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| Activity | **Number Jumps** |
| Materials | Your body, Chalk, sidewalk/driveway |
| Skills Targeted | Lower body strength, coordination and number identification |
| Instructions: | Pick a space to set up a number grid in chalk. Start at the middle star. Call out numbers for your child to jump to. |
| Modifications: | 1. If your child is just learning to stand, focus on supported standing and possibly attempting toe taps to a nearby number and/or walking with support to a nearby number. 2. If your child is just learning to sit, focus on upper extremity and trunk movements while giving support at your child’s trunk. Give support while your child reaches to tap a number with their hand. (attempt only nearby numbers) 3. If your child is not yet sitting or standing/walking is not a skill they have yet, rolling/crawling is another option. 4. High level skills: If your child is able, you may modify to single leg hops to increase the challenge. You can also modify this to involve calculations, ex: 2+2 (jump to #4.) |