

Supplies for activities needed:

- Two plastic cups
- 20 popsicle sticks (if you want to modify this, you can use 20 post-its or pieces of paper instead)
- Space to work out in

Activity Name: Random Number Workout

School Readiness Outcomes (SRO) goals met:

- Identifying some letters and numbers

Instructions

1. First, work with your child on writing 1-10 on 10 of the popsicle sticks, 1 number on each stick. These will be used to see how many times you should do one of the workouts. Place these sticks into one of the cups.
2. Next, fill out the rest of the 10 popsicle sticks with workouts that your child can do. These will go into the second cup.
 - a. Ex: sit-ups, jumping jacks, push ups, etc.
3. Finally, have your child pull out one stick from each cup. Have them tell you what the number is to see if they can recognize it and then you can do the workout together.
 - a. Ex: They may pull out the number 6 on one stick and then jumping jacks on the other, so you would do 6 jumping jacks.

