Print or create your own on paper. Have your child cut the numbers apart or you assist the. Place numbers in a bag, hat, sock to pull one out at a time. Cut the movement activity and place in another bag/hat. Pick one and complete. Ex. Tap knees 5 times.

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</tbody>
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- Tap your knees
- Jump up and down
- Clap your hand
- Flap your arms
- Spin in a circle
- March in place
- Bend and touch your toes
- Stretch up high and reach the sky
- Tap your head
- Twist side to side
- Jog in place

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