

Christian Five-Finger Prayer for Kids (Free Printable)

Six pages: a cover, trace sheet, older-reader worksheet, poster, adult-cut reminder cards, and source ledger.

INSIDE THIS PDF

- Cover and five-finger use
- Preschool trace sheet
- Elementary and older worksheet
- Large hand poster
- Adult-cut reminder cards and source ledger

HOW TO USE

Adult-led · Ages approximately 4–12 · Participation is optional

LISTEN · DRAW · MOVE · SPEAK · AAC · PASS

STOP ANY TIME

You do not have to keep going. We can stop, move, get water, or sit with a trusted adult.

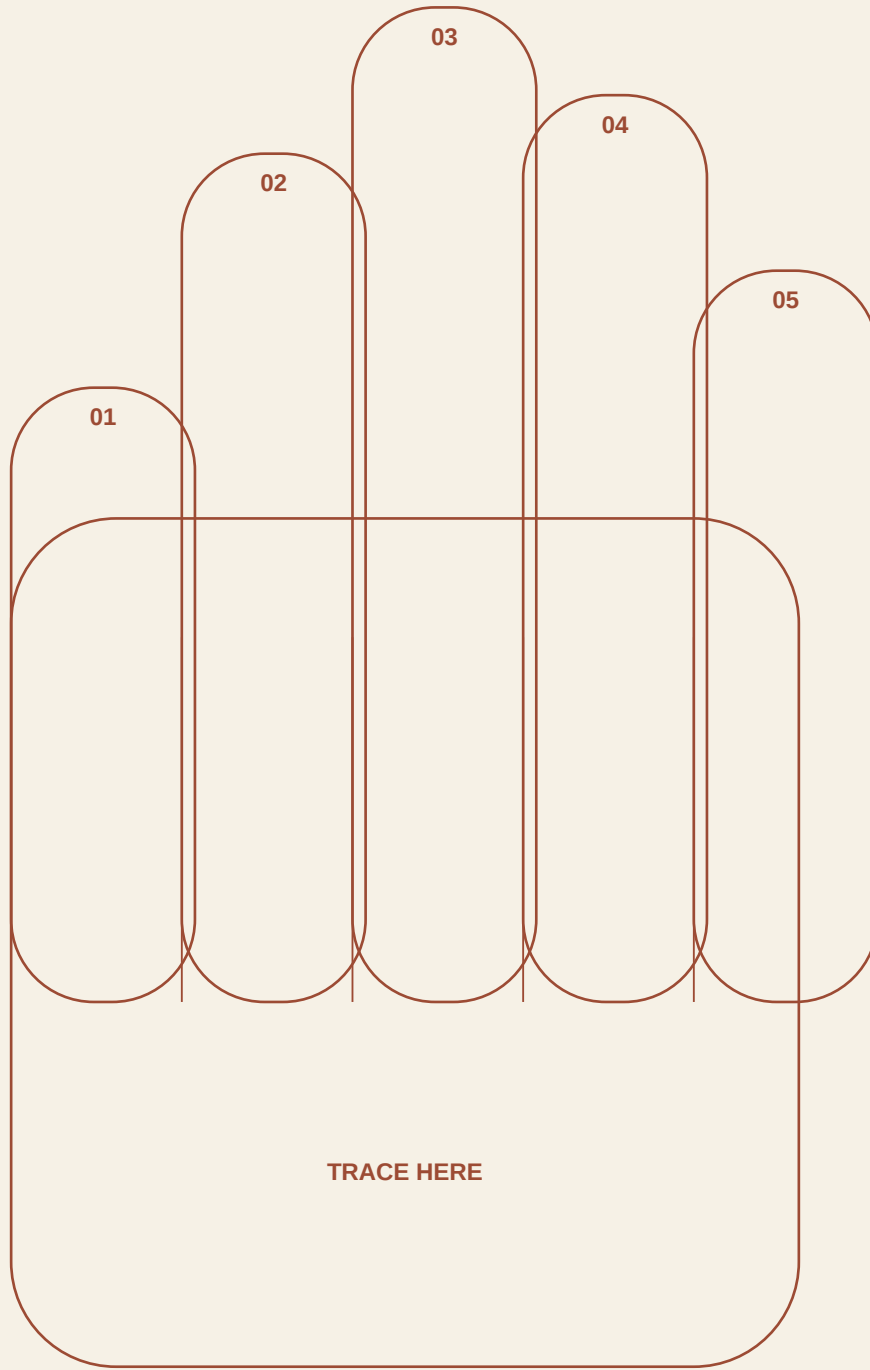
Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Preschool trace sheet

HAND TRACE · one large outline

Trace, point, draw, move, listen, use AAC, or pass. No touch or completion score is required.

FINGER ZONES



Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Elementary and older worksheet

OLDER READER WORKSHEET · six optional reminders

CUT

thumb-near-people

01/6

Thumb - people near us

REFERENCE

Philippians 4:6; James 5:16

SAY

God, thank you for the people and creatures near us. Help us notice and care for them.

ADAPT

Use a picture, a general category, a circle on paper, AAC, or listening. Never ask for a name or family disclosure.

CUT · LISTEN · DRAW · MOVE · PASS

index-guides

02/6

Index finger - people who guide us

REFERENCE

1 Timothy 2:1-2; James 1:5

SAY

God, give wisdom and kindness to people who guide and serve. Help us ask a trustworthy adult for help.

ADAPT

The adult supplies a broad category or picture. Do not praise silence about harm or imply that every authority is safe.

CUT · LISTEN · DRAW · MOVE · PASS

middle-hurting-people

03/6

Middle finger - people who are hurting

REFERENCE

Ephesians 6:18; Philippians 4:6

SAY

God, hold people who are hurting in your care. Show us one safe, practical way to be kind.

ADAPT

Use the general phrase, a shape, movement, quiet listening, or a pass. Prayer does not replace medical, pastoral, or emergency care.

CUT · LISTEN · DRAW · MOVE · PASS

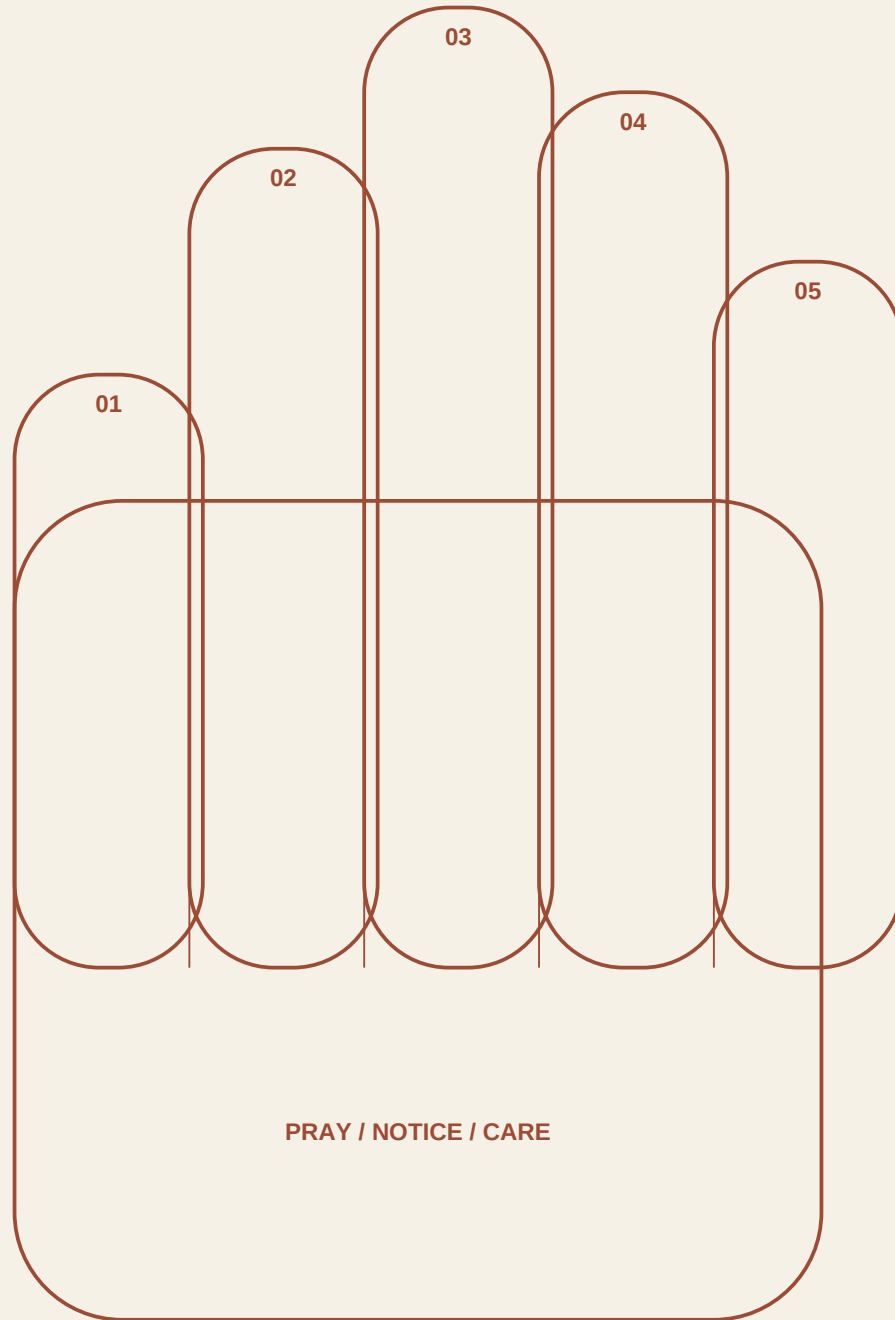
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Large hand poster

LARGE HAND POSTER

An adult can model one broad direction. Keep the poster visible and let each child choose a private, optional response.

FINGER ZONES



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Adult-cut reminder cards

ADULT-CUT REMINDER CARDS · six cards

CUT

ring-community

04/6

Ring finger – the wider community

REFERENCE

Matthew 5:44; 1 Timothy 2:1-2
SAY

God, teach our community to seek mercy and peace. Help us care for neighbors and the places we share.
ADAPT

Look at a map, draw a wide circle, hum, use a symbol, or pass. The adult chooses safe examples and follows host policy.

CUT · LISTEN · DRAW · MOVE · PASS

little-own-needs

05/6

Little finger – our own needs

REFERENCE

Psalm 56:3; Philippians 4:6; Psalm 13
SAY

God, you know what we need. Help us receive care, ask for help, and take the next wise step.
ADAPT

Use a blank box, an adult-provided example, AAC, a drawing, or a pass. Do not request a diagnosis, exact situation, or public disclosure.

CUT · LISTEN · DRAW · MOVE · PASS

worked-example

06/6

Worked prayer example

REFERENCE

Philippians 4:6
SAY

Thumb: God, thank you for people near us. · Middle finger: hold people who are hurting and help us respond safely. · Little finger: help us ask a trusted adult for the next wise step.
ADAPT

Use one line, a symbol, or a pass.

CUT · LISTEN · DRAW · MOVE · PASS

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Source ledger

SOURCE LEDGER

1 · World English Bible

Reference-first Scripture wording and public-domain rights. · Checked 2026-08-03

<https://ebible.org/web/>

2 · CAST UDL Guidelines 3.0

Multiple ways to listen, draw, move, communicate, and pass. · Checked 2026-08-03

<https://udlguidelines.cast.org/>

3 · UNICEF safeguarding policy

Adult response, prevention, and referral boundaries. · Checked 2026-08-03

<https://www.unicef.org/documents/safeguarding-policy>

4 · Federal Trade Commission

Data minimisation and no child-directed collection claim. · Checked 2026-08-03

<https://www.ftc.gov/business-guidance/privacy-security/childrens-privacy>

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<https://sabbathmeditation.com/kids/five-finger-prayer>