

Activity Timers

Directions

- Cut out the pages of the book on the dashed lines and fold on the solid lines.
- Place the pages inside the cover page and staple the edges together to make a book.
- Choose an action for your child to do and using a stop watch, see how many he can do in five seconds. Write in the record book how many he did and then try again.
- On the blank pages of the book make up your own records for your child to try.

Cover Page



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Hopping

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Spinning

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Jumping Jacks

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Clapping

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Running up the Stairs

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First Page

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