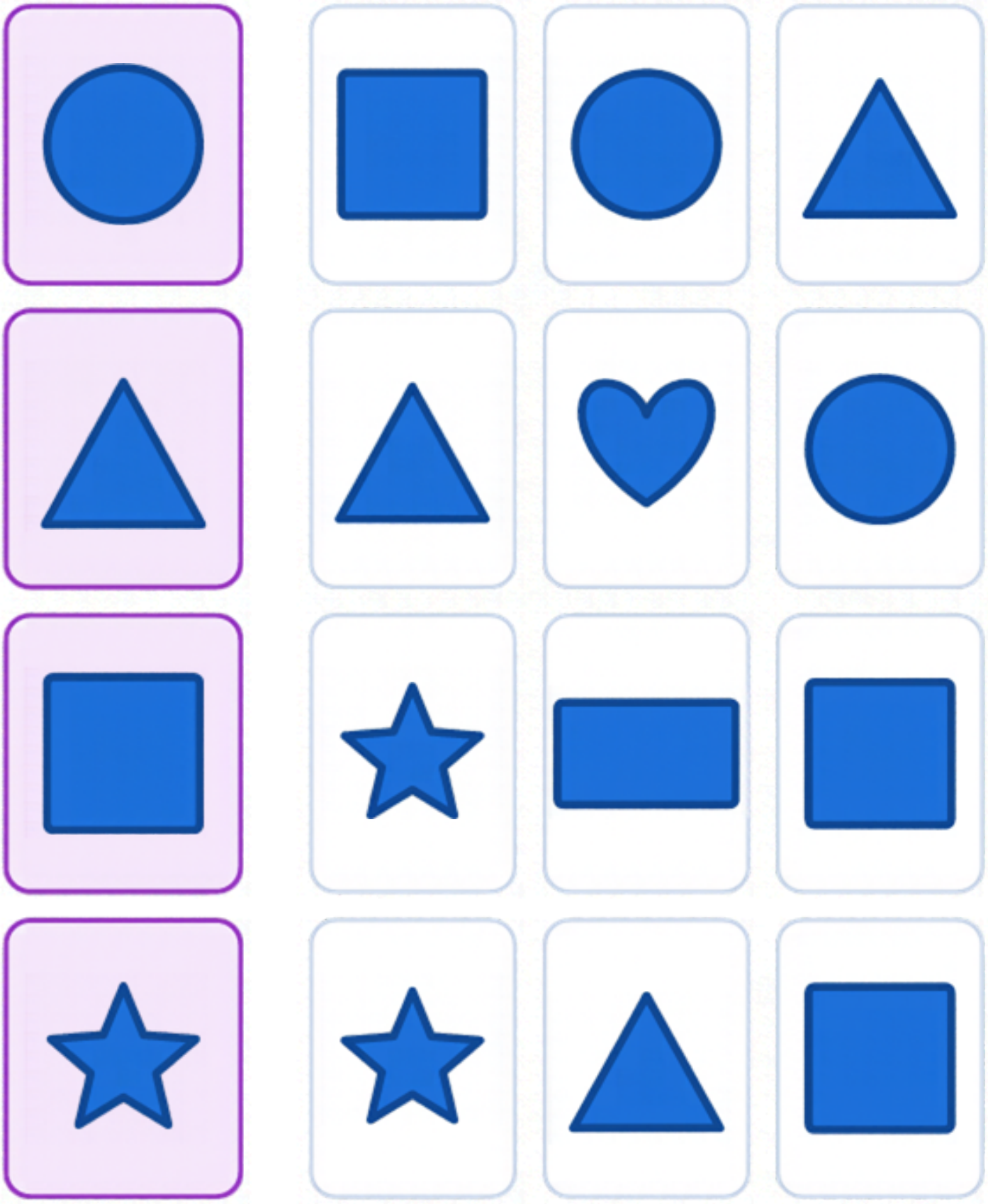
Colour, paint, add stickers or fill with playdough. Any colour, any way. Round all the way around.



© 2026 EarlyChildhoodEduNet · earlychildhodedu.net · For personal and single-classroom use

Find the Same Shape

Look at the shape in the purple box. Point to, or place a large counter on, the one that matches.



© 2026 EarlyChildhoodEduNet · earlychildhoodedu.net · For personal and single-classroom use

Shape Hunt

Walk around the house or the street. When you spot one, your child ticks the box, or adds a sticker or a big crayon mark.

☐



a circle
clock

☐



a round
plate

☐



a square
window

☐



a square
cushion

☐



a rectangle
door

☐



a rectangle
book

☐



a triangle
roof

☐



a triangle
sandwich

© 2026 EarlyChildhoodEduNet · earlychildhoodedu.net · For personal and single-classroom use