

# Number Twister

Stepping Stones : Body, Movement and Senses

Materials : incl. materials

Type of exercise : oral

Duration exercise : 15 min.

## Objectives

- The learner can consolidate the numbers from one to ten.
- The learner can understand simple instructions.

## Materials

- Cards with numbers from one to ten.
- Coloured paper

## Preparation

- Make cards with numbers from one to ten, for every number a card, whether or not using coloured paper (e.g. green and red).
- Spread the cards on the floor in an area of two to four square meters.

## Instructions

- Divide the group into teams of two or three people.
- Give your instructions: If the number is even, step with your right foot on the card; if the number is odd, step with your left foot on the card.
- When using coloured paper: If the number is on a green card, step with your right foot on the card; if the number is on a red card, step with your left foot on the card.
- One learner says a number; the other learner steps on the number with the correct foot.
- Switch roles.

## Tips for the instructor

- Once the learner executes the instructions smoothly, increase the level of difficulty to keep the brain active. You can increase the level by simply switching the instructions, by using higher numbers or by making small calculations, e.g. two plus seven.
- Combine this exercise with exercises 10 and 37 to make a trail.

**Read more in our manual at [www.alternativeways.eu](http://www.alternativeways.eu)**

*Language skills / Linguistic performance*

- Listening
- Speaking

*Linguistic competence/knowledge*

- Vocabulary
- Memory

*Social-emotional skills and competences*

- Fun