



Developmental Benefits of Play:  
Cognitive, Physical, Communicative

## Focus Skills/Subject: Math

### Grades: PreK-3

- Reinforce math skills with a short workout with your class
- Stop and do 20 jumping jacks or squats while the students count out loud.

**Pro Tip:** Take several mini-breaks throughout the day and do a different exercise each time.

### Materials:

- None

