



Twist Your Body to Find the Number

Find number cards with your hands and feet and hold a funny pose.

Helps Your Child Grow



Counting and Cardinality

Hearing a number, finding the matching numeral card, and placing the requested hand or foot on it helps your child connect a spoken number name with its written symbol.

Steps

- Tape large number cards from 1 to 10 on the floor for a whole-body number challenge.
- Call out one body part and number at a time: “Left hand on 3,” then “Left foot on 7,” until both hands and feet each rest on a card.
- After reaching the correct number, your child holds the pose and waits for the next direction.
- The growing combination will create funny stretched and twisted shapes. Take a photo before the pose becomes too hard to hold.
- If your child cannot reach or balance, end the round and restart. The physical position - not number knowledge - may be the difficult part.
- For a later challenge, call a simple expression instead of the number: “Left hand on the answer to $2 + 1$.”

Tips

- Begin with only the numbers 1 - 5. Add numbers up to 10 after your child is familiar with the game so finding the next number does not become too difficult.
- Outdoors, draw the numbers on the ground with chalk. The extra space gives your child more room to stretch their arms and legs.

Observations

- ☐ Finds the matching numeral after hearing a number
- ☐ Uses the requested left or right hand