DECK OF DECISIONS

- ✓ Take a deck of cards, four pieces of paper, and a pen.
- ✓ On one of the papers, draw the symbol of Hearts, and think of an accompanying exercise (eg. sitting down on the floor and spinning). On another paper, draw Spades and describe another exercise (eg. standing on one leg). Do the same for Diamonds and Clubs. If you're using an Uno deck, you can assign an exercise to each card color instead.
- ✓ Place the four exercise papers in different rooms around your house.
- ✓ Put the cards in a pile on the floor, facing down.
- ✓ Draw one card for each and go do the exercise on the paper corresponding to the card's suit. Do the exercise as many times as the number on the card indicates.
  - Jack = 11
  - Queen = 12
  - King = 13
  - Ace = 14 times.

If you want, you can compete who can finish the most cards. It's about to get sweaty! Mom's spaghetti.

Basic motor skills,
mathematics in everyday life

Hoksausboksi

OPETUS- JA KULTTUURIMINISTERIÖ

LASTEN LIIKUNNAN TUKI

LIIKKUVA VARHAISKASVATUS