

# Activity Timers

- HELP** - Color and cut out pieces. Fold on the solid lines.
- Place the pages inside the cover page and staple the edges together to make a book.
  - Choose an action to do and using a stop watch, count how many are completed.
  - Write in the record book how many were completed.

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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