



# Math & Literacy Activities

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*for families*



**TULSA HEALTH**  
Department  
*School Health Program*



## Dice Fitness

### Materials

- IAK Fitness Cards
- 2 Dice

### Set Up

- Give each participant a die.
- Spread the IAK Fitness Cards face down on the ground.
- Both participants will roll the dice at the same time.
- The dice will determine the number of exercises to be done by both participants.
- The participant who identifies the answer first, will draw an IAK Fitness Card from the deck.
- Participants can practice any mathematical operation: greater than, less than, addition, multiplication, or fractions.

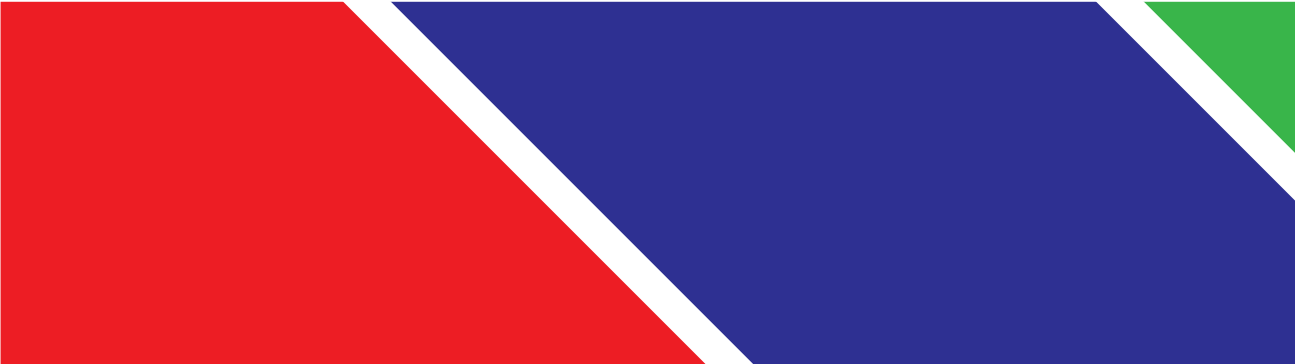


## Card Fitness

### Materials

- IAK Card Suit Key with Exercises
- Deck of Playing Cards

### Set Up

- Post the IAK Card Suit Keys out around the play area.
  - Spread out a deck of playing cards face down.
  - Participant will select a playing card.
  - Participant will match the playing card to the correct IAK Card Suit Key.
  - Participant will perform the activity identified on the IAK Card Suit Key.
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# Tap Count

## Materials

- 2 Participants

## Set Up

- Participants will skip count numbers while tapping the other participant's hand, foot, elbow, or knee.
- Participants can skip count together as their hands touch or they can alternate between counting.
- The same activity can be done with spelling words.
- Alternate between participants when spelling a word.




# Bean Bag Balance

## Materials

- Bean Bags or small stuffed animal  
*Bean bags can be created using zip lock bags filled with rice and duct tape the opening.*
- IAK Sight Cards (create class sight words on notecards)

## Set Up

- Spread IAK Sight Cards around a room either on the floor or posted on the wall.
  - Participant will balance a bean bag on a part of their body (head, shoulder, elbow, forearm, back of hand, knee, foot).
  - While balancing the bean bag participant will walk from sight word to sight word identifying them as they go.
  - Once the bean bag falls off participant, they will choose another part of their body to balance the bean bag on.
  - Spelling words can also be used in the place of the sight words.
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# Alphabet Ball

## Materials

- Beach Ball (any ball type)
- Write the letters of the alphabet randomly all over the ball.

## Set Up

- Participant will play toss and catch with another participant.
- Participants toss the alphabet ball with 2 hands and catch it with two hands.
- The letter the participant's thumb (right or left) lands on, the participants will take turns saying words that begin with that letter.
- Practice tossing the ball overhanded and underhanded.



# Spelling Word Dance

## Materials

- Spelling Words (create class spelling words on notecards)
- Music

## Set Up

- Write spelling words on notecards
  - Scatter spelling words around the room.
  - Play music and have participants perform their favorite dance moves while moving around the room.
  - When the music stops, participants will pick up a spelling word.
  - Participants will say the spelling word, then they will pick an exercise to do while they are spelling the word.
  - Sight words can also be used in the place of the spelling words.
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