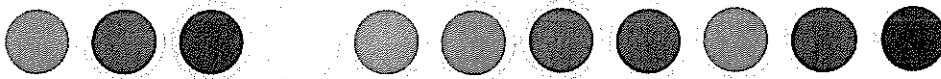
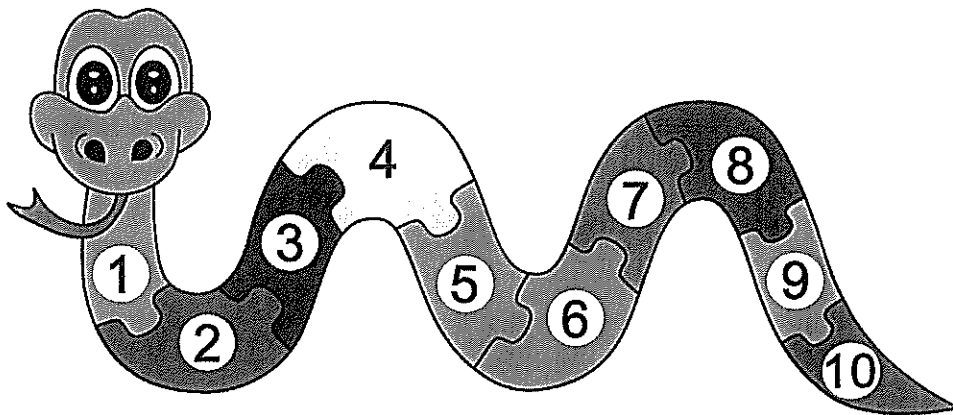


Name: _____

Numbers

1 - 10



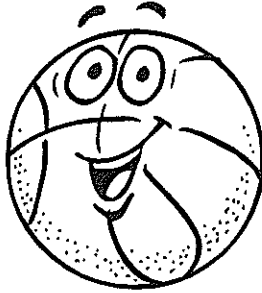
Name: _____

Draw some apples.
Colour one green.

ON THE
BACK

Trace the numbers and colour the picture.


1



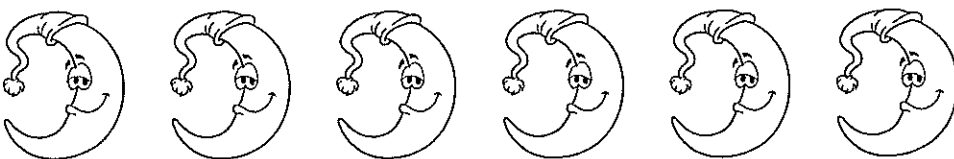
one

1 1 1 1 1 1 1 1 1 1

Colour one star.



Colour one moon.



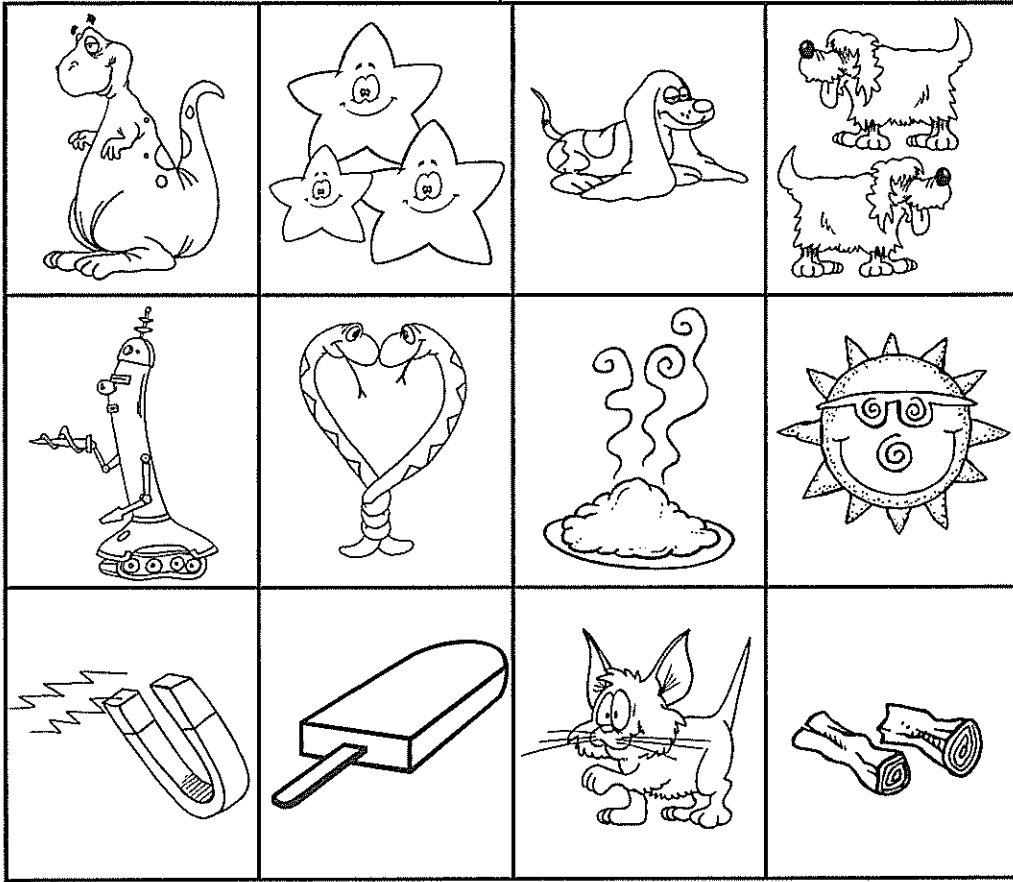
Trace the words.

one one one one

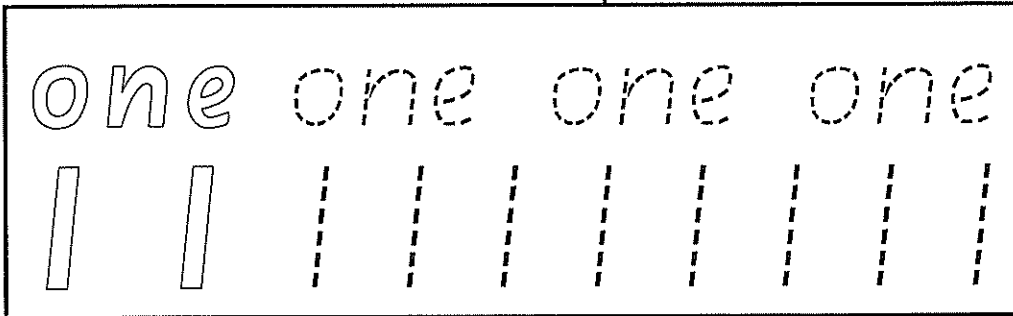
Name: _____

Draw a pattern by only using the number 1. **ON THE BACK**

Colour the groups that have one thing.



Trace the words and numbers.



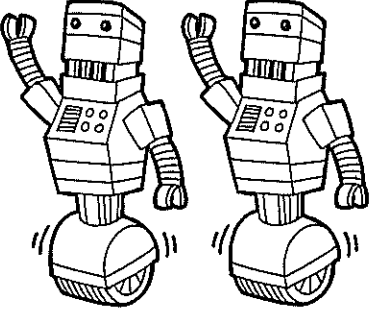
Name: _____

Draw some cars.
Colour two red.

ON THE
BACK

Trace the numbers and colour the picture.

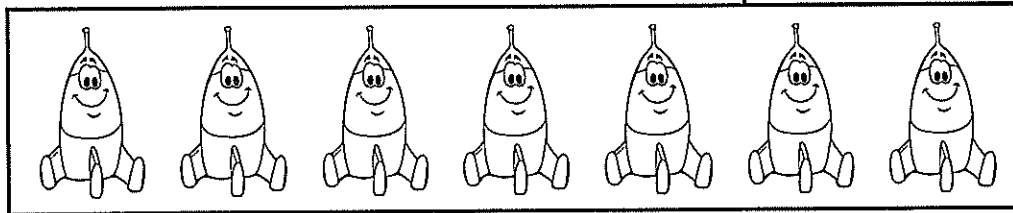
2



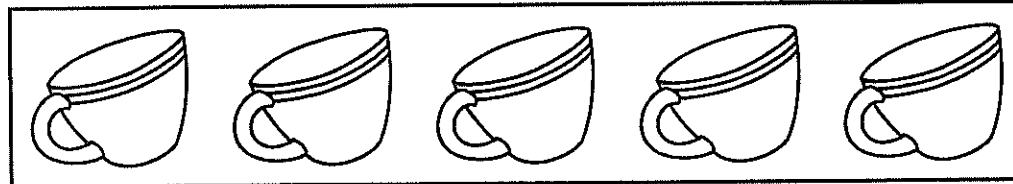
two

2 2 2 2 2

Colour two rockets.



Colour two cups.



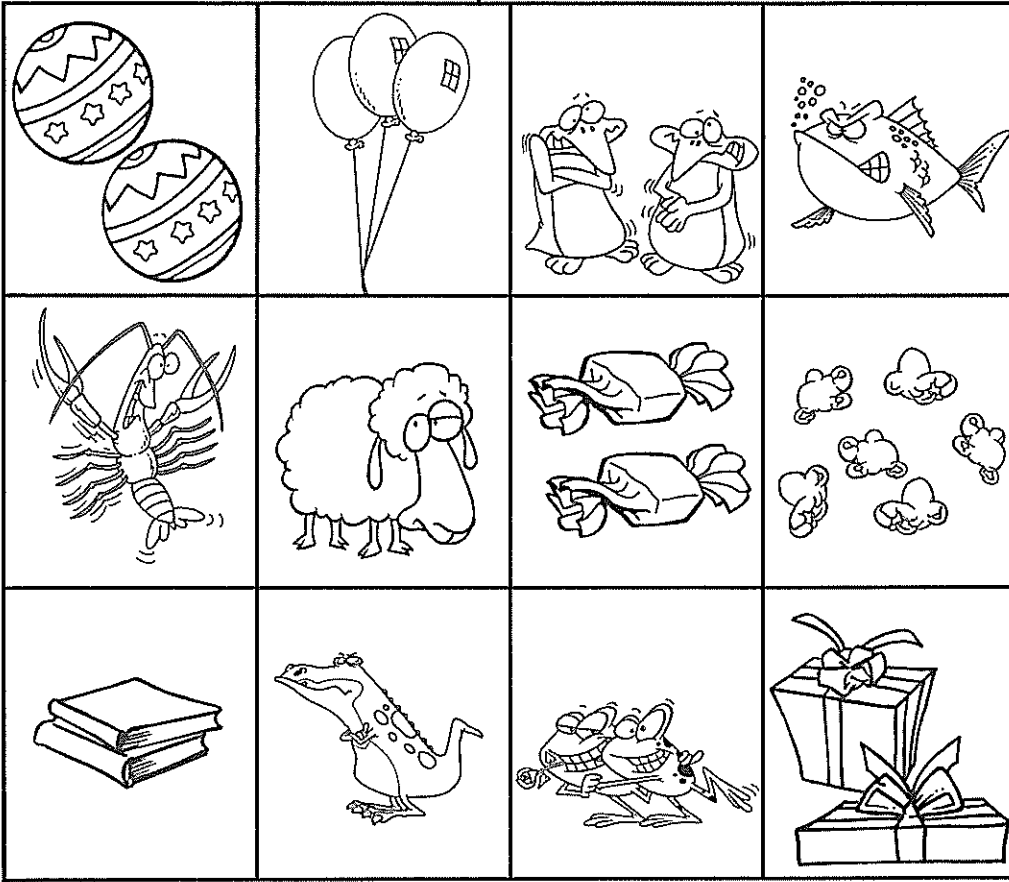
Trace the words.

two two two two

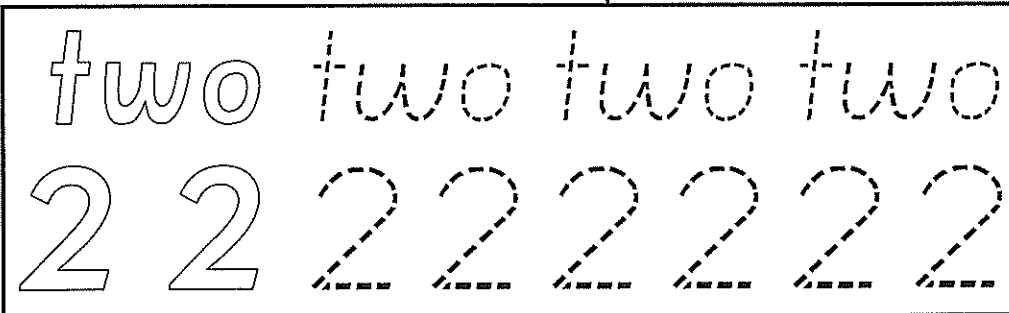
Name: _____

Draw a pattern by only using the number 2. **ON THE BACK**

Colour the groups that have two things.



Trace the words and numbers.

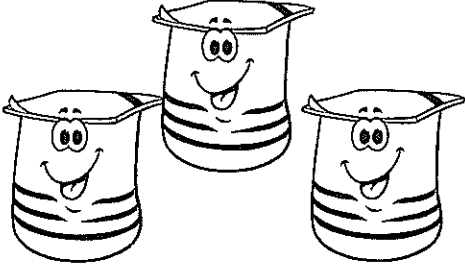


Name: _____

Draw some cows.
Colour three brown.

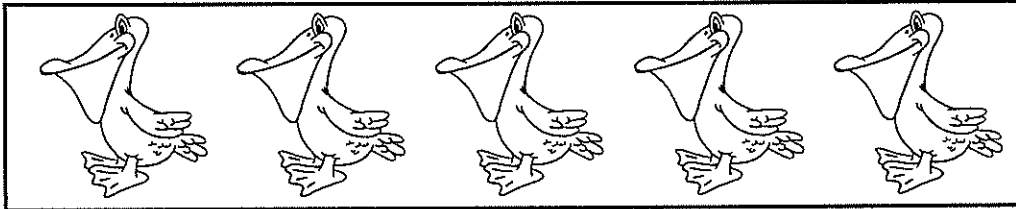


Trace the numbers and colour the picture.

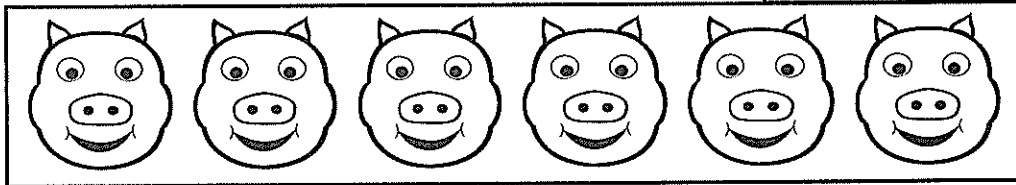
3  three

3 3 3 3 3 3

Colour three birds.



Colour three pigs.



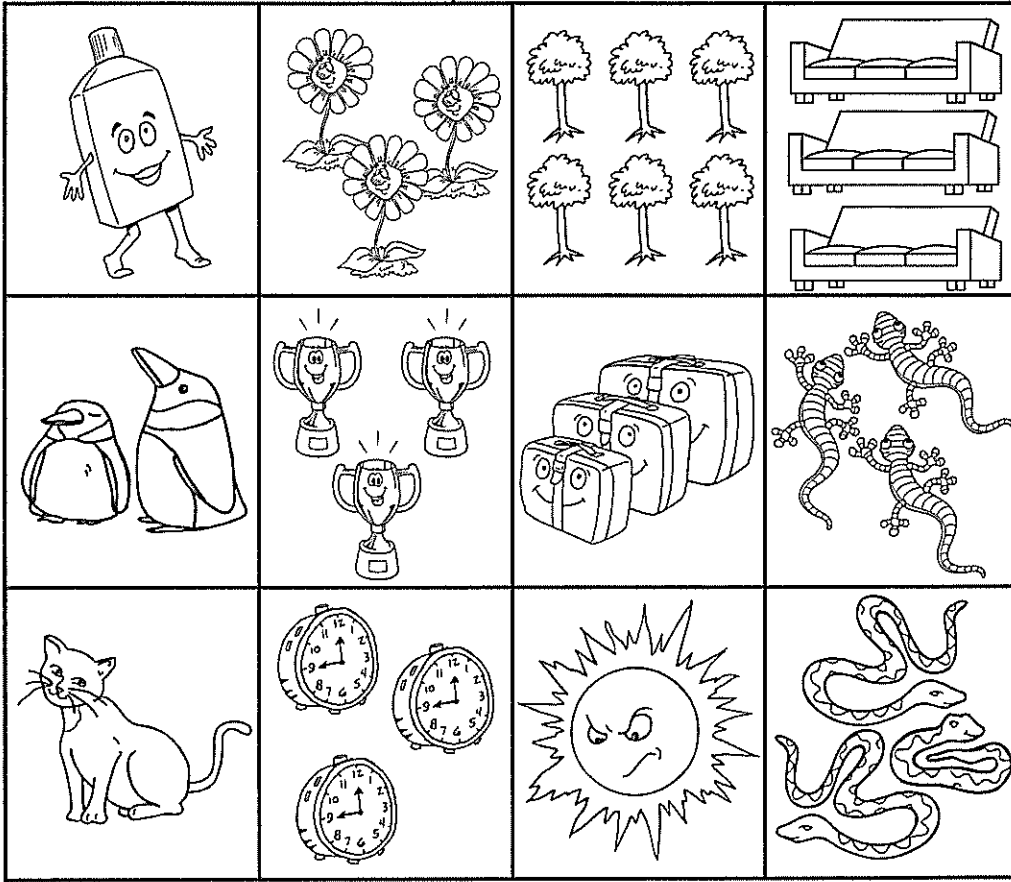
Trace the words.

three three three

Name: _____

Draw a pattern by only using the number 3. **ON THE BACK**

Colour the groups that have three things.



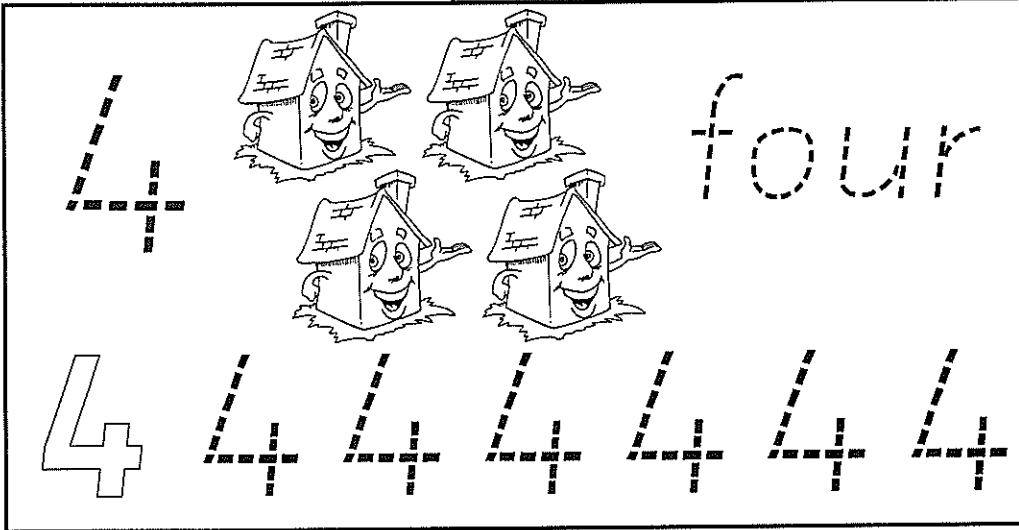
Trace the words and numbers.

three three three
3 3 3 3 3 3 3

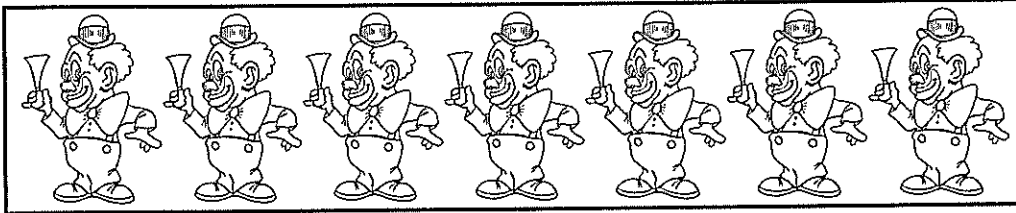
Name: _____

Draw some hats
Colour four green. **ON THE BACK**

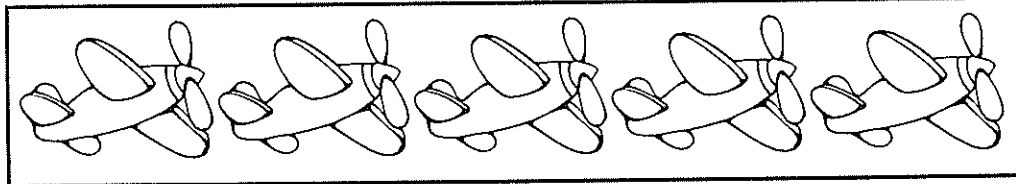
Trace the numbers and colour the picture.



Colour four clowns.



Colour four planes.



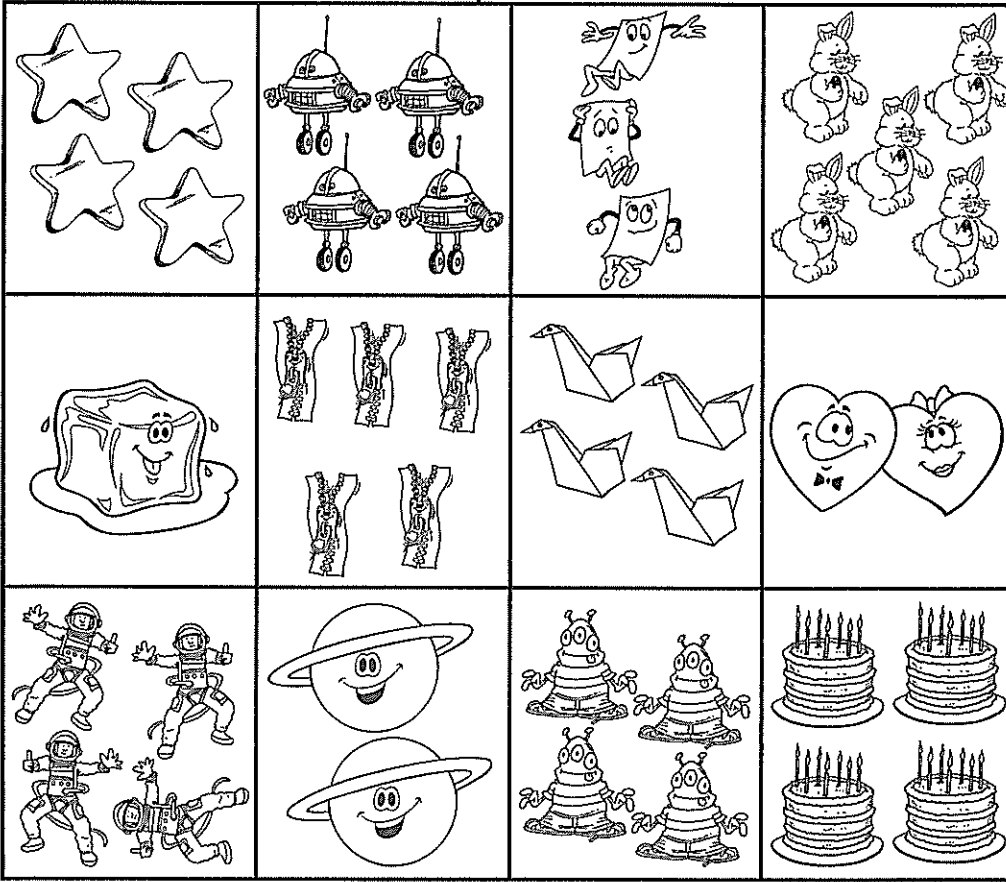
Trace the words.

four four four

Name: _____

Draw a pattern by only using the number 4. **ON THE BACK**

Colour the groups that have four things.



Trace the words and numbers.

four four four four
4 4 4 4 4 4

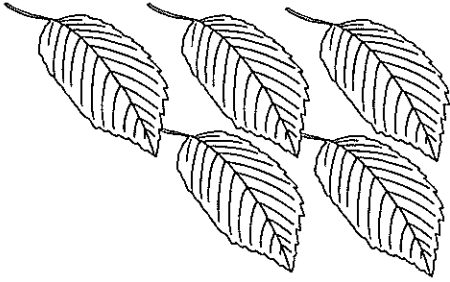
Name: _____

Draw some trees.
Colour five green.

ON THE
BACK

Trace the numbers and colour the picture.

5



five

5

5

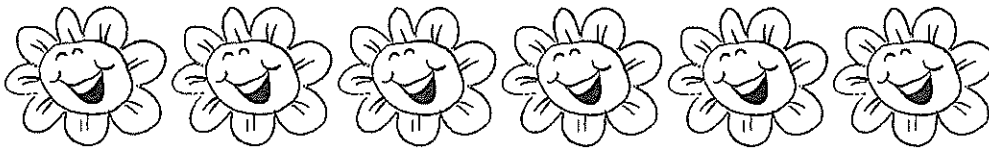
5

5

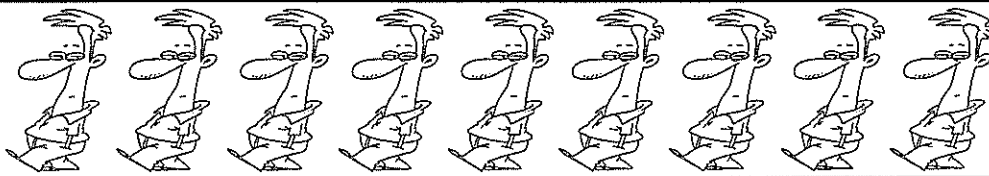
5

5

Colour five flowers.



Colour five men.



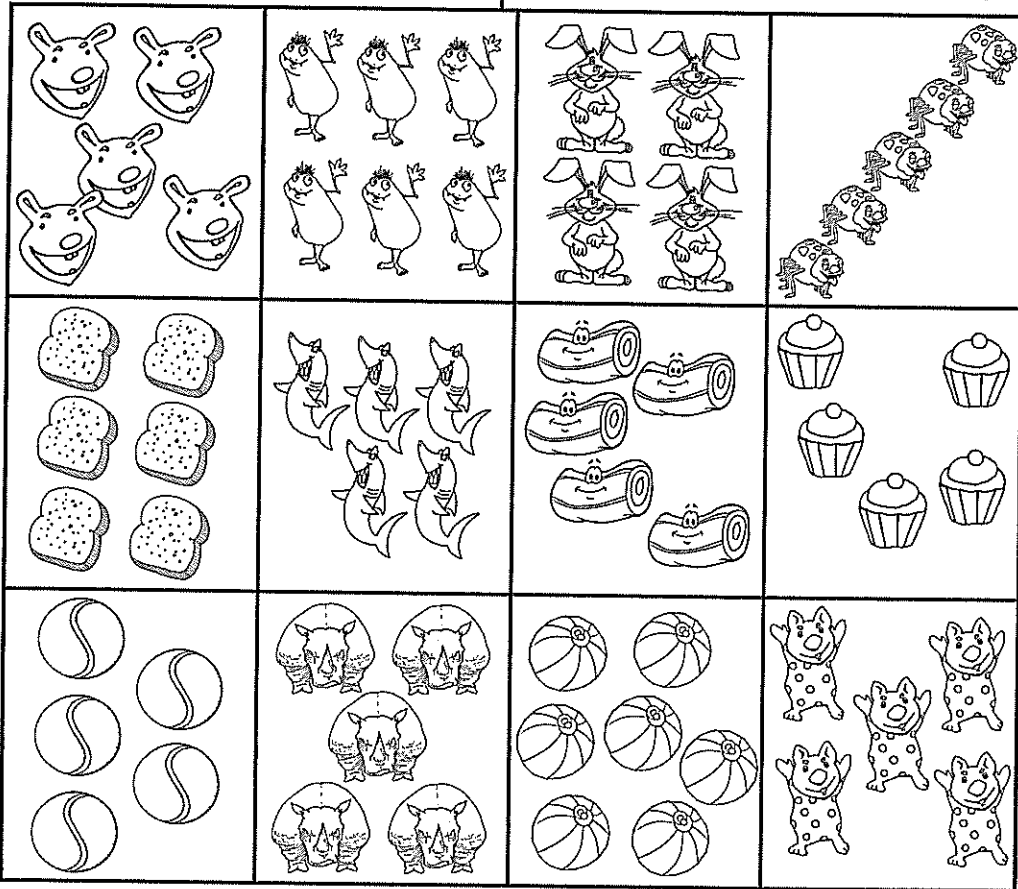
Trace the words.

five five five five

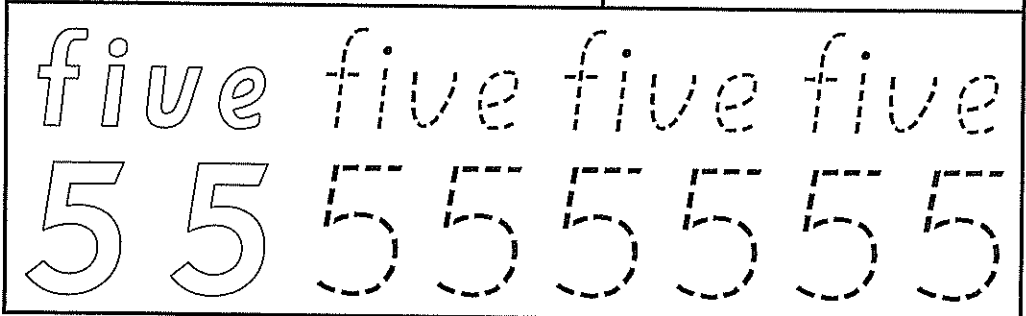
Name: _____

Draw a pattern by only using the number 5. **ON THE BEDS**

Colour the groups that have five things.



Trace the words and numbers.

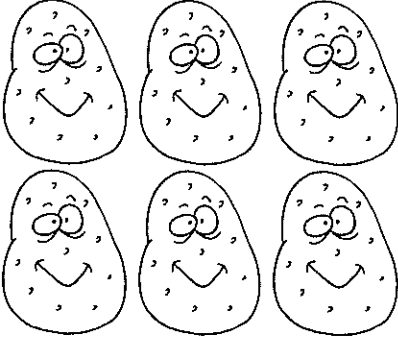



Name: _____

Draw some apples.
Colour six red.

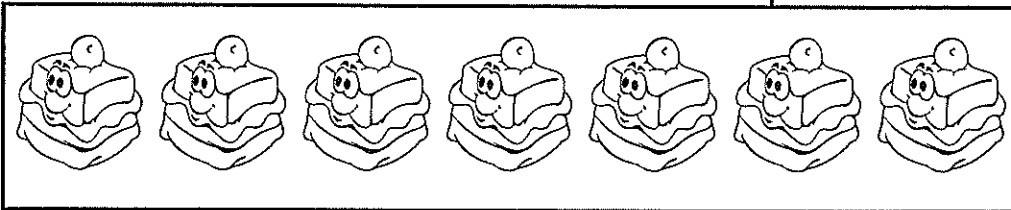


Trace the numbers and colour the picture.

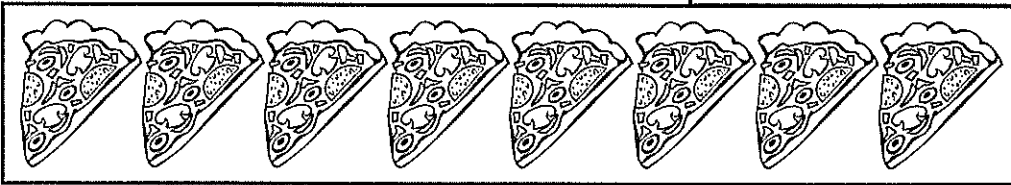
6  six

6 

Colour six cakes.



Colour six pizza slices.



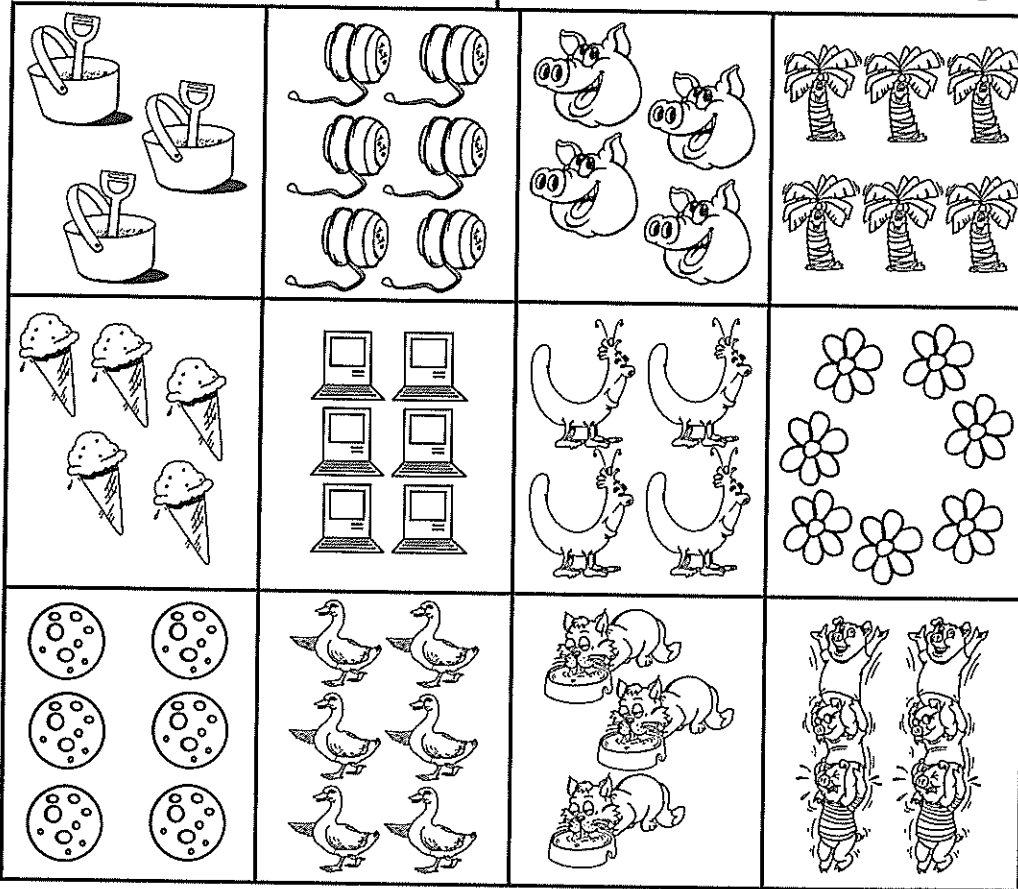
Trace the words.

six six six six six

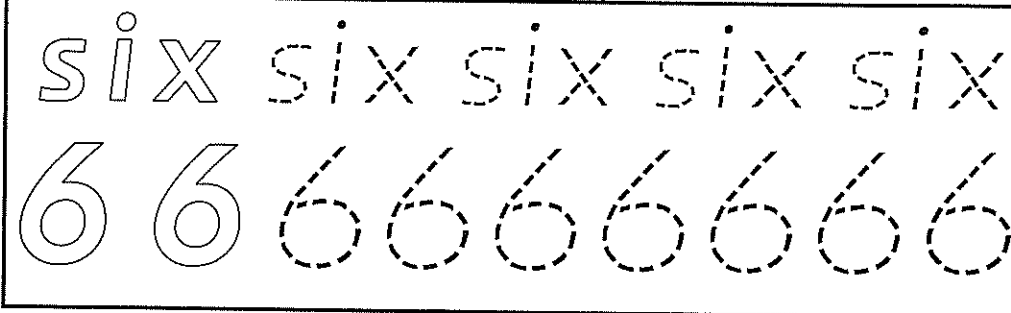
Name: _____

Draw a pattern by only using the number 6. **ON THE BACK**

Colour the groups that have six things.



Trace the words and numbers.



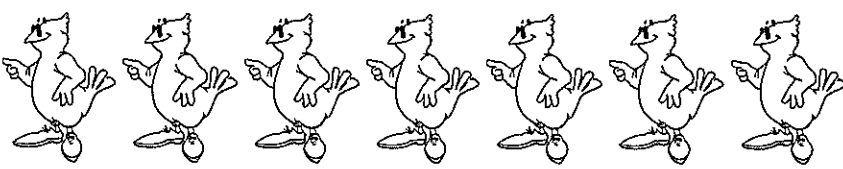
Name: _____

Draw some cats.
Colour seven black.



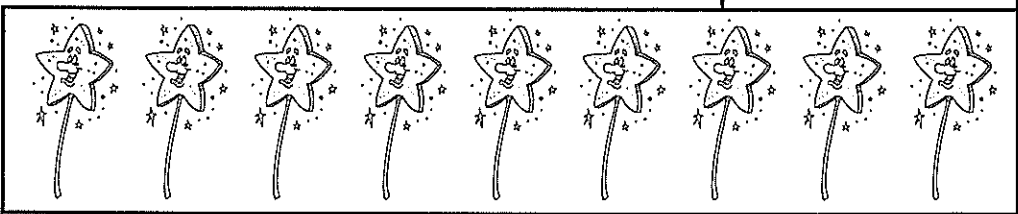
Trace the numbers and colour the picture.

7 seven

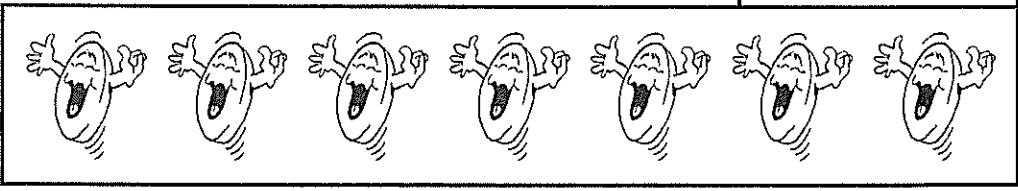


7 7 7 7 7 7 7

Colour seven wands.



Colour seven coins.



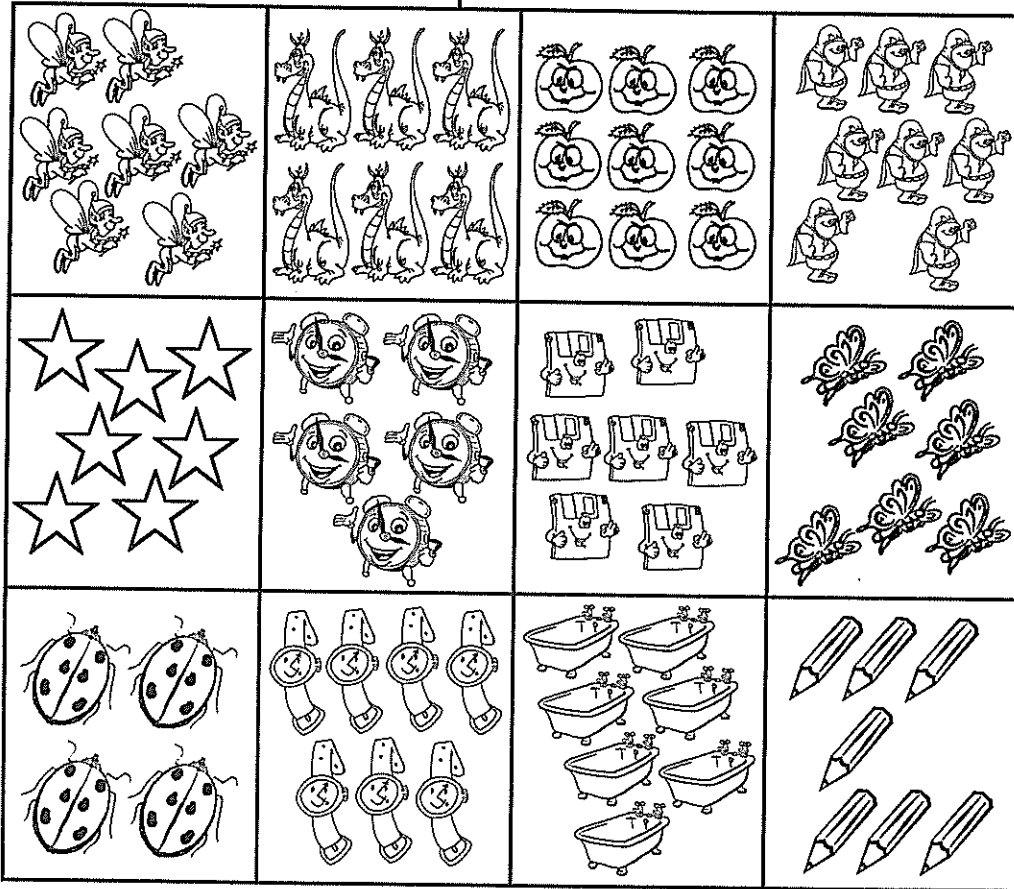
Trace the words.

seven seven seven

Name: _____

Draw a pattern by only using the number 7. **ON THE BACK**

Colour the groups that have seven things.



Trace the words and numbers.

seven seven seven



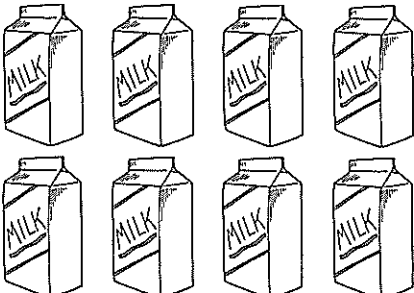
Name: _____

Draw some bananas.
Colour eight yellow.



Trace the numbers and colour the picture.

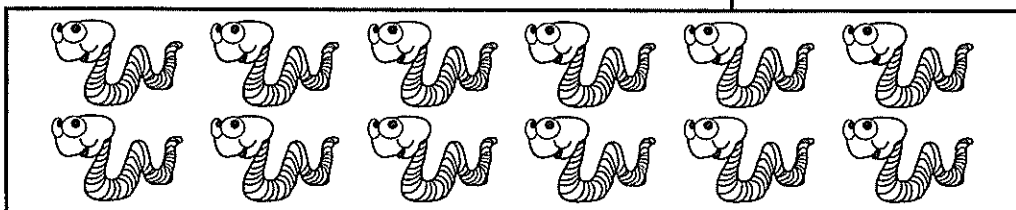
8



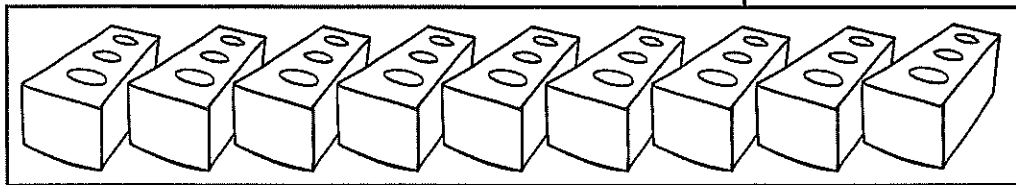
eight

8 8 8 8 8 8

Colour eight worms.



Colour eight bricks.



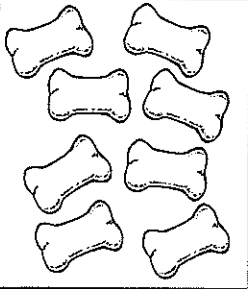
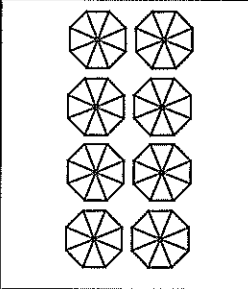
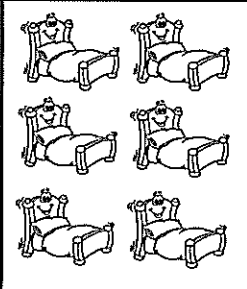
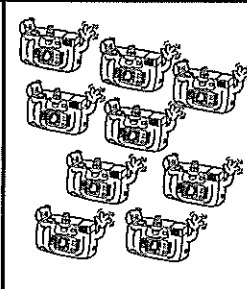
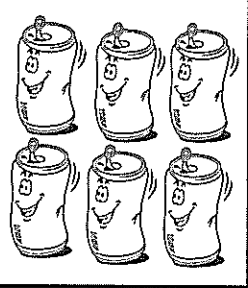
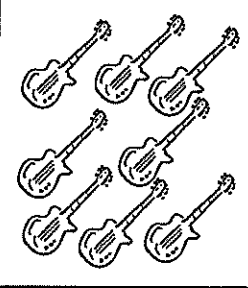
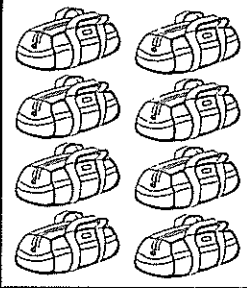
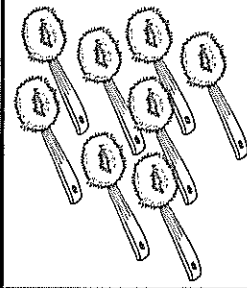
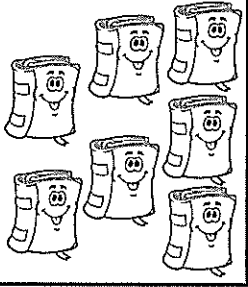
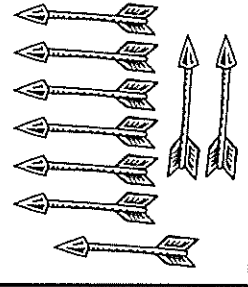
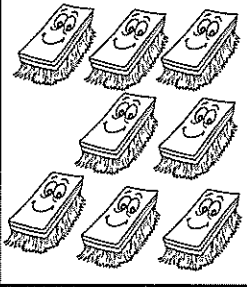
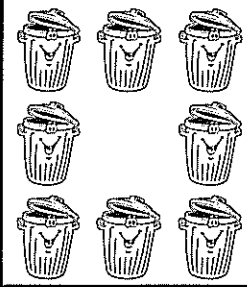
Trace the words.

eight eight eight

Name: _____

Draw a pattern by only using the number 8. **ON THE BACK**

Colour the groups that have eight things.

Trace the words and numbers.

eight eight eight

8 8 8 8 8 8 8 8

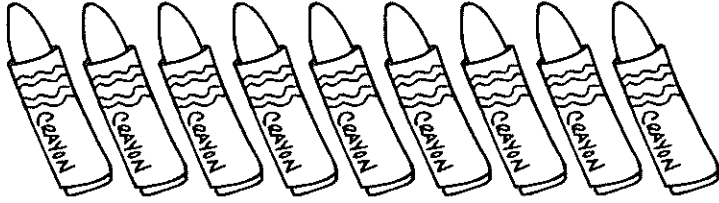
Name: _____

Draw some cars.
Colour nine pink.



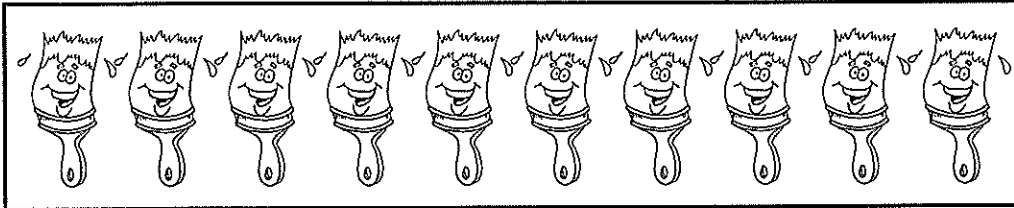
Trace the numbers and colour the picture.

9 nine

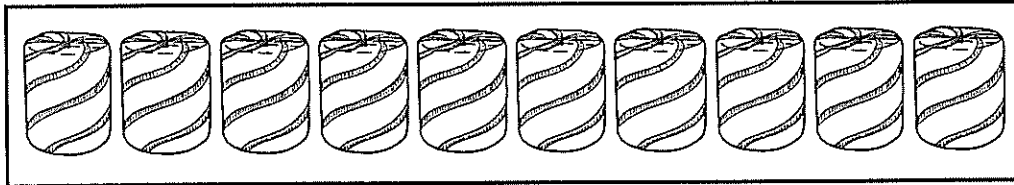


9 9 9 9 9 9 9

Colour nine brushes.



Colour nine rolls.



Trace the words.

nine nine nine

Name: _____

Draw a pattern by only using the number 9.



Colour the groups that have nine things.

Trace the words and numbers.

nine nine nine

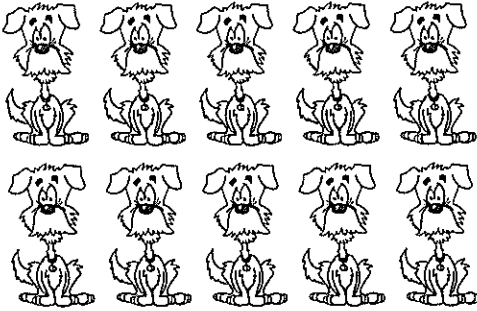
9 9 9 9 9 9 9 9

Name: _____

Draw some crayons.
Colour ten red.

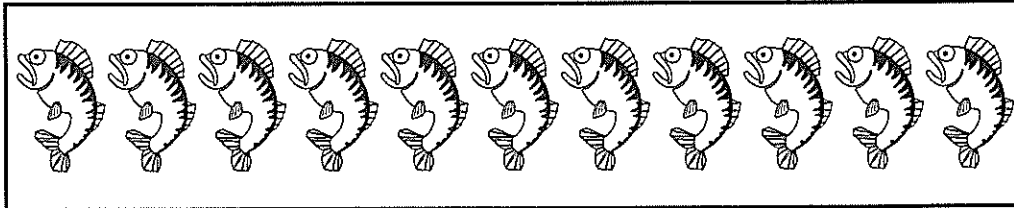


Trace the numbers and colour the picture.

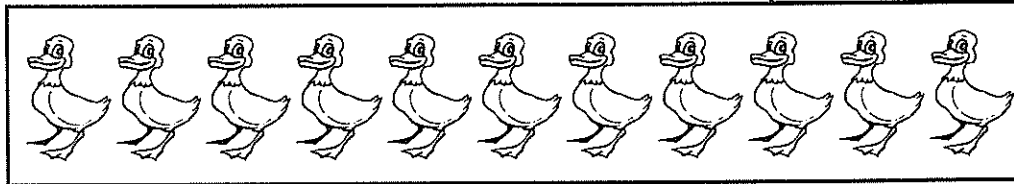
10  ten

10 10 10 10

Colour ten fish.



Colour ten ducks.



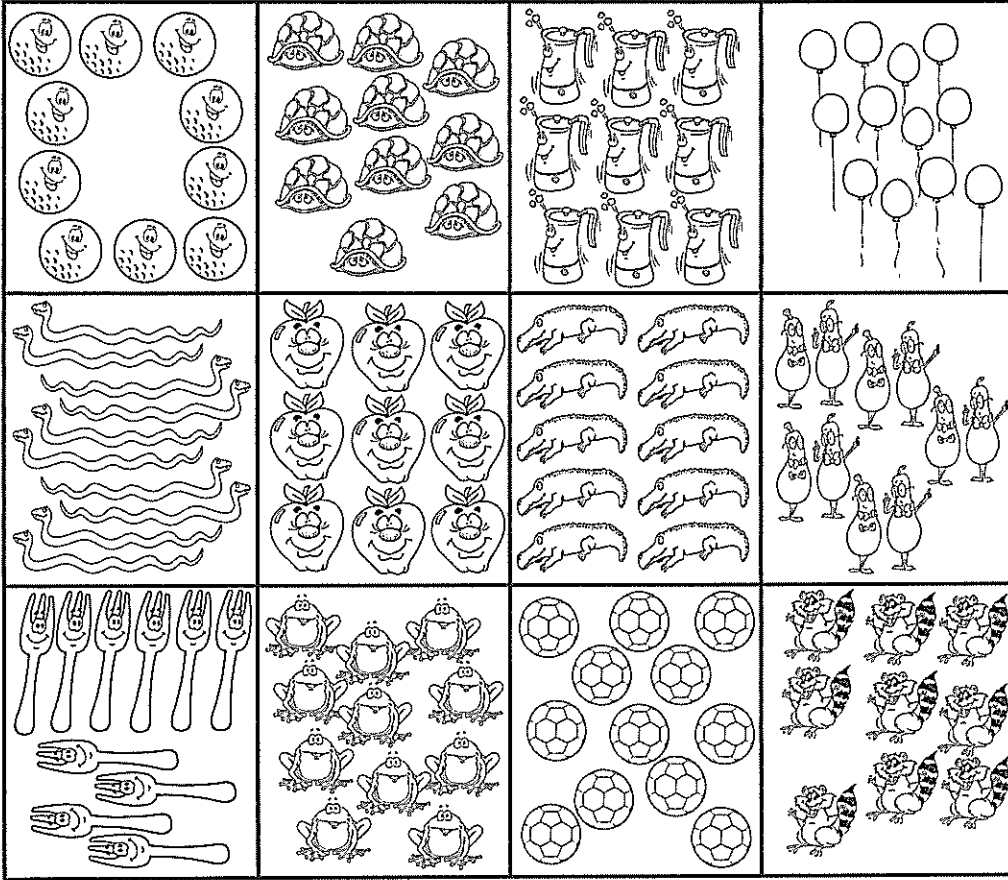
Trace the words.

ten ten ten ten

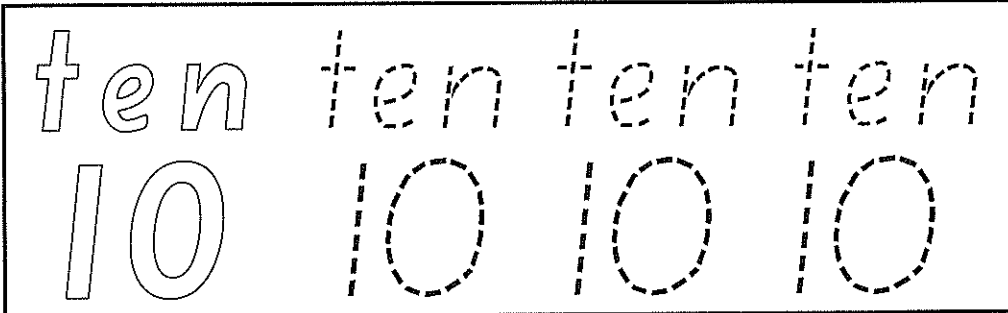
Name: _____

Draw a pattern by only using the number 10. **ON THE BACK**

Colour the groups that have ten things.



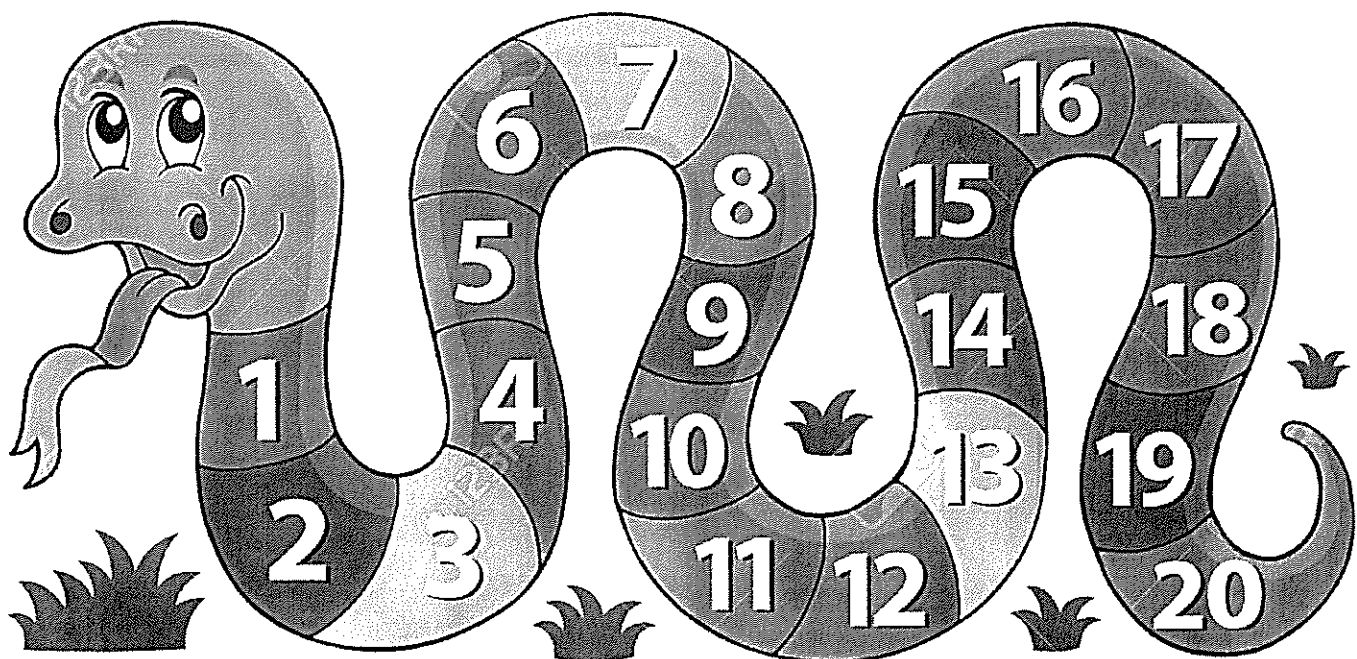
Trace the words and numbers.



Name: _____

Numbers

11 - 20

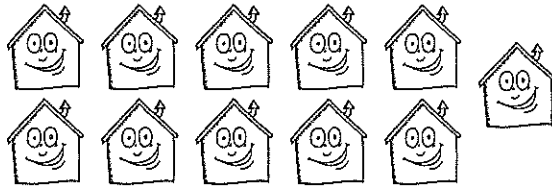
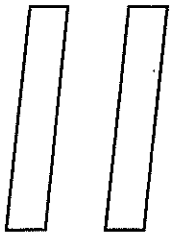


Name: _____

Draw eleven
green ants.



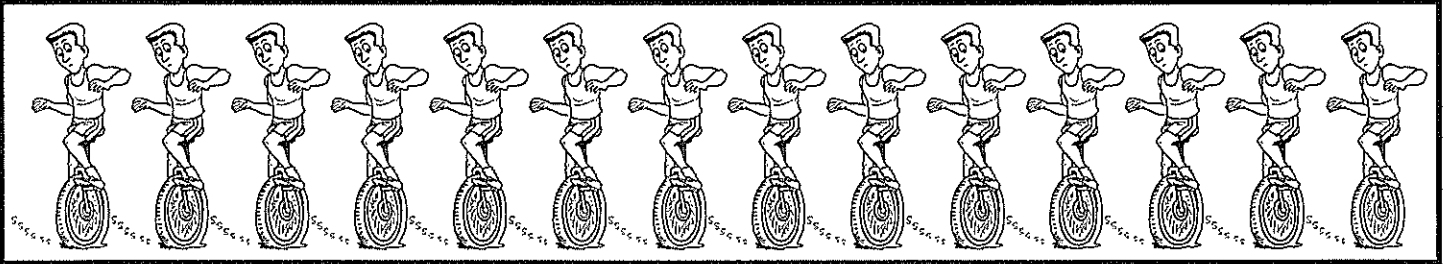
Trace the numbers and write in the blanks.



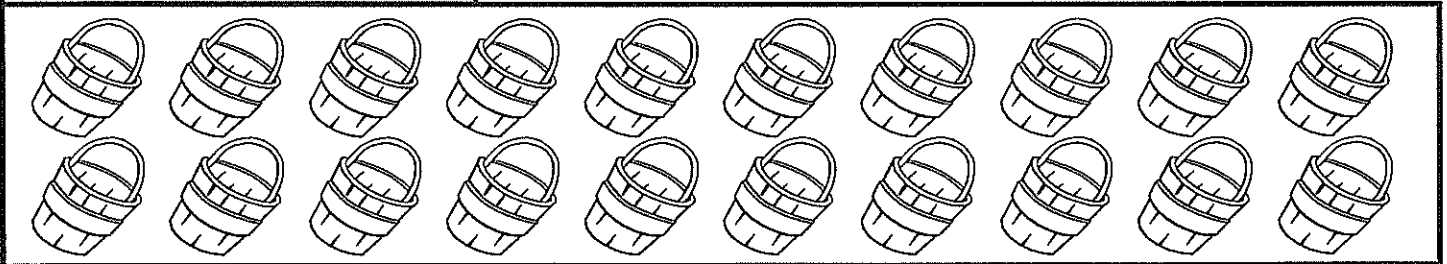
eleven

11 2 4 6 8 10 12 14 16 18 20

Colour 11 men blue.



Colour 11 buckets red.



Trace the words.

eleven eleven eleven

Colour 11 circles green and write the missing number.



1	2	3	4	5	6	7	8	9	10		12	13	14	15	16	17	18	19	20
---	---	---	---	---	---	---	---	---	----	--	----	----	----	----	----	----	----	----	----

Name: _____

Fold your page into quarters.
Draw eleven things in each quarter.

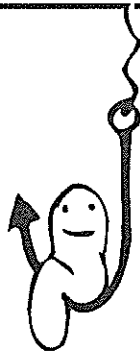


Colour the squares that have the number 11 in them.

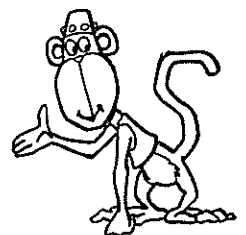
11 11 11
eleven
11 11 11
eleven
11 11 11
eleven
11 11 11
eleven
11 11 11

16	11	12	17	15
20	13	16	11	11
11	17	11	12	18
14	11	20	16	11
11	15	13	19	17

Draw eleven  near the hook.



Draw eleven  for the monkey.

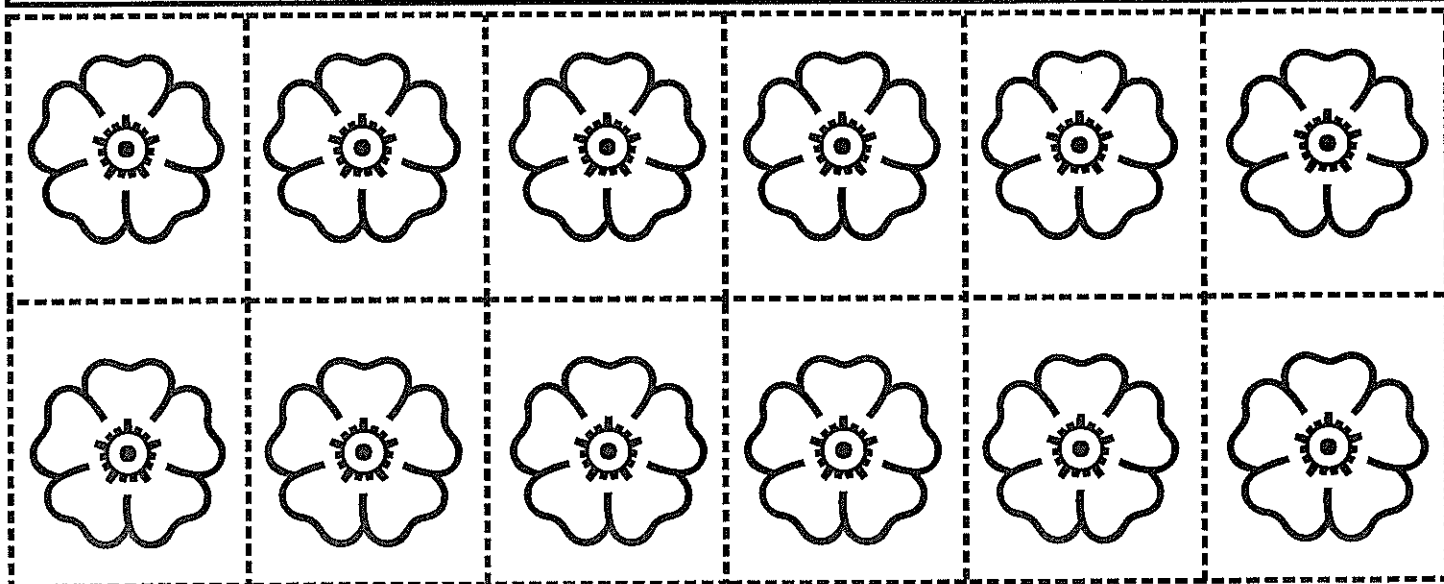
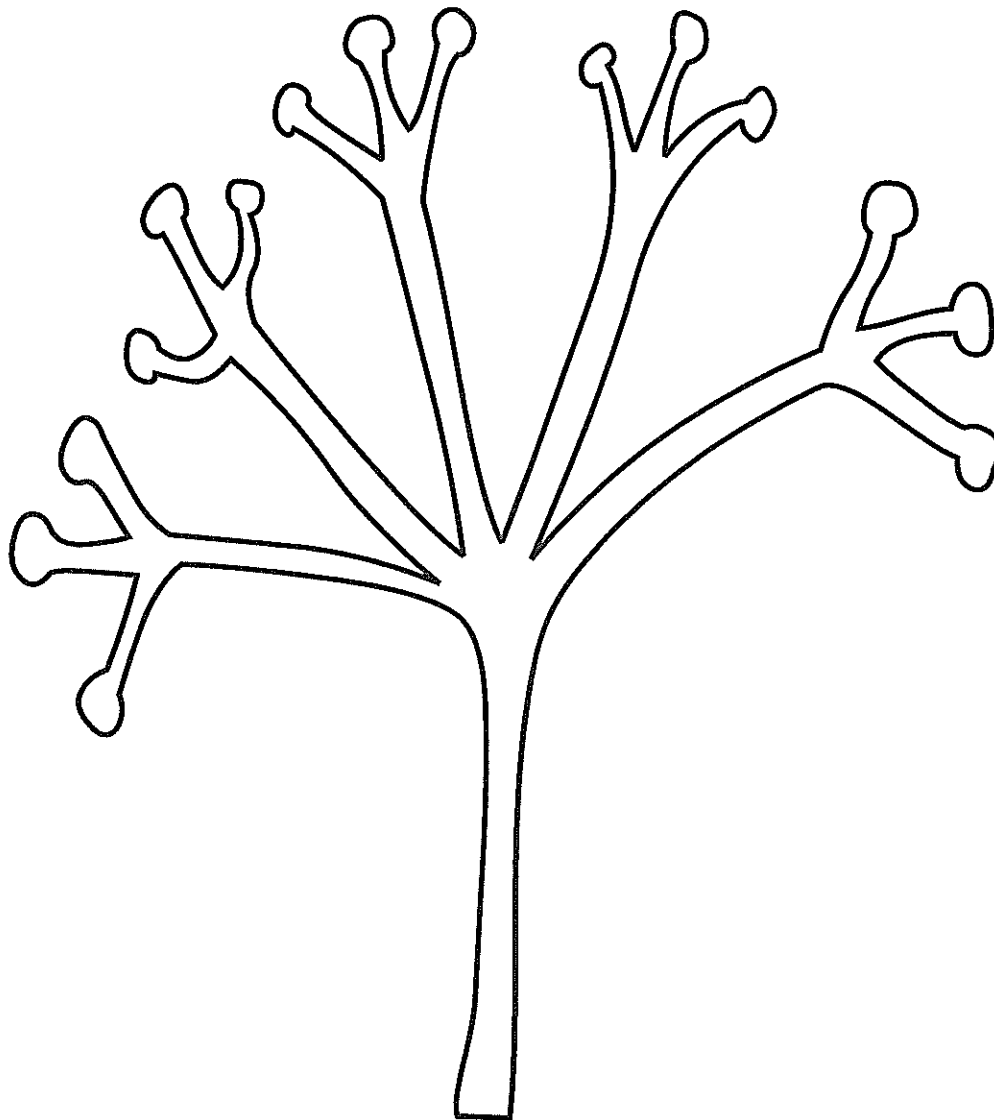


Name: _____

Draw eleven
people in a
running race.



Colour, cut and paste 11 flowers onto the tree.



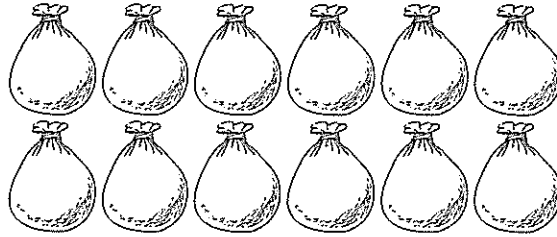
Name: _____

Draw twelve blue bugs.



Trace the numbers and write in the blanks.

1 2



twelve

1 2

1 2

1 2

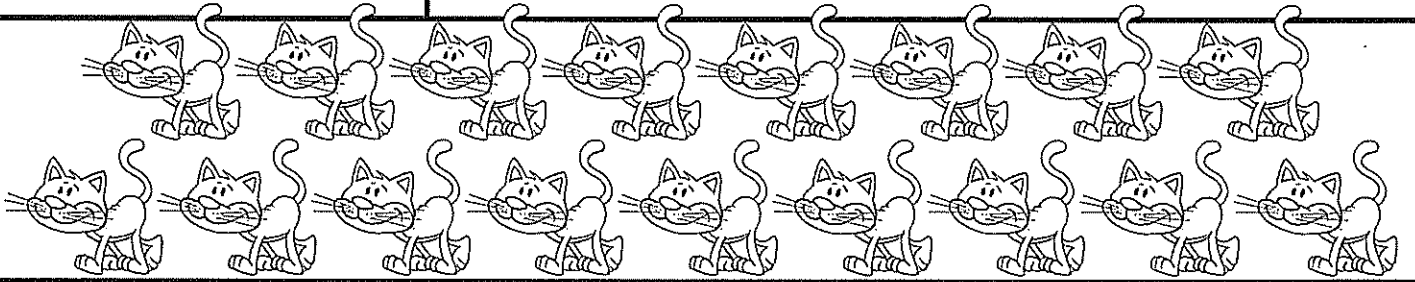
1 2

1 2

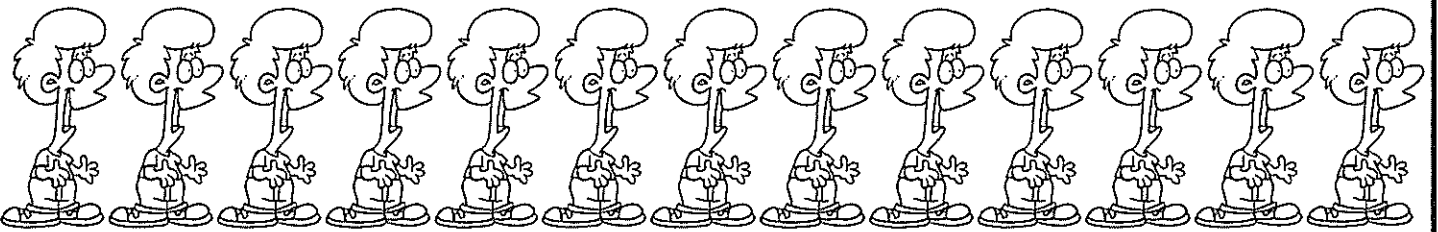
1 2

1 _ 3 _ 5 _ 7 _ 9 _ 11 _ 13 _ 15 _ 17 _ 19 _

Colour 12 cats blue.



Colour 12 boys yellow.



Trace the words.

twelve twelve twelve

Colour 12 circles green and write the missing number.



1	2	3	4	5	6	7	8	9	10	11		13	14	15	16	17	18	19	20
---	---	---	---	---	---	---	---	---	----	----	--	----	----	----	----	----	----	----	----

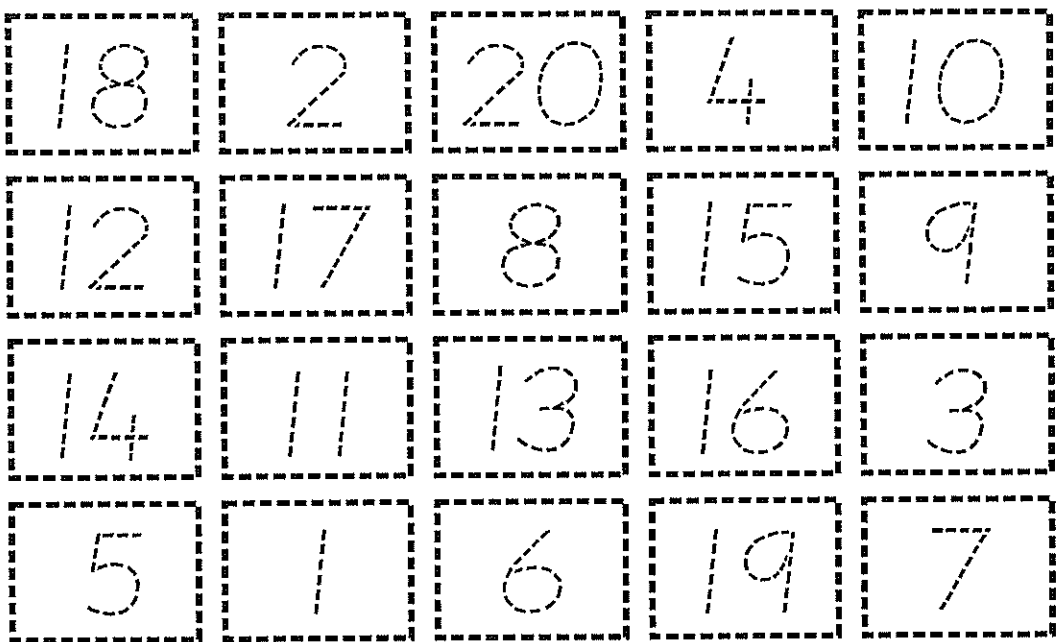
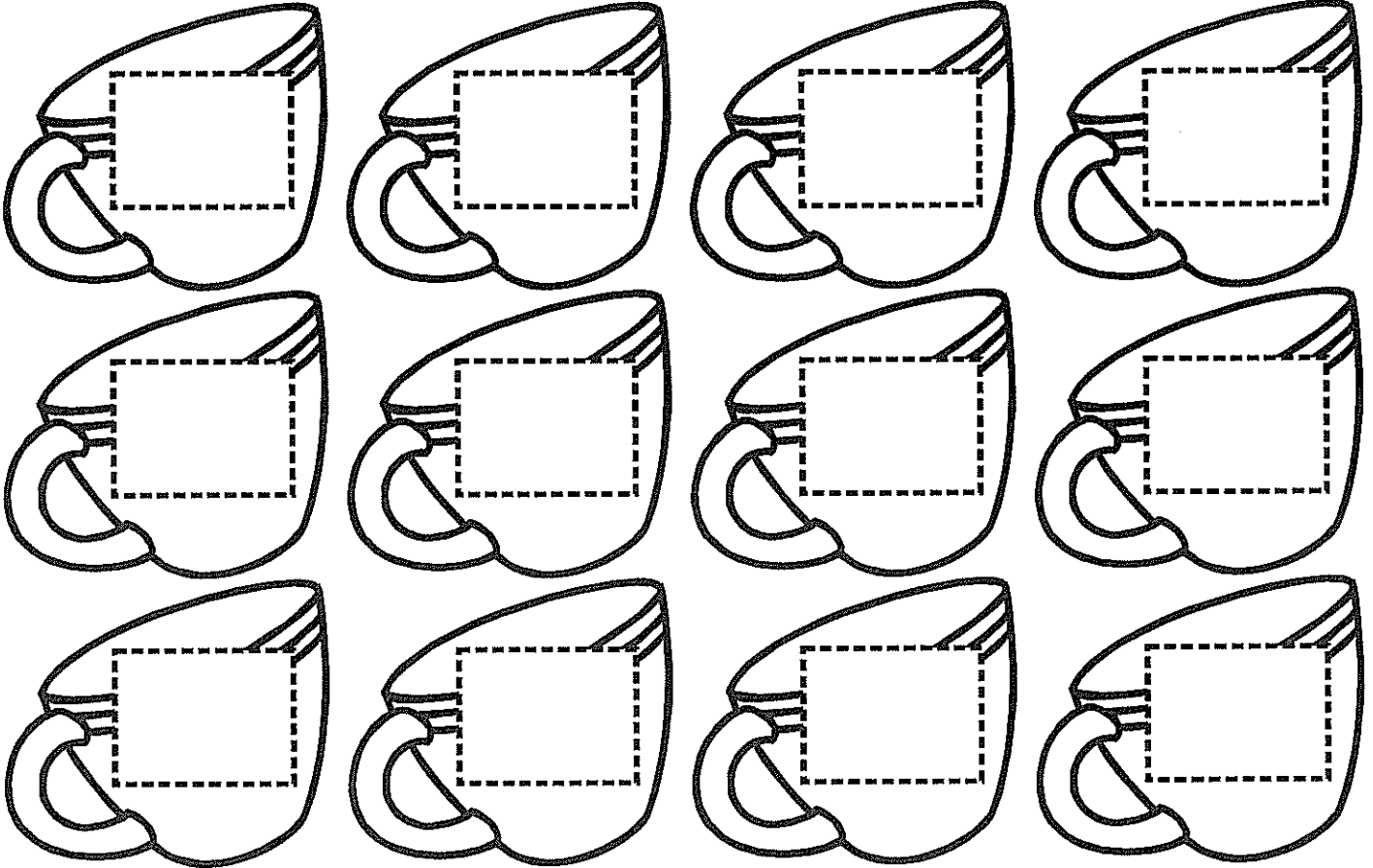
Name: _____

Draw twelve
black spiders.

EXTRA
STUFF



Starting from one, cut out and paste the numbers onto the shapes.



Name: _____

Fold your page into quarters.
Draw twelve things in each quarter.



Colour the squares that have the number 12 in them.

12 12 12

twelve

12 12 12

twelve

12 12 12

twelve

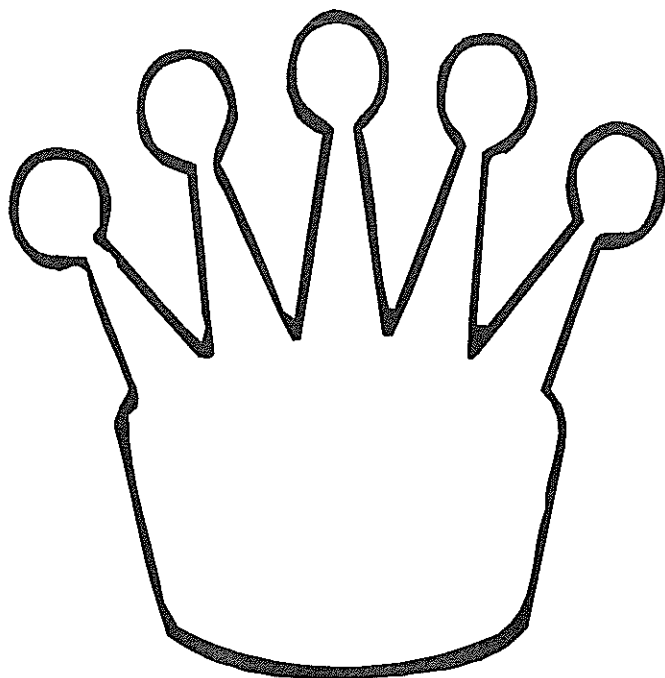
12 12 12

twelve

12 12 12

12	11	12	17	12
17	13	15	20	12
12	17	20	12	18
14	13	20	16	19
11	15	16	12	12

Draw twelve  on the crown.



Draw twelve  in the sky.



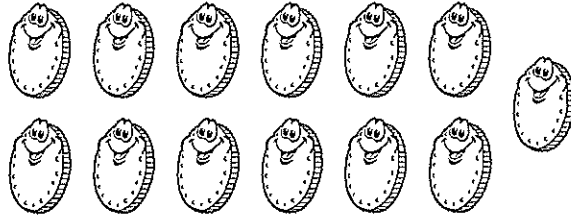
Name: _____

Draw thirteen green cats.



Trace the numbers and write in the blanks.

13



thirteen

13

13

13

13

13

13

2

4

6

8

10

12

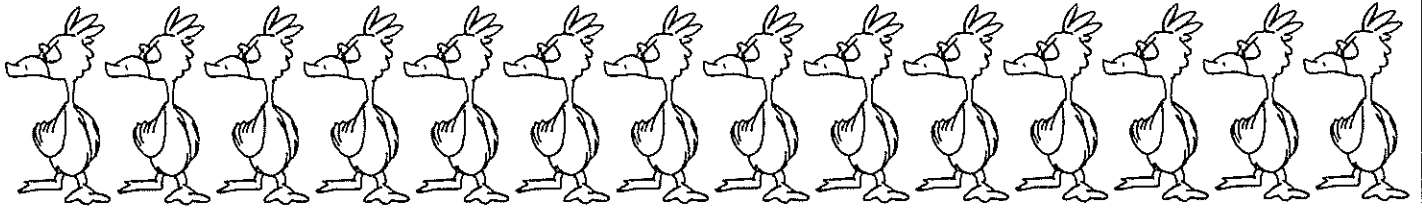
14

16

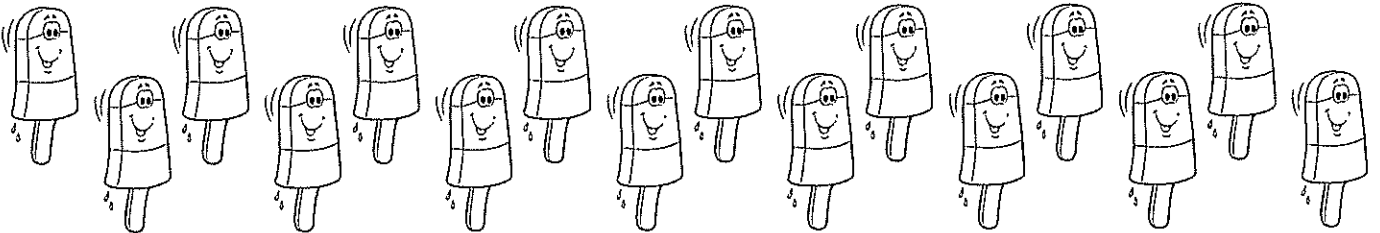
18

20

Colour 13 birds green.



Colour 13 ice creams red.



Trace the words.

thirteen thirteen thirteen

Colour 13 circles green and write the missing number.



1

2

3

4

5

6

7

8

9

10

11

12

14

15

16

17

18

19

20

Name: _____

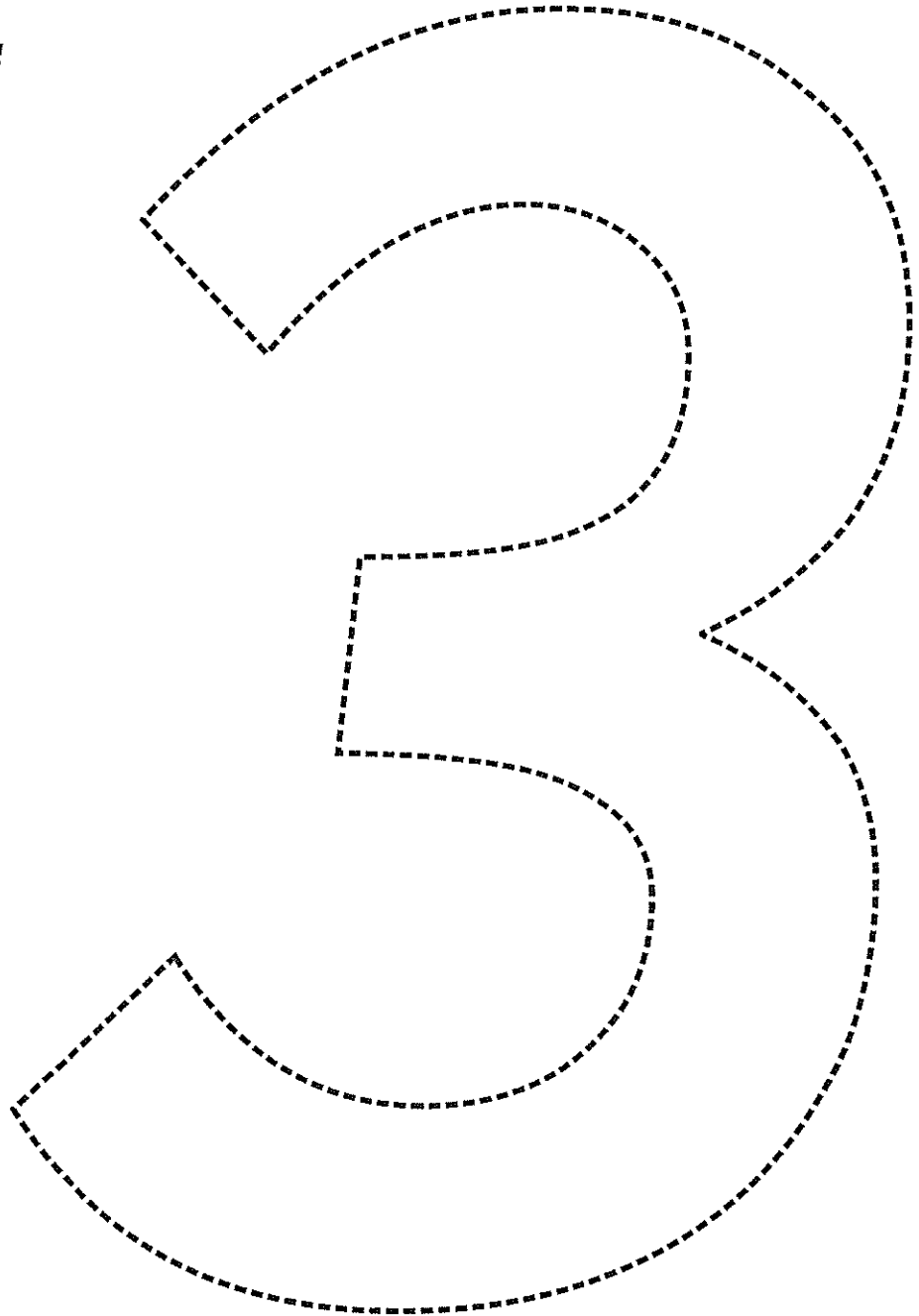
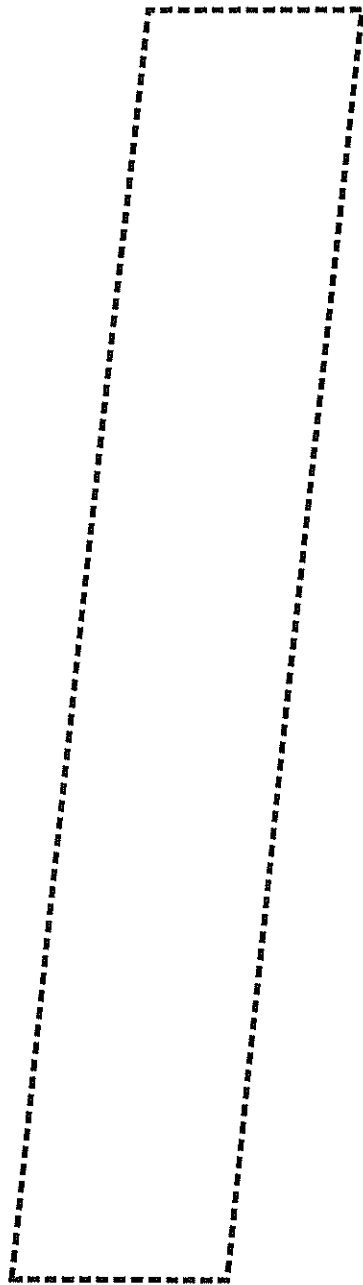
Draw thirteen
boys and
thirteen girls.



Follow the directions carefully.

13

thirteen



- ① Trace over the dotted lines to make the number 13.
- ② Write the number 13, 13 times inside the big 13.
- ③ Use a magazine to cut out pictures of 13 things to paste onto the page, or draw 13 things around the outside of the big number.

Name: _____

Fold your page into quarters.
Draw thirteen things in each quarter.



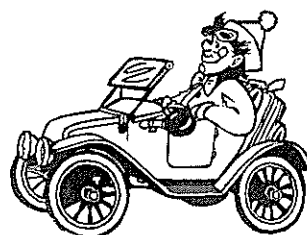
Colour the squares that have the number 13 in them.

13 13 13
thirteen
13 13 13
thirteen
13 13 13
thirteen
13 13 13
thirteen
13 13 13

13	11	15	17	14
17	13	15	20	13
12	19	13	12	13
13	20	12	13	19
11	13	16	14	18

Draw thirteen  for the clown.

Draw thirteen  near the drum.



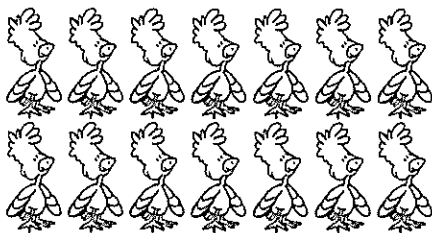
Name: _____

Draw fourteen red balloons.



Trace the numbers and write in the blanks.

14



fourteen

14

14

14

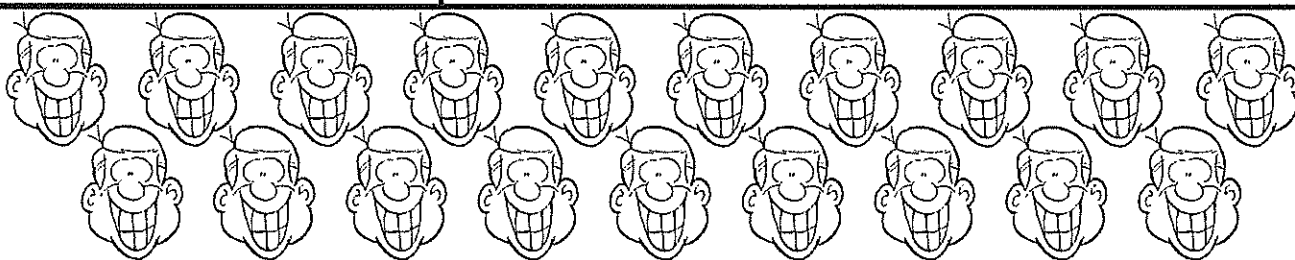
14

14

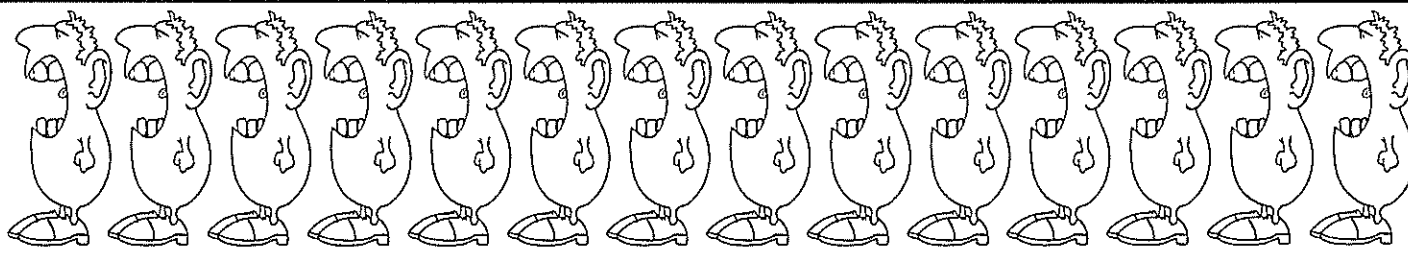
14

1 _ 3 _ 5 _ 7 _ 9 _ 11 _ 13 _ 15 _ 17 _ 19 _

Colour 14 faces yellow.



Colour 14 men blue.



Trace the words.

fourteen fourteen fourteen

Colour 14 circles green and write the missing number.



1	2	3	4	5	6	7	8	9	10	11	12	13		15	16	17	18	19	20
---	---	---	---	---	---	---	---	---	----	----	----	----	--	----	----	----	----	----	----

Name: _____

Draw fourteen
green and
red trucks.



Colour the groups that have fourteen things.

A group of 14 suns arranged in a grid.	A group of 14 teddy bears arranged in a grid.	A group of 14 pairs of teeth arranged in a grid.	A group of 14 mugs arranged in a grid.
A group of 14 socks arranged in a grid.	A group of 14 pairs of shoes arranged in a grid.	A group of 14 televisions arranged in a grid.	A group of 14 ghosts arranged in a grid.
A group of 14 musical notes arranged in a grid.	A group of 14 circles, each with a vertical line through the center, arranged in a grid.	A group of 14 Christmas trees arranged in a grid.	A group of 14 pizzas arranged in a grid.

Trace the word and numbers.

fourteen 14 14 14 14

Write the missing numbers and colour the arrows up to 14.

A horizontal sequence of 20 arrows pointing to the right. The first three arrows are numbered 1, 2, and 3. The last arrow is numbered 20. The arrows in between are empty.

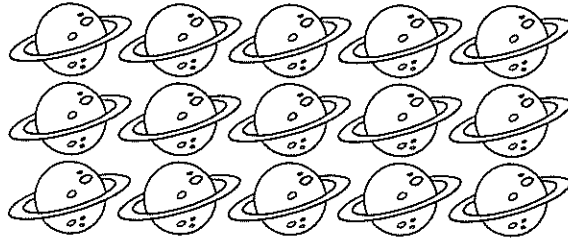
Name: _____

Draw fifteen
slices of
green cheese.



Trace the numbers and write in the blanks.

15



fifteen

15

15

15

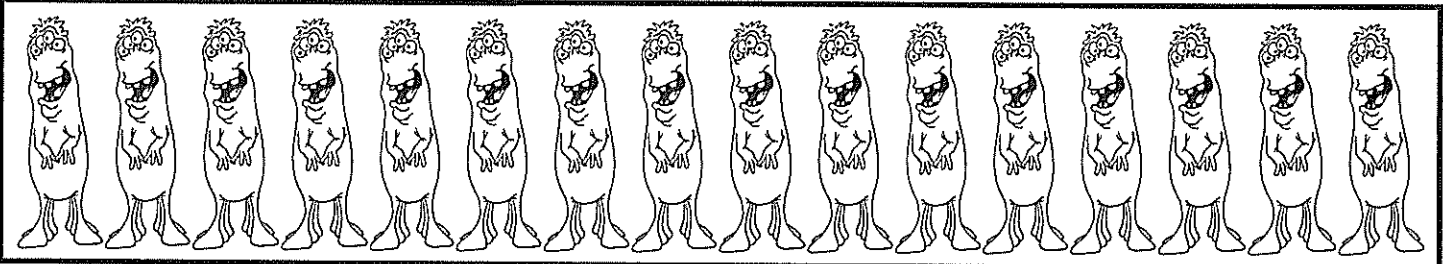
15

15

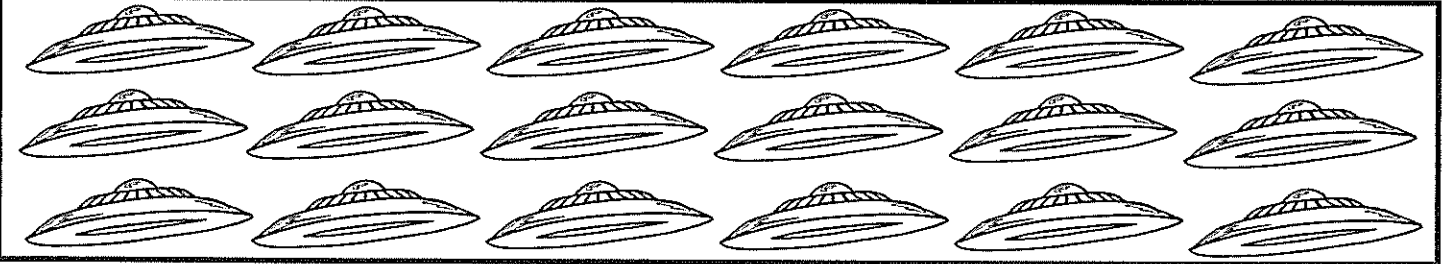
15

2 4 6 8 10 12 14 16 18 20

Colour 15 aliens yellow.



Colour 15 UFOs red.



Trace the words.

fifteen fifteen fifteen

Colour 15 circles green and write the missing number.

0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	2	3	4	5	6	7	8	9	10	11	12	13	14		16	17	18	19	20

Name: _____

Draw fifteen yellow eggs. **EXTRA STUFF**



Colour the groups that have fifteen things.

Trace the word and numbers.

fifteen 15 15 15 15

Write the missing numbers and colour the arrows up to 15.

Name: _____

Fold your page into quarters.
Draw fifteen things in each quarter.

EXTRA
STUFF



Colour the squares that have the number 15 in them.

15 15 15

fifteen

15 15 15

fifteen

15 15 15

fifteen

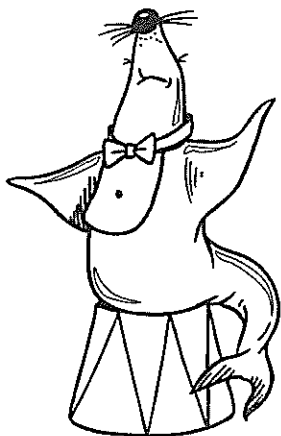
15 15 15

fifteen

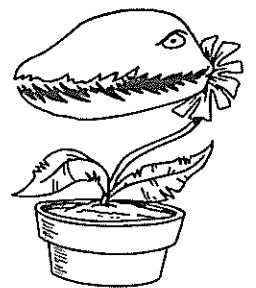
15 15 15

13	16	14	17	20
17	19	15	15	13
15	18	11	12	15
12	15	12	15	20
14	15	15	11	19


Draw fifteen  around the seal.



Draw fifteen  near the plant.

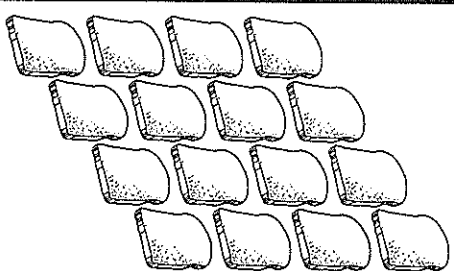


Name: _____

Draw sixteen red cows. **EXTRA STUFF** 

Trace the numbers and write in the blanks.

16



sixteen

16

16

16

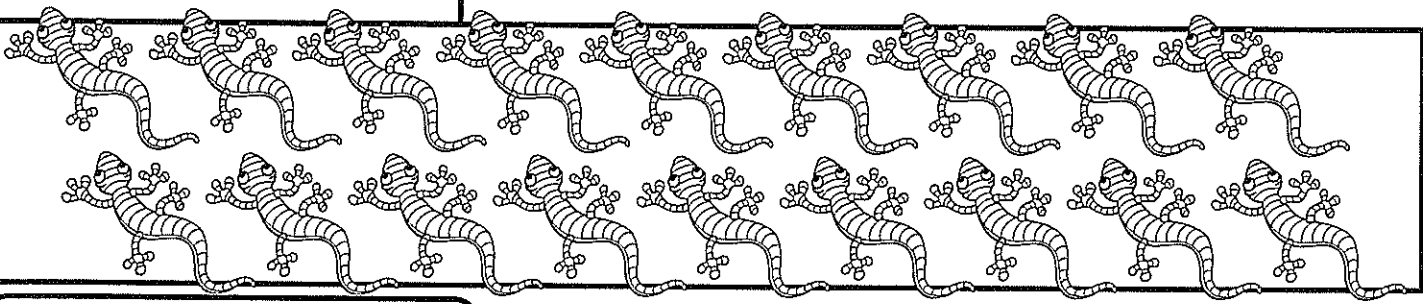
16

16

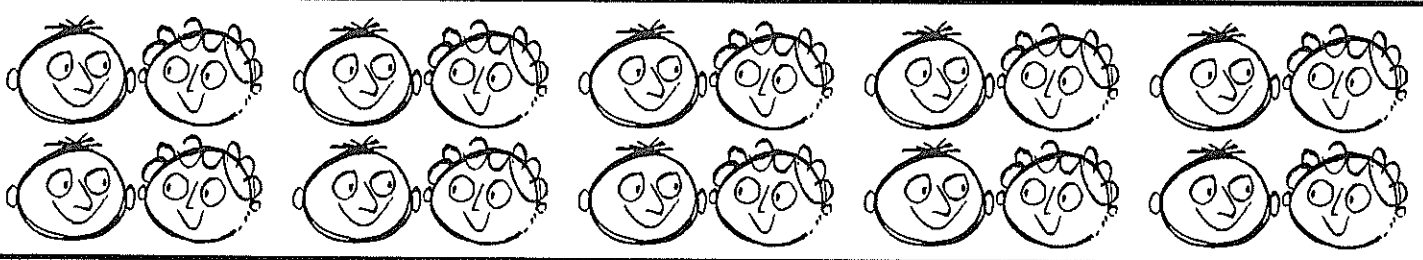
16

1 _ 3 _ 5 _ 7 _ 9 _ 11 _ 13 _ 15 _ 17 _ 19 _

Colour 16 lizards red.



Colour 16 faces green.



Trace the words.

sixteen

sixteen

sixteen

Colour 16 circles green and write the missing number.

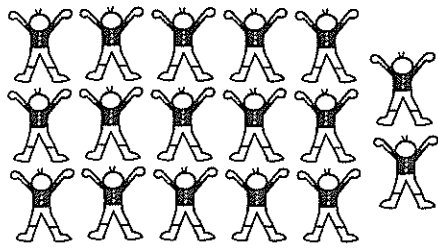


1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		17	18	19	20
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	--	----	----	----	----

Name: _____

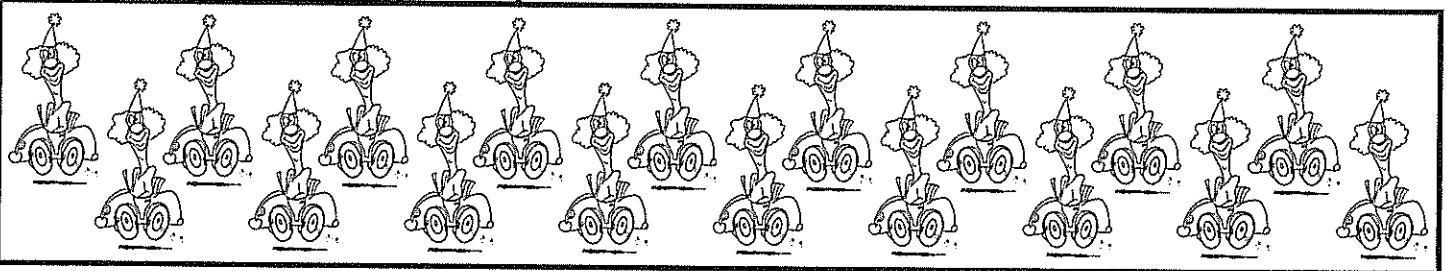
Draw seventeen yellow stars. 

Trace the numbers and write in the blanks.

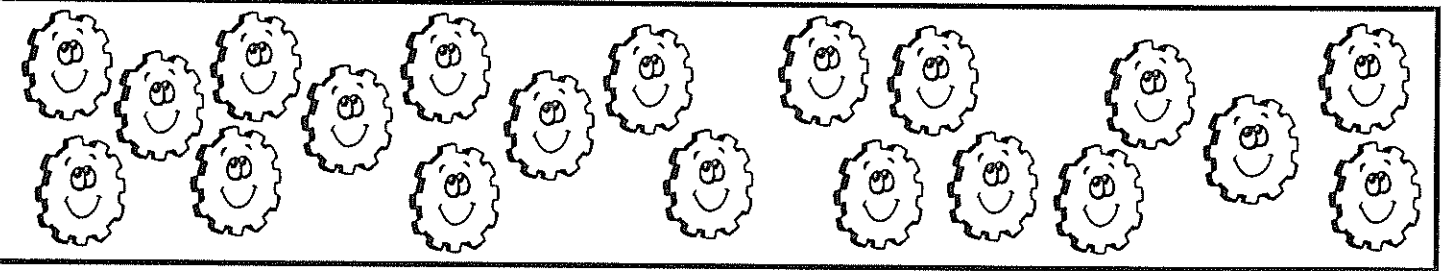
17  seventeen

17 17 17 17 17
_ 2 _ 4 _ 6 _ 8 _ 10 _ 12 _ 14 _ 16 _ 18 _ 20

Colour 17 clowns green.




Colour 17 faces yellow.




Trace the words.

seventeen seventeen seventeen

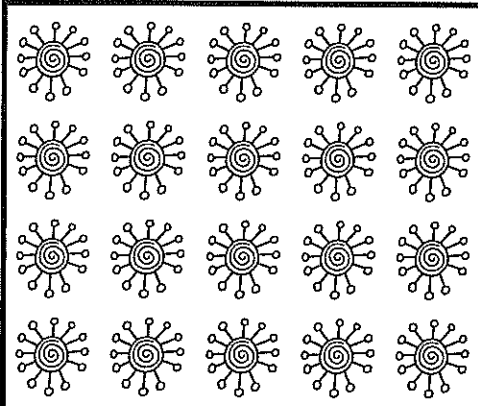
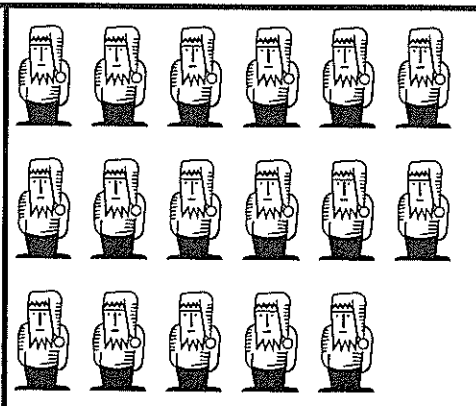
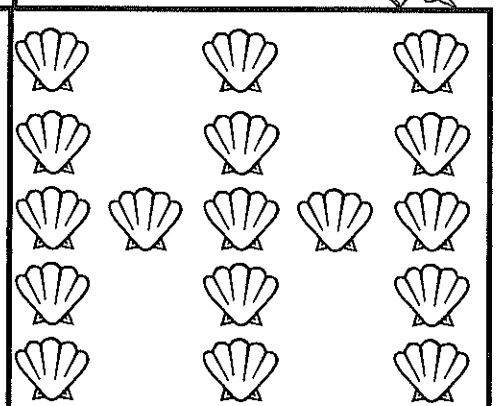
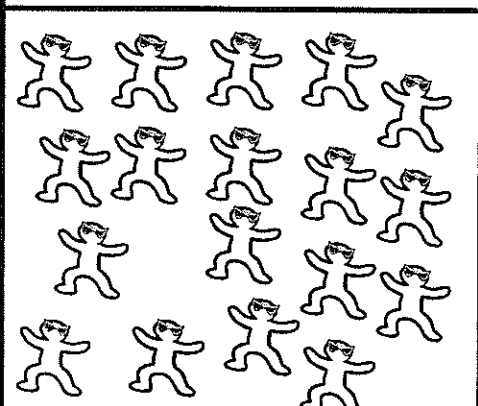
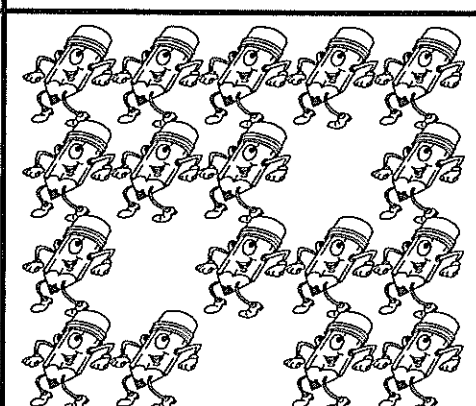
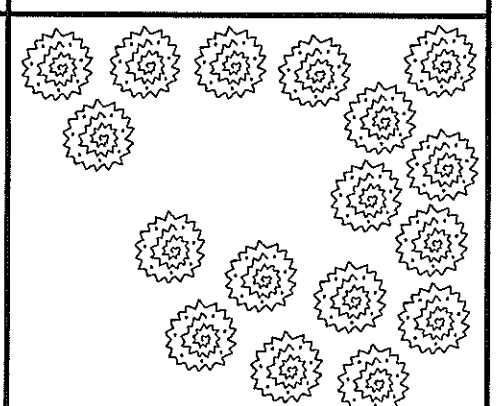
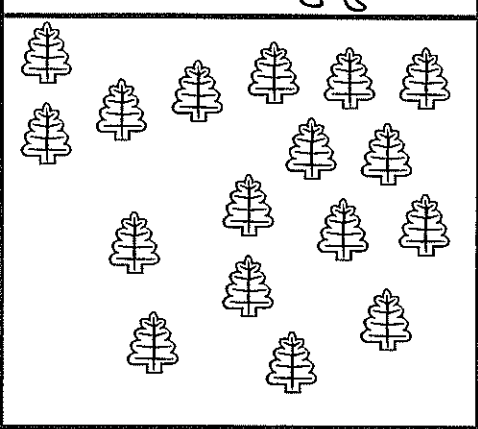
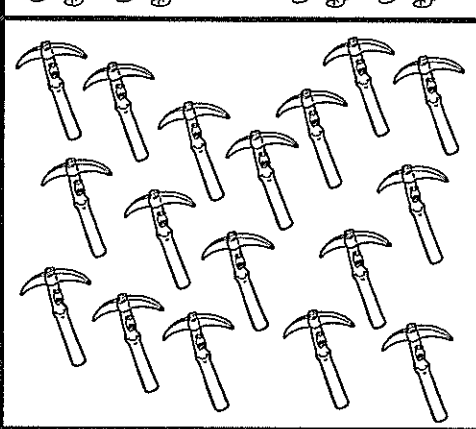
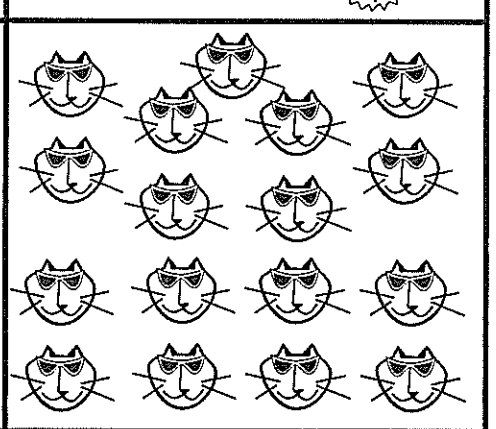
Colour 17 circles green and write the missing number.


1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 18 19 20

Name: _____

Draw seventeen green cakes. 

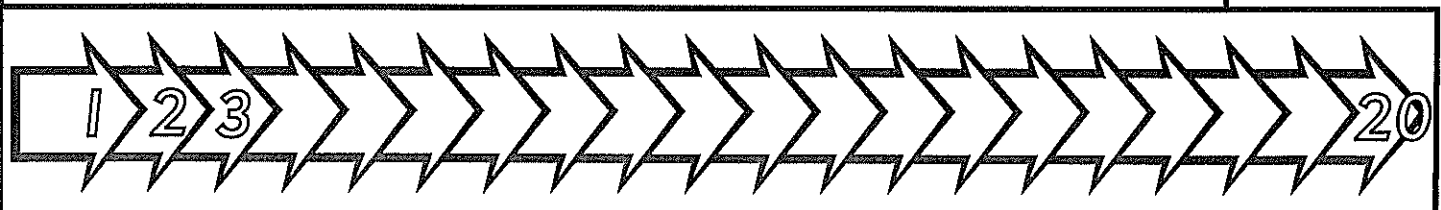
Colour the groups that have seventeen things.


Trace the word and numbers.

seventeen 17 17 17

Write the missing numbers and colour the arrows up to 17.

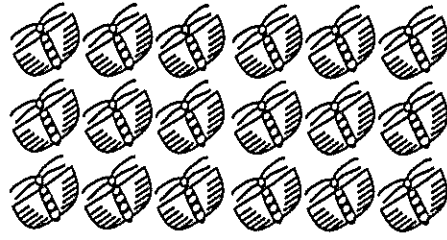


Name: _____

Draw eighteen red apples. 

Trace the numbers and write in the blanks.

18



eighteen

18

18

18

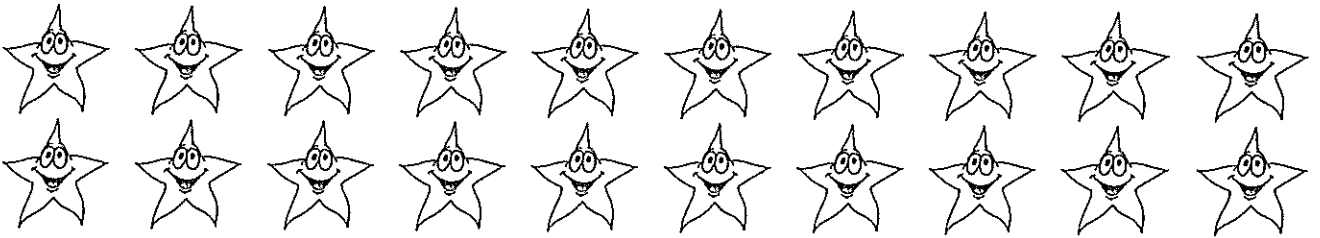
18

18

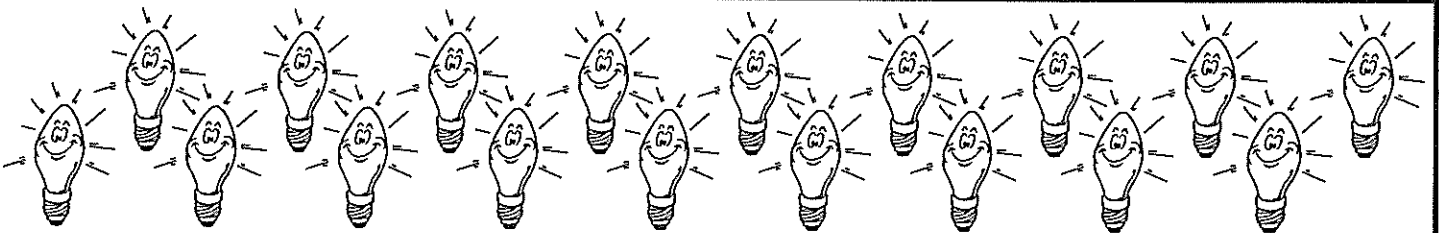
18

1 ___ 3 ___ 5 ___ 7 ___ 9 ___ 11 ___ 13 ___ 15 ___ 17 ___ 19 ___

Colour 18 stars red.



Colour 18 lights pink.



Trace the words.


eighteen eighteen eighteen

Colour 18 circles green and write the missing number.

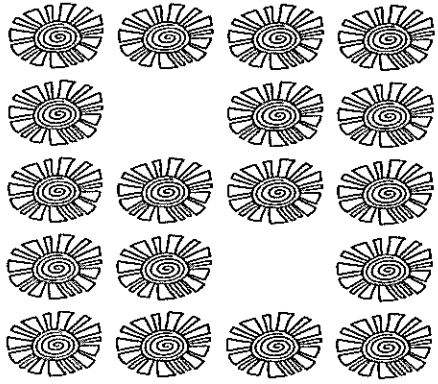
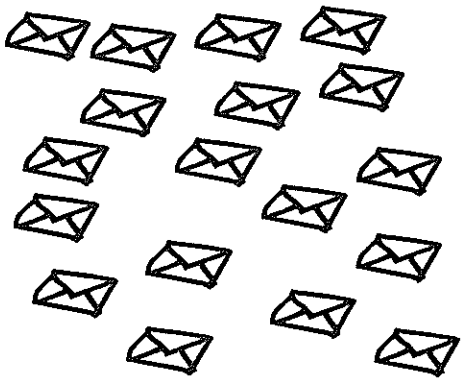

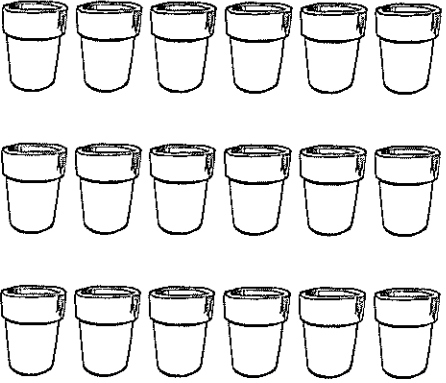
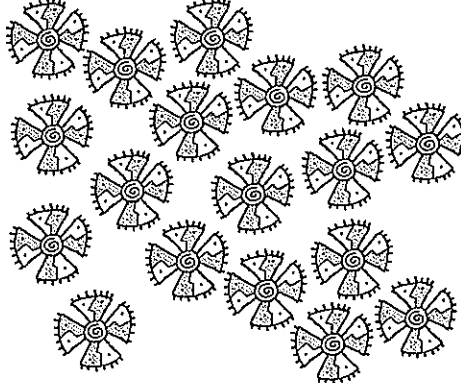
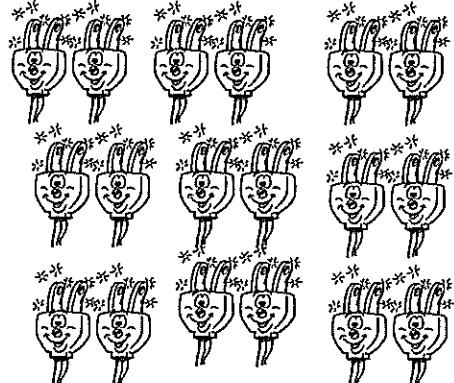
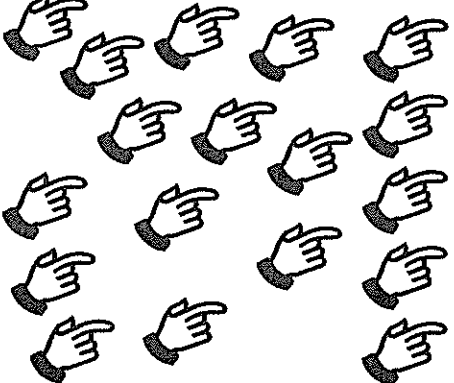
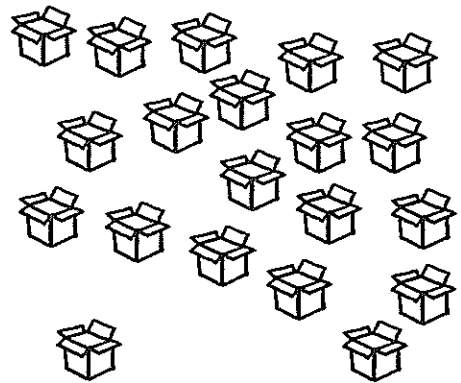
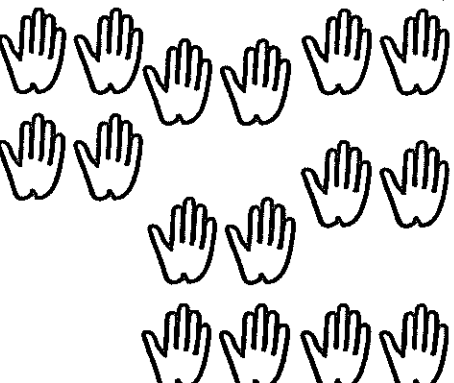


1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17		19	20
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	--	----	----

Name: _____

Draw eighteen yellow noodles. 

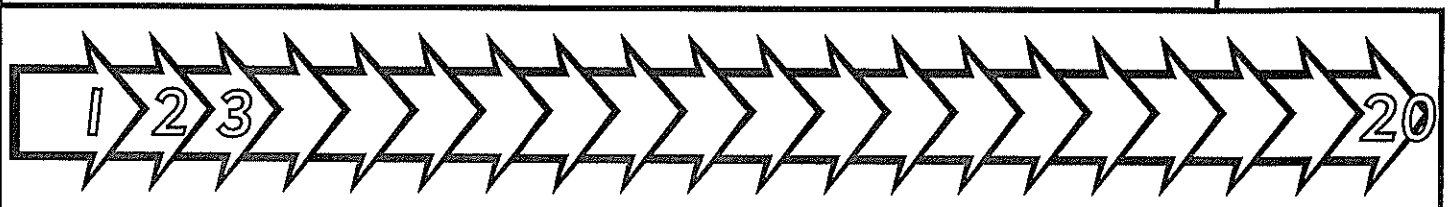
Colour the groups that have eighteen things.

Trace the word and numbers.

eighteen 18 18 18 18

Write the missing numbers and colour the arrows up to 18.

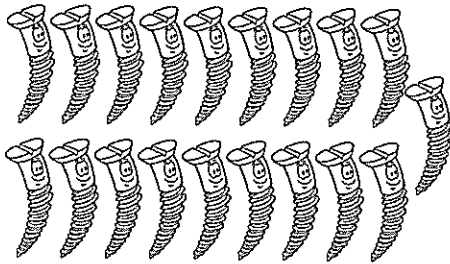


Name: _____

Draw nineteen yellow ladders. 

Trace the numbers and write in the blanks.

19



nineteen

19

19

19

19

19

19

2

4

6

8

10

12

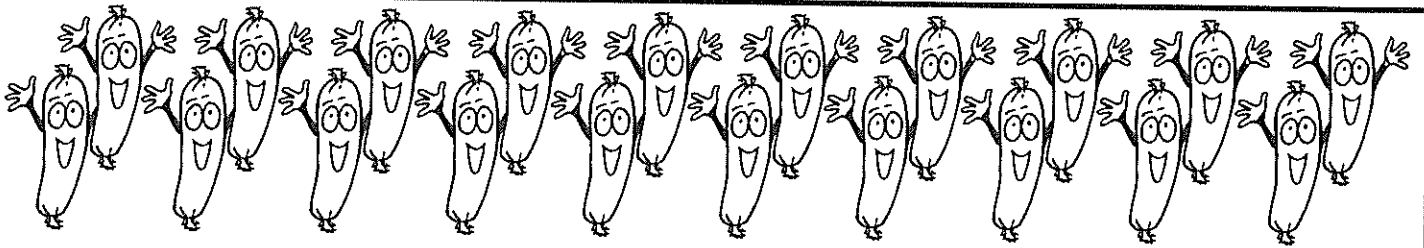
14

16

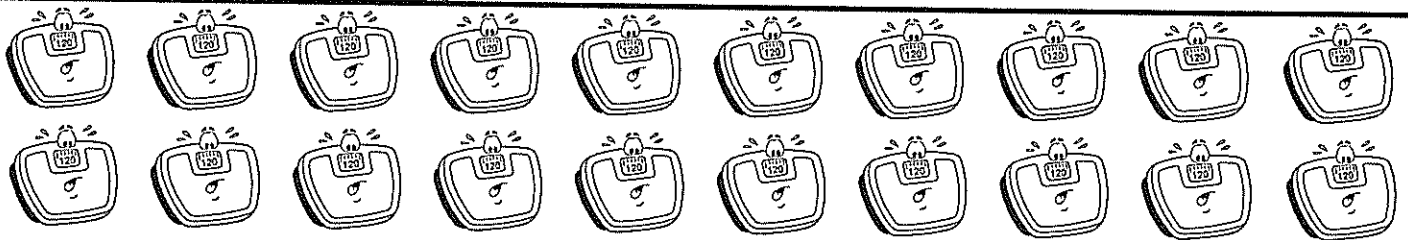
18

20

Colour 19 sausages green.



Colour 19 scales blue.



Trace the words.

nineteen nineteen nineteen

Colour 19 circles green and write the missing number.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		20
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	--	----

Name: _____

Fold your page into quarters.
Draw nineteen things in each quarter.



Colour the squares that have the number 19 in them.

19 19 19
nineteen
19 19 19
nineteen
19 19 19
nineteen
19 19 19
nineteen
19 19 19

19	18	15	17	19
19	19	14	20	19
16	11	19	12	17
19	20	19	14	19
19	19	13	11	14

Draw nineteen **Z** above the bear.



Draw nineteen ☁ around the angel.

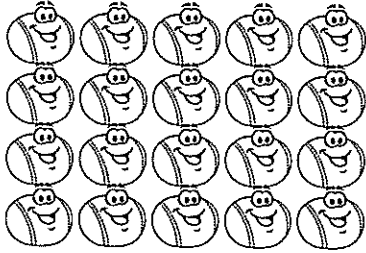


Name: _____

Draw twenty blue balloons.

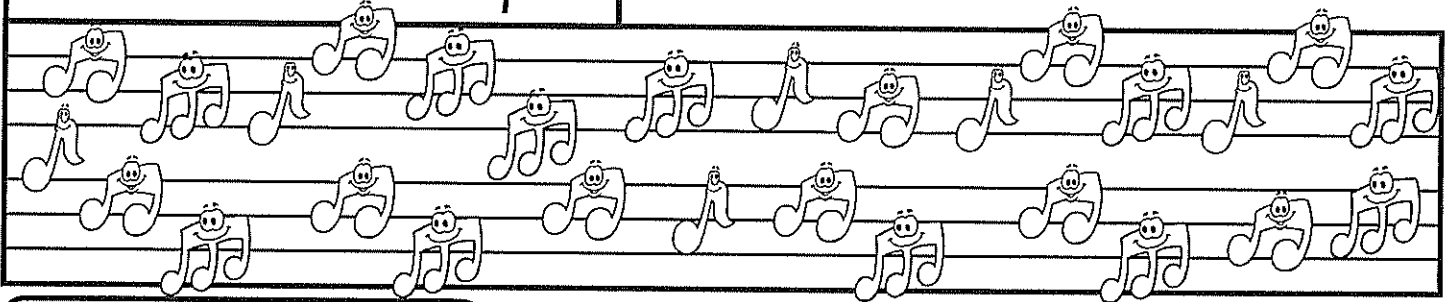


Trace the numbers and write in the blanks.

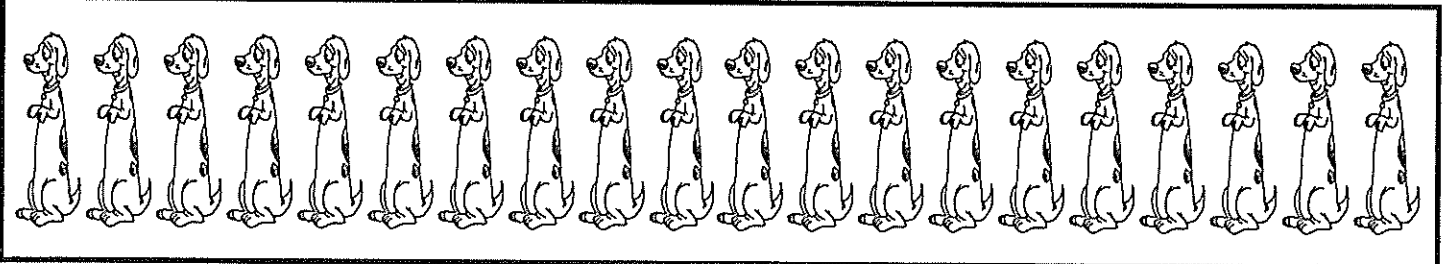
20  twenty

20 20 20 20 20 20
1 _ 3 _ 5 _ 7 _ 9 _ 11 _ 13 _ 15 _ 17 _ 19 _

Colour 20 music notes pink.




Colour 20 dogs green.



Trace the words.

twenty twenty twenty

Colour 20 circles green and write the missing number.

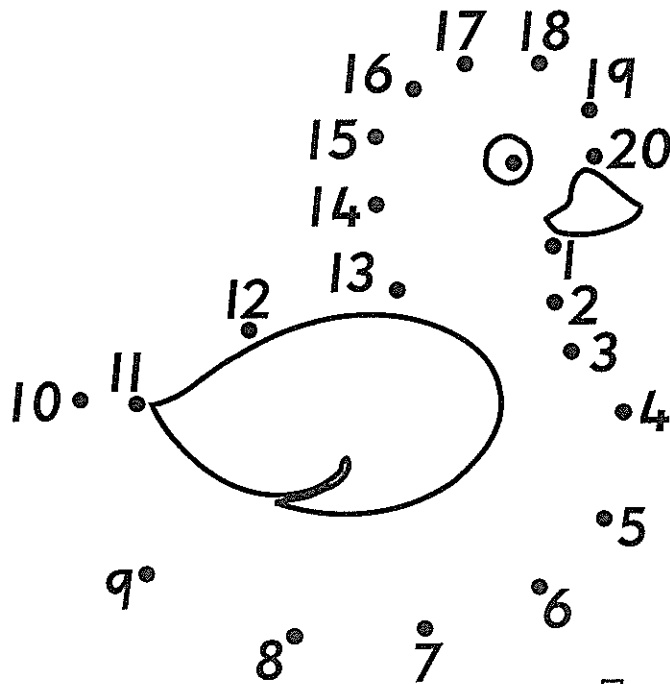

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

Name: _____

Make a colourful pattern by drawing with the number 20 only.

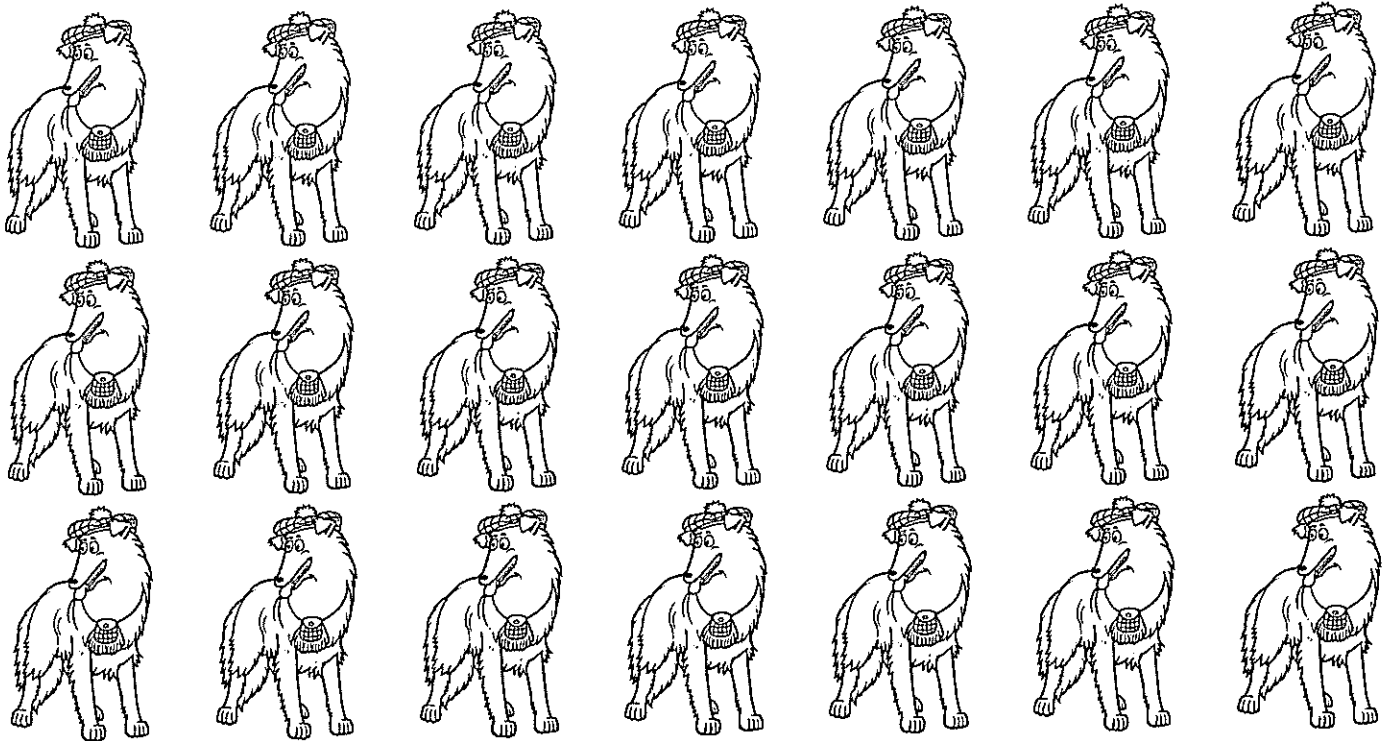


Join the numbers from 1 to 20. Colour the picture.



I can count to 20

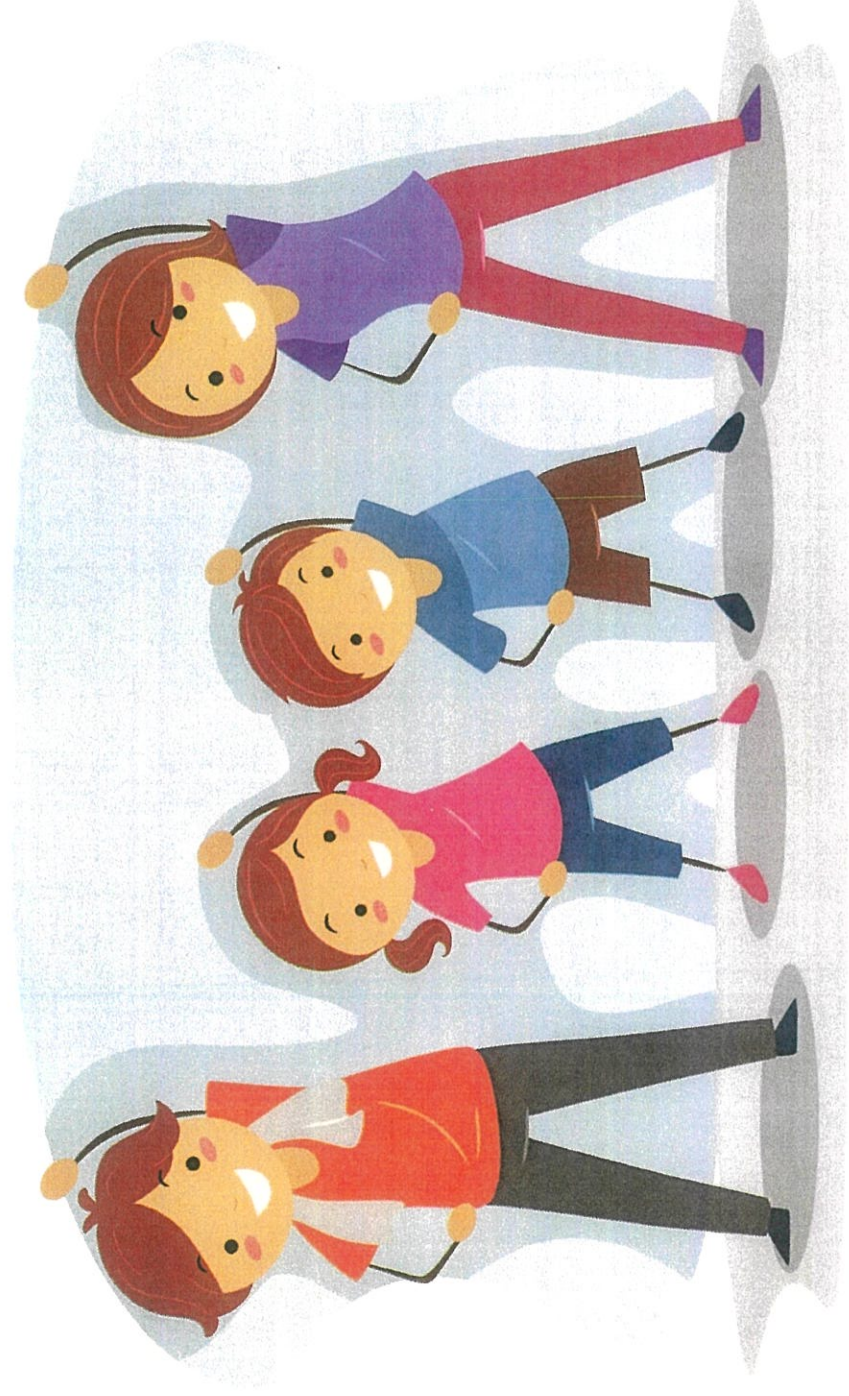
Colour 20 dogs green. Colour the others yellow.



How many yellow dogs?

How many altogether?

P.E. and FITNESS



Kid - Friendly YOGA

for a Healthier Generation



www.Top10HomeRemedies.com

Top10
Home Remedies

EXERCISES FOR KIDS



5 Minute Fitness

Do 30 Seconds of each exercise

Pushups



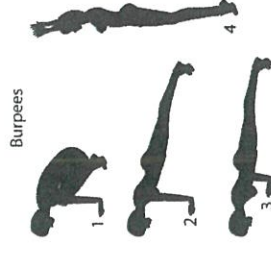
Hip Flexor Stretch



High Knees



Burpees



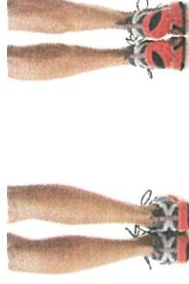
Sit-ups



Mountain Climbers



Calf Raises



Hurdler Stretch



Butterfly Stretch



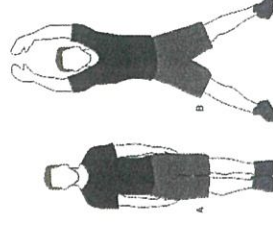
Downward Dog



Plank Hold



Jumping Jacks



P.E. ACTIVITY CALENDAR (Grades K-5)

<p>20 Jumping Jacks 10 Situps 20 Mountain Climbers 10 Side-to-Side Jumps</p>	<p>20 High Knees 10 Burpees 15 Second Plank 10 Pushups</p>	<p>Jump using a real or imaginary jump rope for the duration of your favorite song. Were you able to jump for the entire song?</p>	<p>Crazy 8's... 8 Jumping Jacks 8 Situps 8 Mountain Climbers 8 High Knees</p>	<p>Watch and learn about a sport on YouTube or other internet platform. What was the sport and what do you think about it?</p>	<p>Star Jumps! Jump up with your arms and legs spread out like a star. Do 10 and take a rest. Repeat this 3 times.</p>	<p>30 High Knees 20 Second Plank Jog in place for 30 seconds 15 pushups</p>
<p>What time did you go to bed last night? What time did you get up this morning? How many hours of sleep is that? Do you feel it was enough?</p>	<p>Write down 5 foods you ate today. Do you know what Food Group they fall under? Were they healthy choices?</p>	<p>Find a fast song. Can you dance for the entire song?</p>	<p>20 Jumping Jacks 14 Situps 14 Mountain Climbers 14 Side-to-Side Jumps</p>	<p>30 High Knees 35 Second Plank 15 Burpees 15 Pushups</p>	<p>35 Jumping Jacks 25 Situps 20 Mountain Climbers 20 Side-to-Side Jumps</p>	<p>Who was the 1st President of the United States? Do 1 situp for each letter of his name.</p>
<p>Mindfulness Minute: For 60 seconds hold or perform one of the Yoga poses we taught you and clear your mind. Focus only on your breathing. Do this 3-5 more times today.</p>	<p>25 Jumping Jacks 10 Situps 20 Mountain Climbers 12 Squat Jumps</p>	<p>30 High Knees 30 Second Plank 15 Burpees 15 Pushups</p>	<p>Stay hydrated!!! Drink eight 8-oz. glasses of water today. At the end of the day write down how it made you feel.</p>	<p>Be grateful!! Write down 5 things you are grateful for and why.</p>	<p>Do at least 3 special acts of kindness today. What did you do?</p>	<p>30 Jumping Jacks 30 Mountain Climbers 30 Squat Jumps 30 Situps</p>
<p>15 High Knees 30 Second Plank 18 Burpees 10 Pushups</p>	<p>Go for a walk with a family member. How long was your walk?</p>	<p>Jump using a real or imaginary jump rope for 30 seconds. Repeat this at least 10 times today.</p>	<p>35 Jumping Jacks 20 Situps 35 Mountain Climbers 20 Squat Jumps</p>	<p>20 High Knees 40 Second Plank Jog In Place for 30 seconds</p>	<p>Be mindful!! What did you notice around you? Write down 5 things you see, 3 things you hear, and 1 thing you smell.</p>	<p>Crazy 8's... 8 Jumping Jacks 8 Situps 8 Mountain Climbers 8 High Knees</p>
<p>20 Jumping Jacks 20 Sit-ups 20 Mountain Climbers 20 Squat Jumps</p>	<p>15 High Knees 30 Second Plank 20 Burpees 12 Pushups</p>	<p>Eat Healthy. Make sure you eat 3-5 servings of vegetables today. What did you eat?</p>	<p>45 Jumping Jacks 24 Situps 24 Mountain Climbers 24 Side-to-Side Jumps</p>	<p>20 High Knees 30 Second Plank 20 Situps 10 Pushups</p>	<p>Put on your favorite song, lay down, close your eyes, write down how you feel after the song is finished.</p>	<p>Do your daily Phys. Ed. warmup: stretches that we perform to start each class. Teach your family members. Did they feel any different?</p>

(Pick 1 Square to perform each day- Draw an X through the box after you complete the activity.)

STUDENT NAME: _____ GRADE: _____ TEACHER: _____

TOTAL DAYS COMPLETED: _____ PARENT SIGNATURE: _____

