






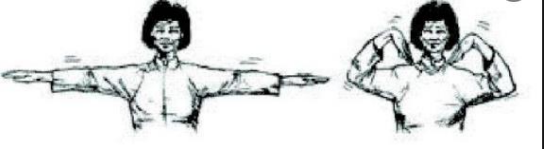

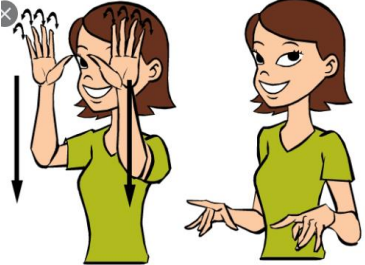


Movement Number Chant to 100

This activity helps students with the counting sequence and is a great activity to break up time spent sitting or doing one thing while still being academic. This is an activity students are familiar with and can be a daily routine. You can display a hundred chart to help students know what the next ten should be.

| Numbers | Movement Description | Picture of Movement |
|---------|---|---|
| 1-10 | Reach up to sky/ceiling, alternating hands for each number |  |
| 11-20 | Lean from side to side, alternating sticking out your hips for each number |  |
| 21-30 | Stomp feet alternating for each number |  |
| 31-40 | Reach hands out in front of you, blinking hands open and closed for each number |  |

| | | |
|--------|--|--|
| 41-50 | Pretend to dribble a basketball, bouncing the ball on each number |  |
| 51-60 | Clap hands together, clapping on each number |  |
| 61-70 | Reach across body, twisting at the waist, alternate to other side on each number |  |
| 71-80 | Reach both arms out straight from your shoulders. On each number, bend arms at elbows to touch your shoulder |  |
| 81-90 | Stretch your neck to one side moving your ear toward your shoulder, then repeat with opposite ear/shoulder |  |
| 91-100 | Move your hands down on each number, wiggling your fingers like it is raining |  |

| | | | | | | | | | |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 |
| 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 |
| 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |