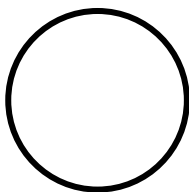


**BEGIN  
HERE**

How many  
dots?

• • •

What is this?



*Standing.  
Lift one leg  
at the time.  
The thigh in  
level.  
10 lifts.*



What is this?

**E**

What is this?



## Preschool, level 1a

2-3 players and a dice. Roll the dice. The player with the highest number, solves the next square. Roll dice again to decide who solves square number 2 etc. Every square is only solved once.

### More ideas:

Show the number with your fingers. How does the number look? What is the thing "in the square" used for? To what can the letter be used? Which sound or letter does the word begin with?

All players do all exercises.

How many  
dots?

• • •  
• •

What is this?

**A**

What is this?



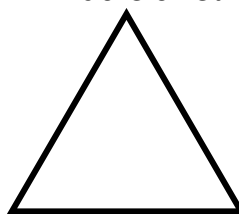
*Have a great time.*

**4 clapping-  
rounds**

*3 claps over  
the head  
3 claps under  
each knee*



What is this?



How many  
dots?

• • •  
• • •

What is this?

**M**

What is this?



How many  
dots?

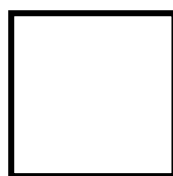
• • •  
•

**THE END**

What is this?



What is this?



How many  
dots?

• • •  
• • •

*Run in  
place.  
20 sec.*

