

Move & Count Fun! (Ages 4)

Materials:

- A hat, bowl, or bag
- Small pieces of paper
- Marker or pen
- Open space for movement

Lesson Procedure:

1. Preparation (Do this beforehand):

- Write numbers 1 through 10 clearly on separate small pieces of paper.
- Fold the papers so the number isn't visible.
- Place the folded papers into the hat or container.

2. Introduction (5 minutes):

- Gather the child in an open space suitable for movement.
- Say: "Today we're going to play a super fun moving game with numbers! We have numbers hiding in this hat. We'll pick one out, see what number it is, and then do a fun movement that many times! Are you ready to move and count?"

3. Activity (10-15 minutes):

- Hold the hat out and ask the child to pick one piece of paper.
- Help the child unfold the paper and identify the number. "You picked the number 5! Let's see... what movement should we do 5 times?"
- Suggest or let the child choose a simple movement. Examples:
 - Jumping Jacks
 - Hops on one foot (then switch!)
 - Claps
 - Stomps
 - Spins
 - Touching toes
 - Arm circles
- Model the movement and count aloud together as the child performs the action the correct number of times. "Okay, let's do 5 big jumps! Ready? One... two... three... four... five! Great job!"
- Put the paper aside (or back in the hat for more repetition) and let the child pick another number.
- Repeat the process for several rounds, using different movements. Keep it energetic and fun!

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

- After several rounds, sit down for a brief rest.
- Review some of the numbers picked. "Wow, we did 3 spins and 7 claps! Can you show me 3 fingers? How about 7?"
- Praise the child's effort in both counting and moving. "You did an amazing job counting and moving your body today!"

Tips for Success:

- Keep the pace brisk and positive.
- Offer plenty of encouragement.
- If the child struggles with a number, gently guide them.
- Join in the movements yourself to make it more interactive!
- Adjust the number range (e.g., 1-5) if 1-10 is too challenging initially.