



Exercise Counts

Combine counting and moving in playful ways that help your child practice counting and one-to-one correspondence while getting some exercise. For example:

- **Play “Simon Says” with number words.** For example, “Simon Says do 5 jumping jacks” or “Simon Says clap 17 times.” For slightly older children, you might incorporate basic addition and subtraction: “Simon says touch your toes $7 - 1$ times.” Or “Simon Says tap your head $2 + 2$ times.” Count the motions out loud with your child as they move, helping them say just one number word for each motion.
- **Pose movement challenges.** For example: “How many times can you bounce the ball in a row?” or “Can we tap the balloon at least 20 times before it drops?” or “Let’s kick the ball back and forth 8 times without stopping!”
- **Dice or card movements.** If you have one or two dice (from a board game) or a deck of cards, have your child roll the die (or dice) or close their eyes and pick a card. Then have them choose an action (hopping, skipping, jumping, giant steps, baby steps, etc.) and do that action the exact number of times shown on the die/dice or card. Count the motions out loud together as they move, helping them say just one number word for each motion. If desired, you and your child might draw pictures of actions on paper or index cards and use those to decide the movements.
- **Make up your own movement activities and games with numbers!**

Share your activity ideas or pictures or videos from your activities in the “[UChicago Ready, Set, STEM!](#)” Facebook group in the [Topic: Exercise Counts](#).

Find more activities like this at: <http://www.ucreadyssetstem.com>
*Ready, Set, STEM is developed at the University of Chicago and
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