Count and Move 1 to 5

Preschool-Pre-K | Early math | Multisensory

Learner: _____ Date: _____

Choose a movement that feels safe. Do it the number of times shown, or move counters instead. Stop whenever the learner wants.

1 STRETCH

2 TAPS

3 WAVES

4 BLINKS

5 STEPS OR ROLLS

Grown-up check: Complete 1, 2, 3, 4, and 5 actions respectively. Adapt every action for comfort and mobility.

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