

# Counting

## Choice Board

Ask your child to choose one or more of the activities show below. Making a choice and following through are important skills for cognitive and social emotional development.

**Choose from the following activities to find out how high your child can count.**

### Questions to Ask:

- Ask your child to count as high as they can. Start by saying, "One, two, three..."
- Ask, "What number comes after six? After three? After five?"
- Give your child 20 objects to count. Say, "Count the [objects]." When your child has finished counting ask, "How many do you have in all?"

<p><b>Family Tips:</b> Find opportunities to count throughout the day. Encourage the child to touch or point to objects while counting. Make it fun and physical. Find items the child is interested in counting. Young children often stumble with the "teen" numbers (13, 14, etc.) when learning. Pay special attention to practice counting 11-20.</p>	<p><b>Counting Seconds:</b> Have the child guess how many seconds it will take to complete a task (getting dressed, putting on shoes, cleaning up toys). Have the child count with you to keep track of time. Afterward ask, "How many seconds did that take? Was that more or less time than you thought?"</p>	<p><b>Counting Jumps or Hops:</b> See how many times the child can jump on one foot or both feet. Encourage counting each step and naming how many at the end.</p>	<p><b>Balloon Toss:</b> Blow up a balloon. Have the child count how many times the balloon can be bumped into the air without the balloon touching the floor.</p>
<p><b>Counting Steps:</b> As you are walking up or down steps, count each step and talk about how many there are at the end.</p>	<p><b>Counting Objects:</b> Find small objects around the house or outside (buttons, rocks, bread ties, marbles, coins). Have the child practice counting the objects while placing them inside a container.</p>	<p><b>Counting Fingers and Toes:</b> Practice counting all the fingers and toes in your family. Make it silly - include the pets.</p>	<p><b>Counting and Building:</b> Roll a die or pair of dice. Have the child stack that number of objects (books, blocks, coins) to make a tower. Keep going until the tower falls over.</p>



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