

Exercise Numbers

EXPLAIN - It is important that we exercise our bodies. Which means we take time to move our bodies, like running, playing, climbing and jumping.

HELP - Color and cut out pieces.

- Put both sets of cards face down in two separate piles.

CHILD - Draw an exercise card and a number card. Do the exercise the number of times on the card.

1 One

2 Two

3 Three

4 Four

5 Five

6 Six

7 Seven

8 Eight

9 Nine

10 Ten

Jumping Jacks

Push Ups

Sit Ups

Bunny Hops

Jump High

Stomp Feet

Clap Hands

Spin Around

Touch Toes

Kick Leg

Copyright Homemade-Preschool.com