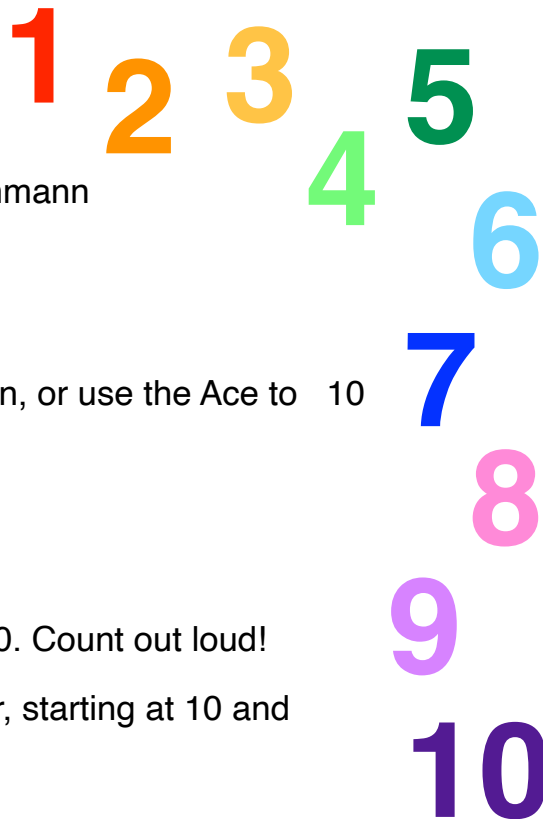


One to Ten



Inspired by *10 Minutes till Bedtime* by Peggy Rathmann

Goal: Have fun with numbers and time!

You will need:

- “1 to 10” number cards (print, make your own, or use the Ace to 10 from a deck of cards)
- Timer

What to do:

- Place the number cards in order from 1 to 10. Count out loud!
- Place the number cards in descending order, starting at 10 and going down. Count out loud!
- Use a timer and do the following:
 - Take one minute to hide the number 8 card. Ask someone to find the card, time them as they look.
 - Press on the number 5 card for 30 seconds.
 - Turn over all of the number cards in less than a minute.
 - Jump around with the number 2 card for 10 seconds.
 - Make up your own timed activity!
- Place all the number cards upside down or in a container. Pick one and make up a song about that number. Do it again with a new number!

To think about:

- Ask the player to come up with other tasks to perform with the number cards.
- Are there other ways to count forwards and backwards with the number cards?
- What other tasks can you perform for a minute? 30 seconds? 15 seconds?



1

2

3

4

5

6

7

8

9

10