

MATH & MOVEMENT™

Skip Counting Activity Guide

Skip counting reinforces the concept of counting by more than one number at a time. Students learn to count by higher numbers using a whisper/loud technique that emphasizes the underlying number pattern. For example, when counting by threes, the student whispers, “One, two” and then says (or shouts!) , “Three!” When combined with cross-body movements, this activity helps the student learn the basics of number grouping that forms the basis of multiplication and division.

Skip counting using the Tree Move

Trees bend and sway in the wind! Practice being a tree for a minute, waving your arms all around and up and down. Making the *whooshing* sound of the wind! (This warm-up helps settle the students’ energy and gets them focused on the activity.)

Stand with your arms straight up in the air.
Now b-e-n-d to the left and whisper, “one.”



Now b-e-n-d to the right and whisper, “two.”



Now jump straight up in the air, clap and shout, “three!”



Variations for this activity

1. Many small children like being bunnies. Hold your hands on your head like bunny ears and wave with your fingers for one (left hand) and two (right hand), and then hop on three.
2. Pretend to be snakes lying on the floor. Slither to the left for one, to the right for two, and clap in front for three.
3. Ask children to make up their own moves.

Adapt the activities

For use at home: Focus on the child's interests. Jedi knights can wave a sword, fairy princesses have a magic wand. Frogs jump and horses step proudly, rearing and neighing on three!

For use with older children: Make use of the students' interest in the latest dance moves. Have them choreograph a short routine that includes simple moves.

For use in special education: These same types of movements can be done on a smaller scale using specific parts of the body: nodding the head left and right, moving the legs while sitting down, shrugging the shoulders. Where voice modulation is a challenge, use silent whispers versus spoken numbers.

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!