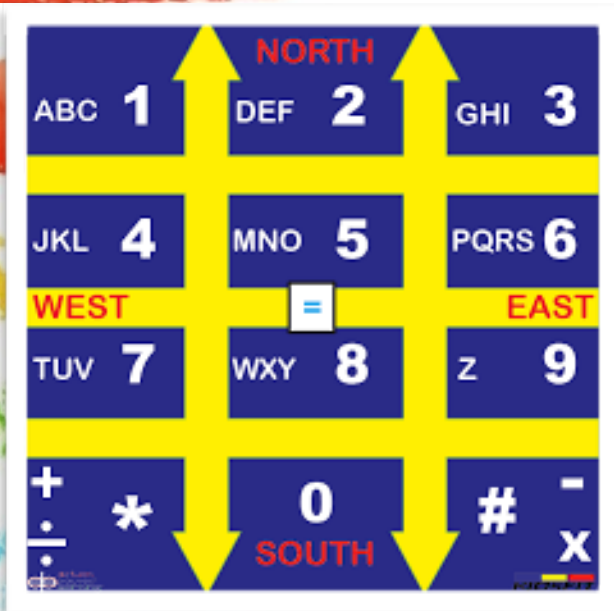


Station: Math Mat

Brain Body Benefits:

*Using the math mat crosses midlines of the body and integrates the hemispheres of the brain. This results in more well-developed attention systems.

Helps with putting patterns into a sequence, like letters into words, words into sentences and numbers into order.



Sample Activity #1: Jump to Number Identification

Instruct the student to identify numbers in numerical order starting from 0. As they say each consecutive number, have them jump to that number on the math mat. Next have them identify odd numbers and then even numbers by jumping to the corresponding value on the math mat.

Sample Activity #2: Telephone Number

Have the student walk to each number on the math mat that corresponds to their telephone number. This can be modified by using zip codes, school ID number, addresses and mathematical equations (+, -, /, x) as applicable to the age group.

Sample Activity #3: The Compass

Have the student identify the direction of North, South, East & West by jumping or hopping to the corresponding place on the math mat. This can be scaled to include Northwest, Southwest, Northeast & Southeast.

Sample Activity #4 Advanced Duo

Have the students partner with a peer to create their own math equation. Without using words, one partner will use movement to signify an equation for the their partner to solve. (i.e. $2 - 1 =$ would look like: Partner 1 walk to the number 2. Hop on 2. Walk to the minus sign. Hop on the minus sign. Then walk to the number 1 and hop on it. Finally walk to the = sign and hop on it to signify $2 - 1 = \underline{\quad}$). The partner will have to focus on the movements of the student in order to understand and solve the math equation.