

MATH & MOVEMENT™

Sit Down Math Activity Guide

Movement can be a great way to get kids energized and to work off excess “fidgets.” But it can also be a good way to help them settle their minds and focus. These cross-body movements, intended to be done at the desk or table in a quiet voice, can bring the students back to a state of calm and prepare them for other activities.

Tapping at the Table

This activity involves Skip Counting, a repetitive, rhythmic saying of the numbers to emphasize number grouping in preparation for multiplication.

1. Let's take some deep breaths and roll our heads to the left. Now roll to the right. Now sit up as straight as you can!
2. Stretch your right hand out to the left corner of the desk (table) and whisper, “One.”
3. Now stretch your left hand out to the right corner and whisper, “Two.”
4. Now clap and softly say, “Three.”
5. Count all the way to 100 this way!



Variations for this activity

1. Change the movements to include touching the shoulders or head.
2. Skip count by other numbers.
3. Do this activity while standing in line! Lots of giggles ensue...

Adapt the activities

For use at home: This is a great activity for the car – children can touch their knees or their toes. Use the same rhythm and movements to the words of a counting song. This can also be a wonderful addition to a bedtime story.

For use with older children: Older children can make up more complex moves. Have one child at the front table facing the others. This leader then does a different move for each “one” and “two.” Nobody is ever “out” in this math version of Simon Says!

For use in special education: Use less complexity and the largest motions possible. Include cross-body movements such as touching an opposite knee or cheek. Use physical touch to reinforce the spoken number (tap the head with your hand, or wiggle your foot against the leg of the chair).

What else can I do with this?

Skip Counting is the first step in learning to multiply and divide the Math & Movement way. Our ***Multiply with Me*** workbook builds on these concepts to take learners to the next stage. Please see our website for other Skip Counting materials such as mats, rugs and charts, and to view our online training offerings!