

Ditch the Dittos

Why Worksheets Don't Work in Preschool – and Why Hands-on Learning Matters

Why worksheets are not developmentally appropriate

Preschoolers are concrete learners

Worksheets limit movement—and movement is learning

Fine motor skills aren't ready for pencil-and-paper tasks

Worksheets have one right answer

Worksheets don't build real understanding

How hands-on, play-based learning builds stronger skills

Play activates the brain's neural learning systems—curiosity, exploration, and problem-solving

Play Deepens Cognitive Development

Play Builds Social & Emotional Intelligence

Play Enhances Physical Development

What young children actually need to learn

Sensory experiences

Social interaction

Open-ended materials

Real-life experiences

Additional Resources

[Worksheet Woes: Why Worksheets Don't Work in a Preschool Curriculum](#)

[Why worksheets are not appropriate for preschoolers](#)

[ACEI Speaks Brochure - Worksheets in Preschool: Too Much, Too Soon](#)

[The Paradox of Sitting Still in Preschool](#)

Reflection

How often do I currently use worksheets in my classroom?

What skills do I want the children to learn through the worksheet?

How can I use the worksheet topic to create hands-on learning opportunities?

What is my action plan for ditching the dittos?