Count Body Actions 1 to 6

Pre-K-Grade 1 | Counting | Adaptable movement | Color

Learner: _____ Date: _____

Do each safe action the shown number of times. Count aloud, point to numbers, or have a partner count. Every action can be done seated.

1 SHOULDER ROLL

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2 PALM PRESSES

○ ○

3 KNEE TAPS

○ ○ ○

4 GENTLE REACHES

○ ○ ○ ○

5 FINGER WIGGLES

○ ○ ○ ○ ○

6 SLOW BREATHS

○ ○ ○ ○ ○ ○

Grown-up check: 1 shoulder roll; 2 palm presses; 3 knee taps; 4 gentle reaches; 5 finger wiggles; 6 slow breaths. Adapt or skip any movement.

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