

Number Moves!

Materials: Small pieces of paper, marker/pen, hat/bowl/bag, open space for movement.

Lesson Activities:

1. Preparation (2 minutes):

- Write numbers (start with 1-5, adjust based on the child's level) on small pieces of paper.
- Fold the papers and place them in the hat or bowl.

2. Warm-up (3-5 minutes):

- Engage in simple stretches: reach for the sky, touch toes, arm circles.
- Introduce the activity: "Today we're going to play Number Moves! We pick a number and do a fun action that many times!"

3. Number Moves Activity (10-15 minutes):

- Have the child pick one folded paper from the hat.
- Help the child unfold it and identify the number together. "Look, you picked the number [Number]!"
- Choose an action (or let the child choose). Examples: Jumps, claps, hops, stomps, spins, arm circles, toe touches.
- Perform the action together while counting aloud. "Let's do [Number] jumps! Ready? One... two... [continue to number]!"
- Place the number aside or back in the hat for more rounds.
- Repeat the process several times with different numbers and actions. Encourage the child to suggest actions too!

4. Cool-down & Review (3-5 minutes):

- Sit down and take a few calm breaths.
- Review the numbers picked: "Can you remember some of the numbers we moved to today? We did [Number] jumps and [Number] claps!"
- Praise the child's effort and counting.

Differentiation:

- **Support:** Use only numbers 1-3. Focus on one type of movement. Use visual aids like dot cards alongside numerals. Provide physical assistance with movements.
- **Challenge:** Use numbers up to 10 or higher. Introduce slightly more complex actions (e.g., jumping jacks). Ask simple addition questions related to the numbers picked ("You picked 2 and then 3, how many moves is that altogether?"). Have the child try writing the number after picking it.

Assessment: Observe the child's ability to recognize the numbers, count while moving, and perform the actions. Note engagement and enjoyment.