Let’s get active and count!

Instruction:

Cut out all the printable exercises cards and frames.

Choose 3 exercises and stick them onto the frame and count together with actions!

Also, try to count in Welsh, too.

The numbers in welsh are:

1 ONE -UN

2 TWO-DAU

3 THREE-TRI

4 FOUR-PEDWAR

5 FIVE -PUMP

5 Head taps

5 Star shapes

2 Head taps

3 smiles



4 Arm stretches







3 Elbow taps



1 Tongue poke









5 Claps

4 Waves







2 Blinks

2 Toe taps

3 wiggles

1 Nods

