

Name: _____

Date: _____

☆ Count and Move! 1-5 ☆

Move and count with a grown-up! Say each number as you move.

1

Clap your
hands
1 time.



2

Stomp your
feet
2 times.



3

Tap your
knees
3 times.



4

Reach up high
4 times.



5

March in place
5 times.



Grown-up tip: Practice saying or signing 1, 2, 3, 4, 5 together before and after the movements. Adapt movements as needed.