



Autumn Dot-to-Dot Activities for Kids

Fine Motor + Emotional Skills

Ages (4-6)

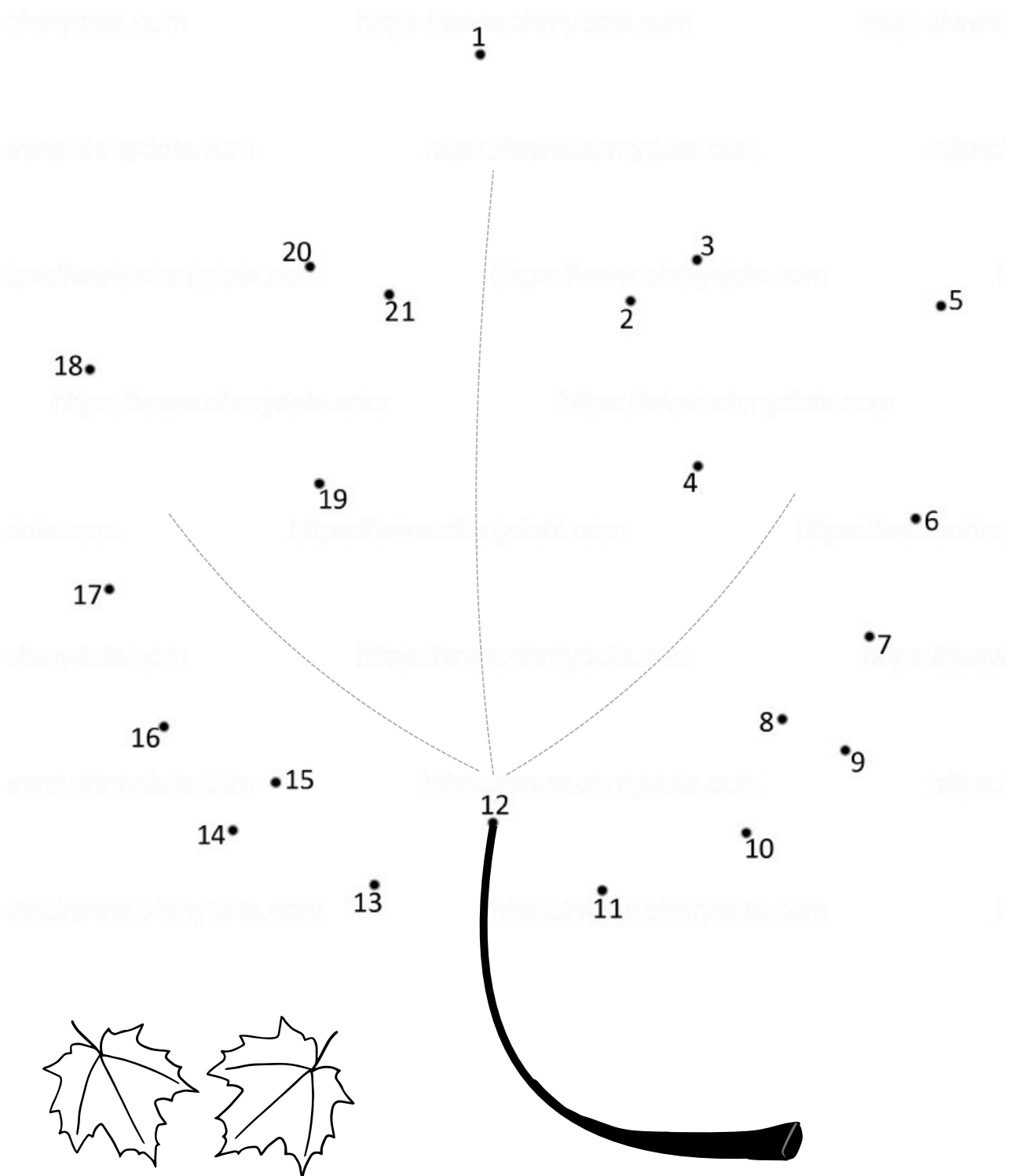
**FREE
PRINTABLE**



Calm Leaf



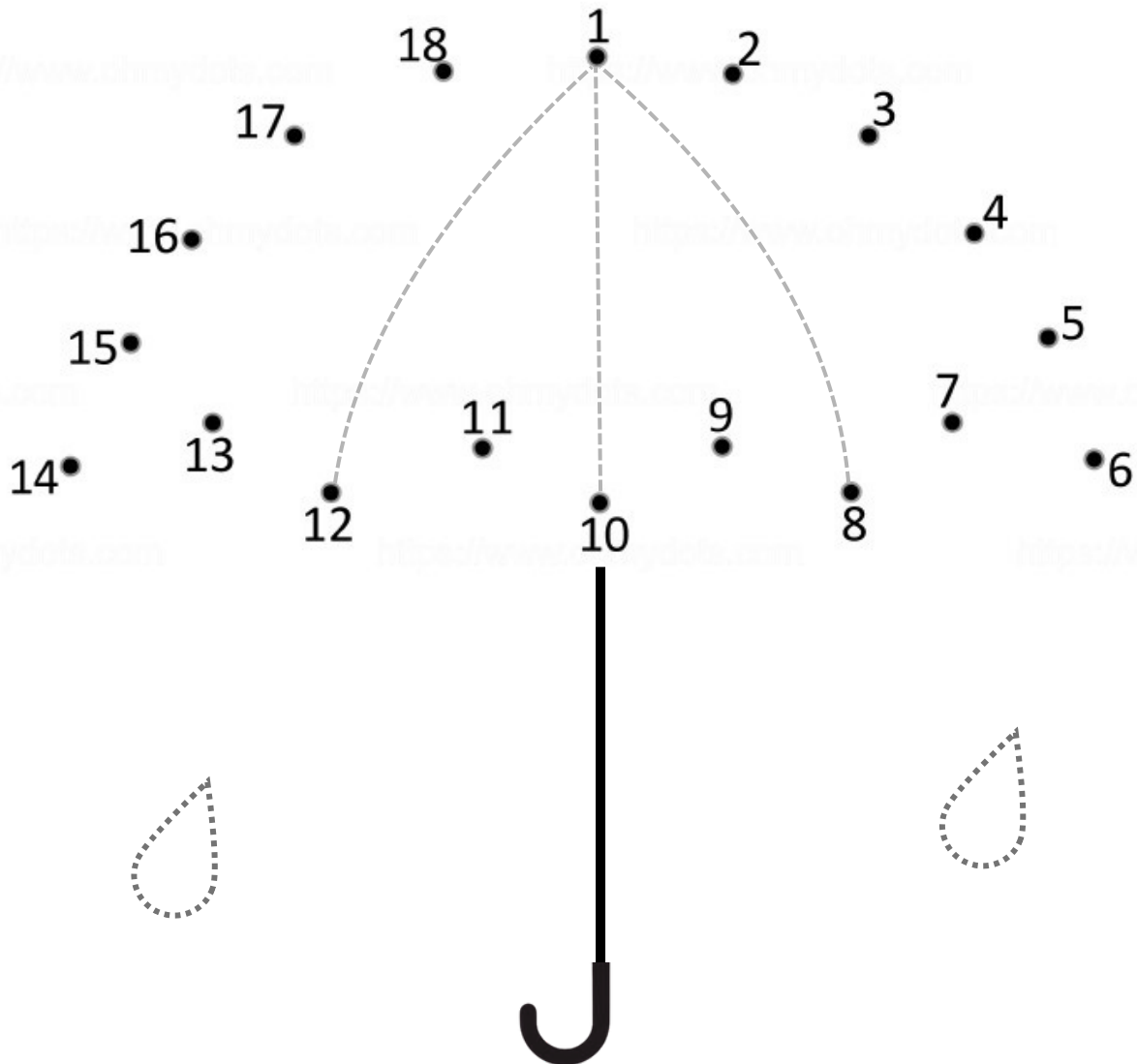
Follow the leaf's path and think of a moment that makes you feel calm.





Sad Umbrella

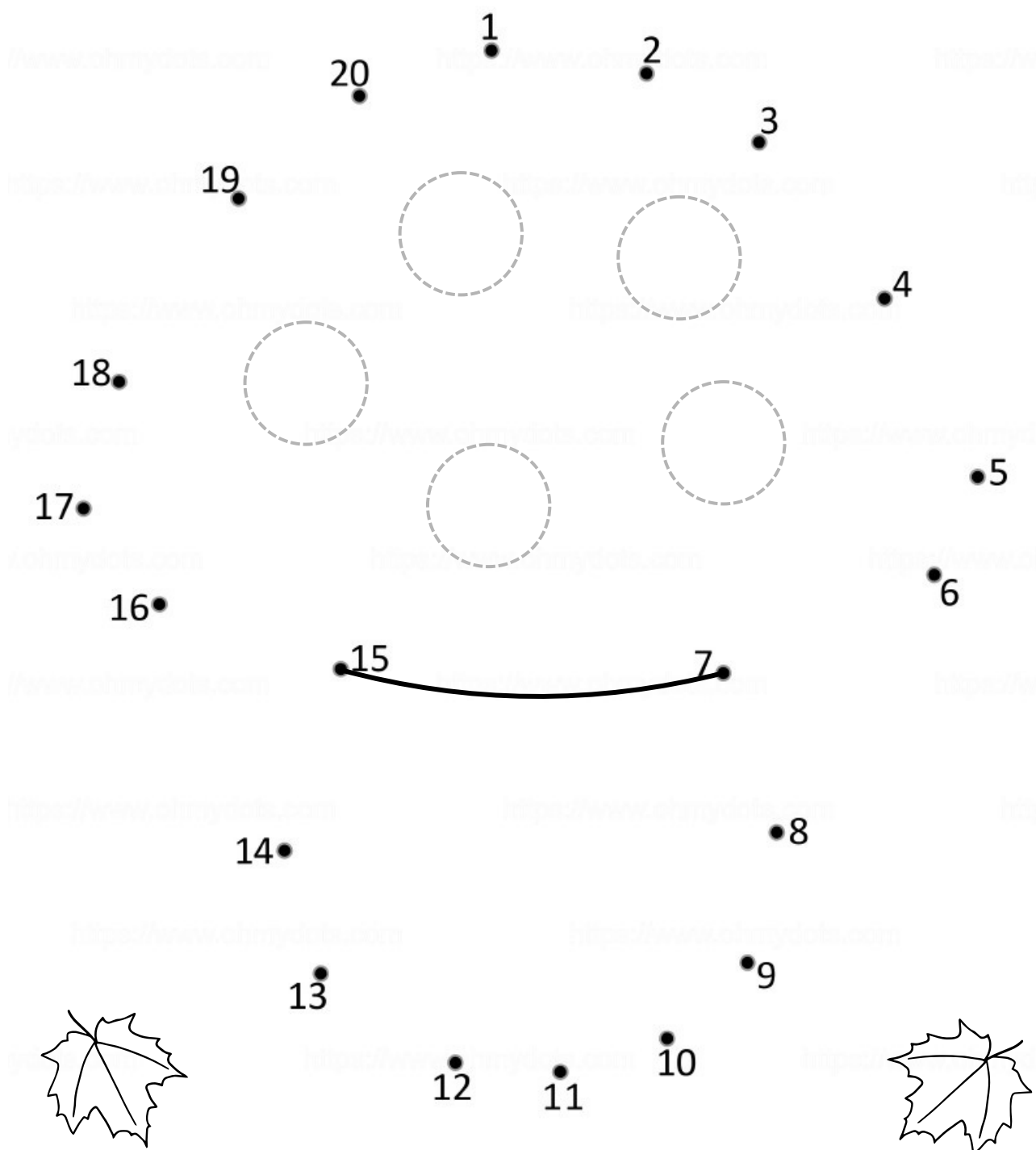
Trace the dots and think about a time you felt sad.



Bored Mushroom



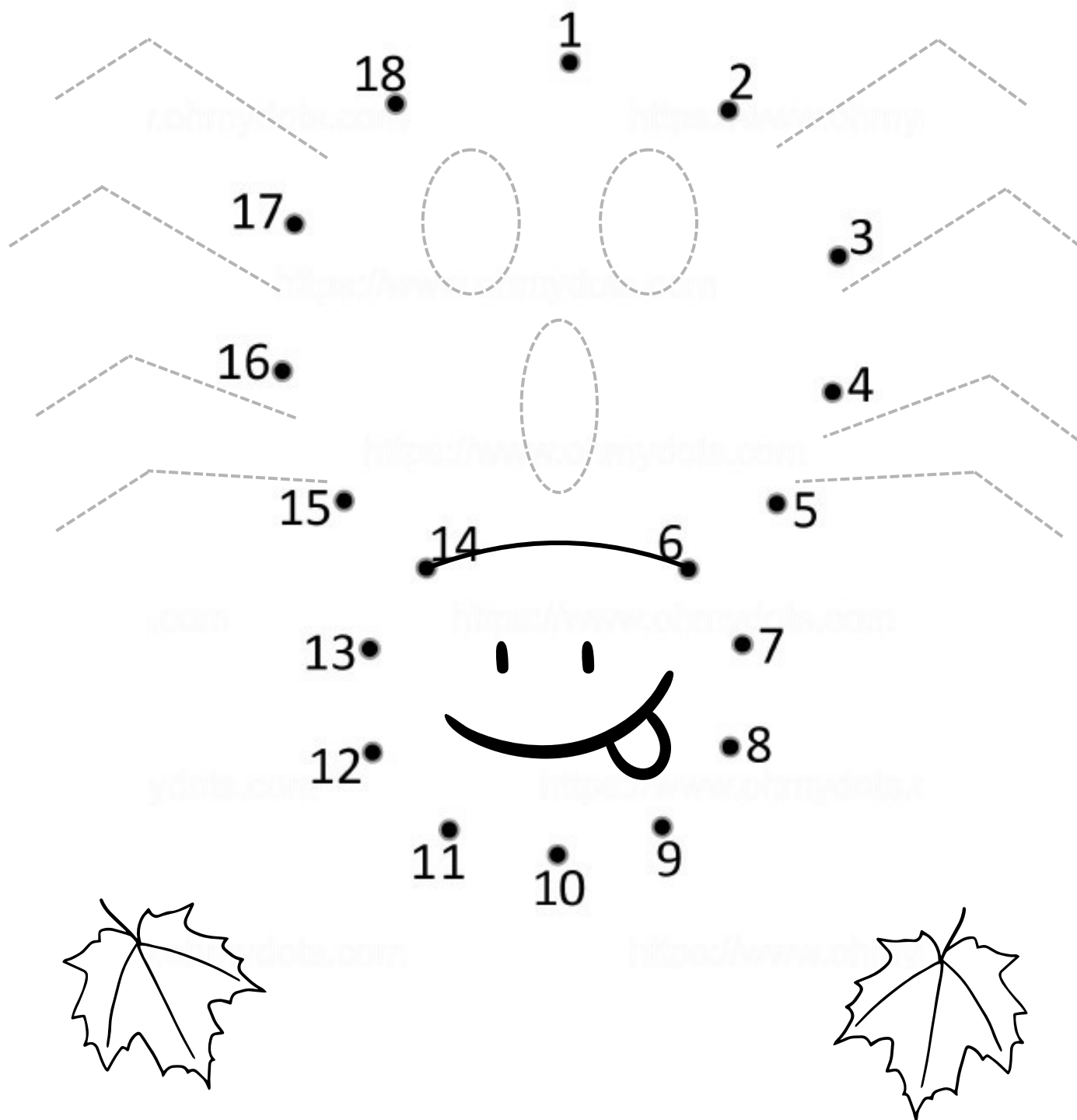
Follow the mushroom spots and think of something fun to do when you feel bored.





Disgusted Spider

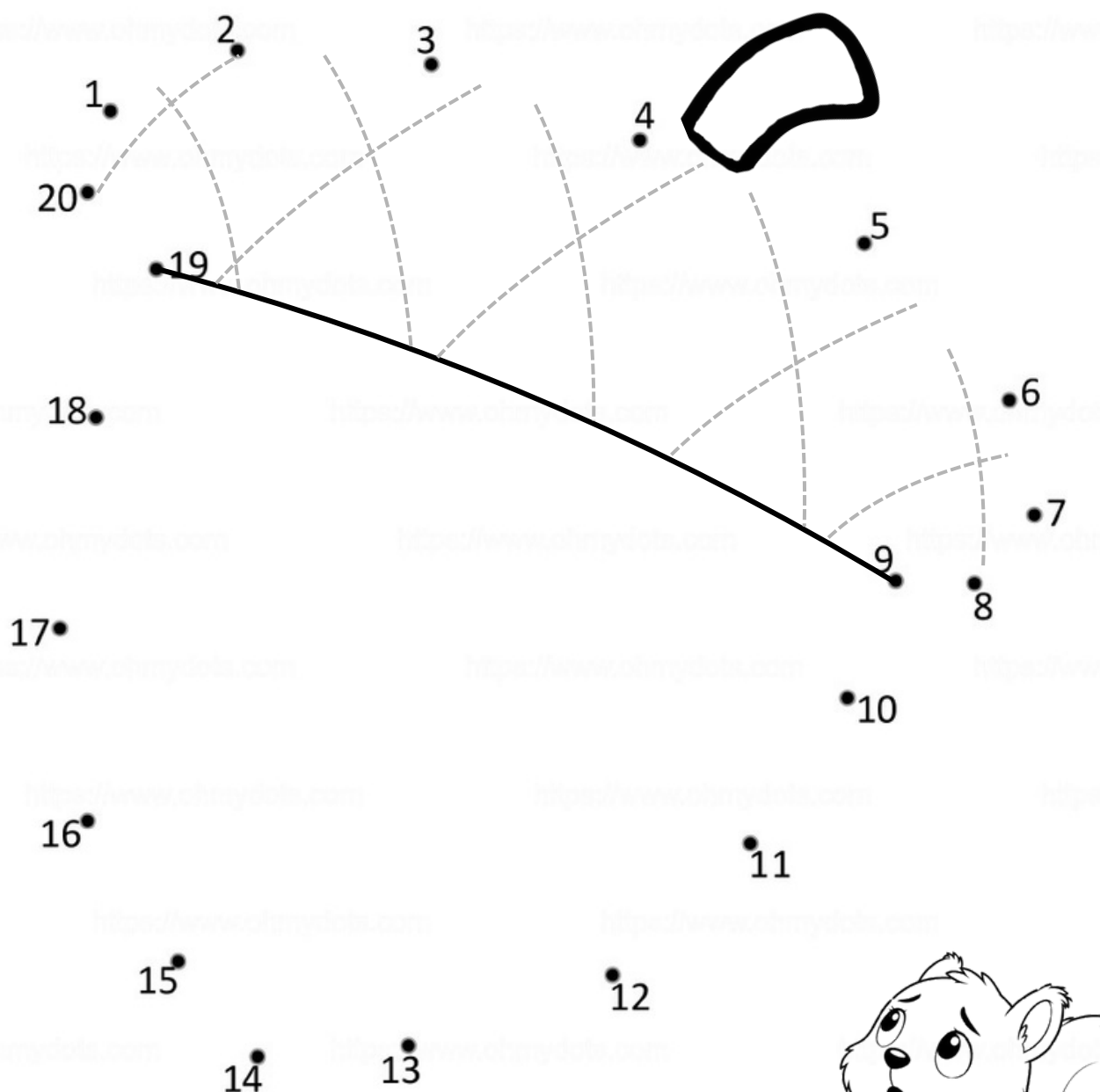
Connect the dots to reveal the spider and think of something that makes you say “eww!”



Worried Squirrel



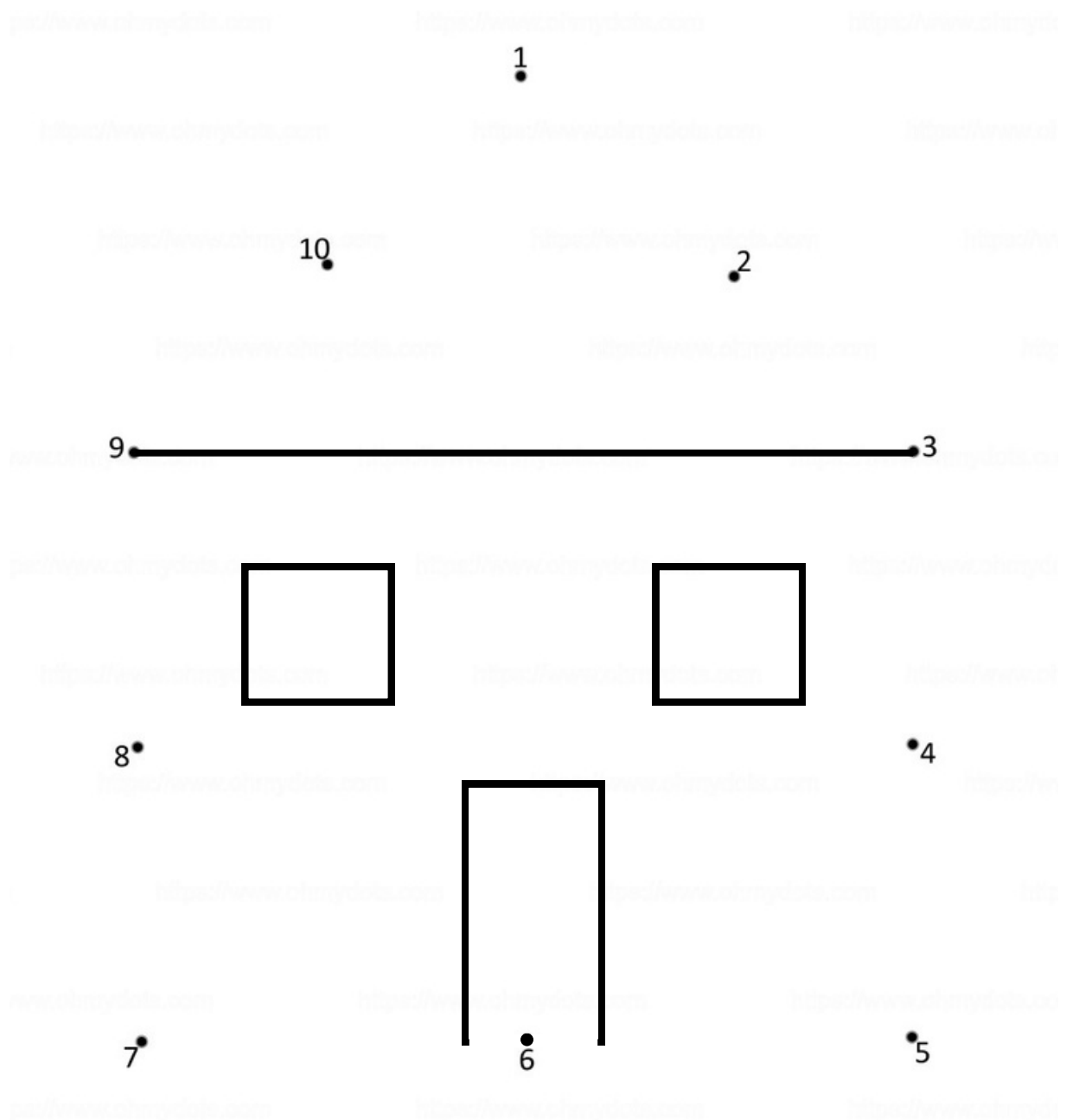
Connect the dots to reveal the acorn and think about the last thing that made you feel worried.





Safe Home

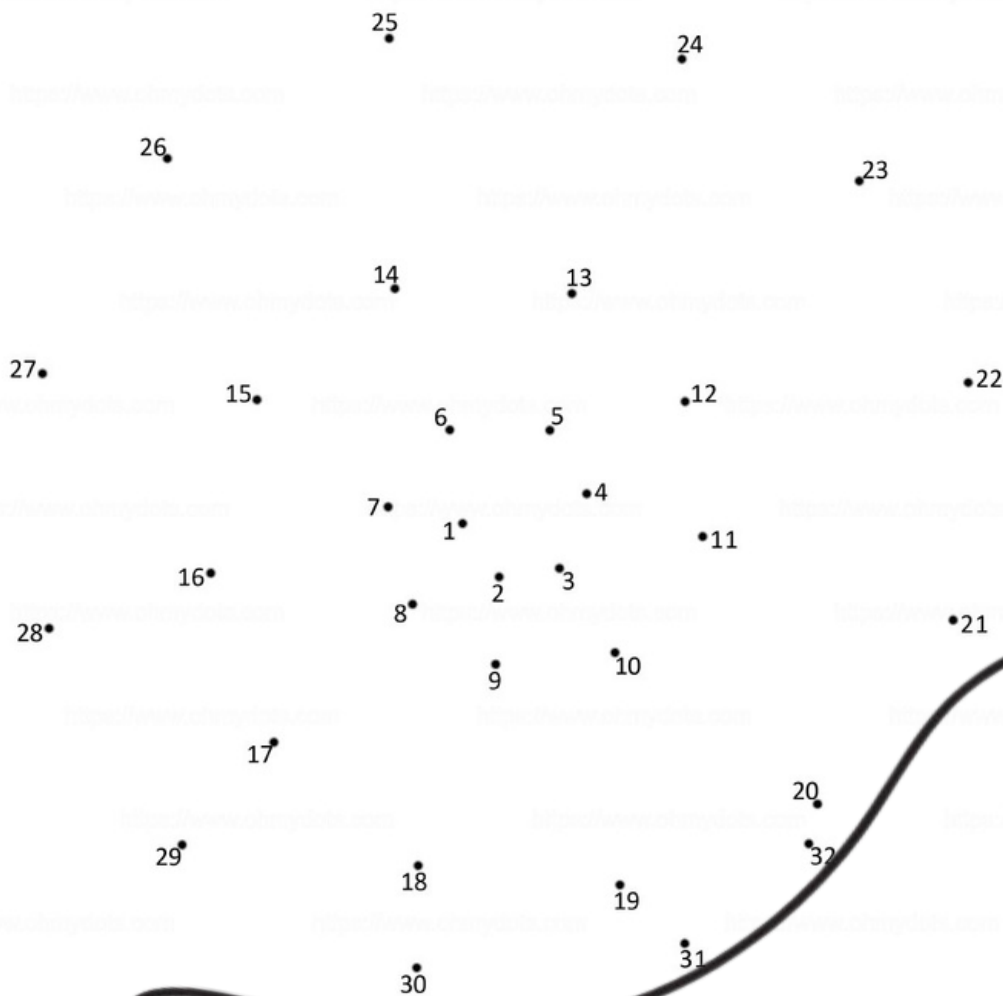
Follow the path home and think about a place where you feel safe.



Shy Snail



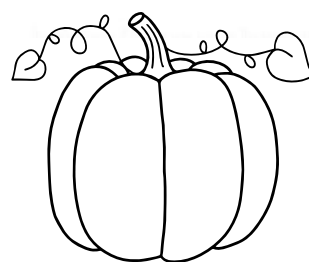
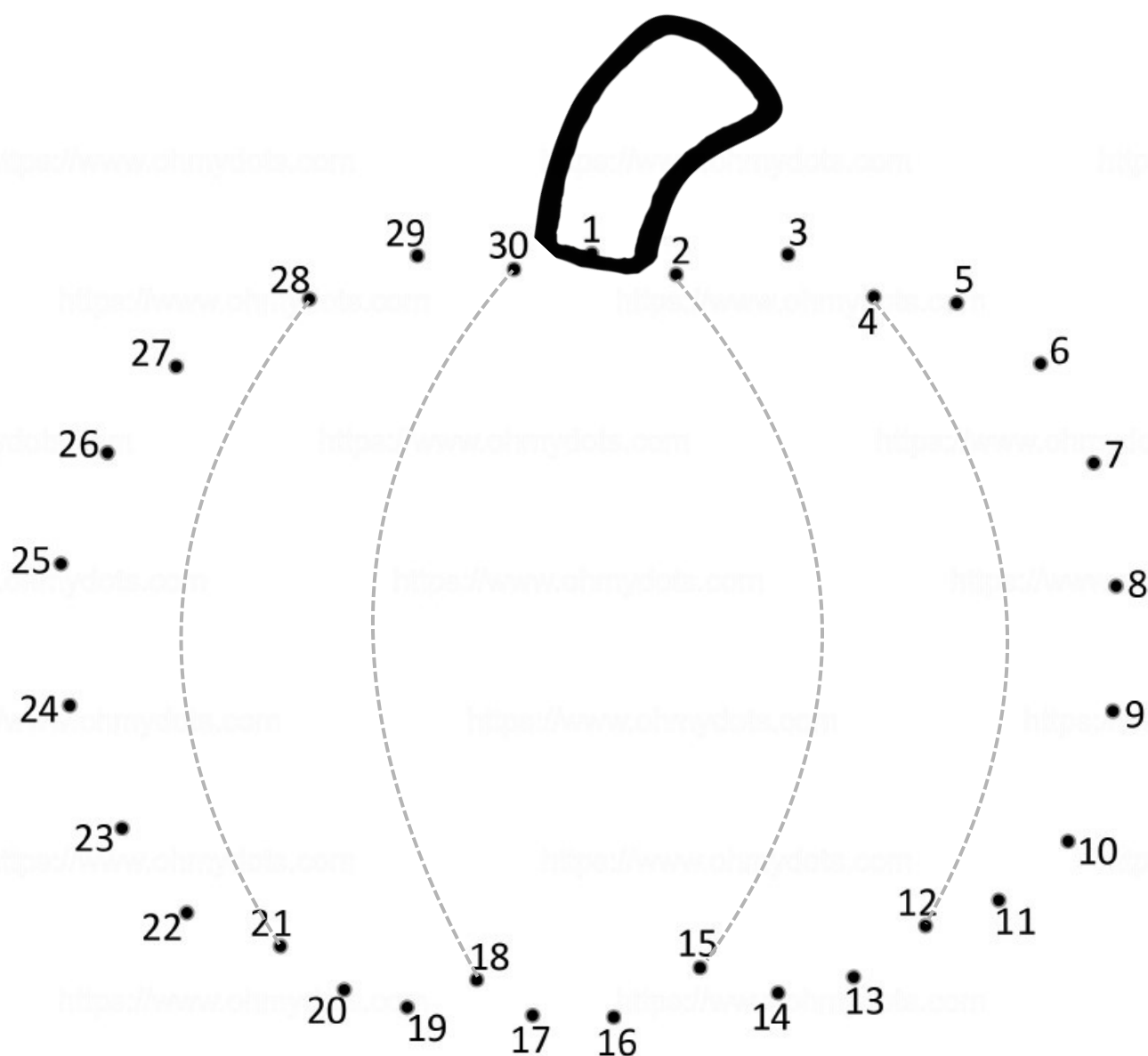
Follow the snail's trail and think of a small brave step you can take.





Gratitude Pumpkin

Follow the pumpkin's lines and think of something you are thankful for today.



More Seasonal Activities

This is part of a growing collection of printable activities designed to support children's emotional development through the seasons.

Each set includes new emotions and simple practices.



Spring Edition



Summer Edition



Winter Edition



Let's Connect!

https://www.pinterest.com/veronikamack_psych

Share the Joy!



I would love to see your little one in action! If you enjoyed these activities, please share a photo of your child's masterpiece on Pinterest or social media.

Don't forget to tag me or use the hashtag #VeronikaMackPsych. Your stories and photos inspire me to create more meaningful resources for our children!

With love,

Veronika Mack

School Psychologist