

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.

1	2	3	4	5	6
7	8	9	10	11	12
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		
Push ups	Twist side to side		Jog in place		