

## Count to 5 exercises

Here is a simple sensory exercise routine you can do

A family member will show you how to and help you to do it. The more often you do it the easier it will become to do it on your own!

Practise it every day or even TWICE!

**Good idea:** Record it on your phone/iPad regularly and watch your progress.

Good luck & have fun x

1 2 3 4 5



1<sup>st</sup> **Clap your hands** – count to 5

2<sup>nd</sup> **Jump** – count to 5

3<sup>rd</sup> **Touch your toes** – count to 5

4<sup>th</sup> **Nod your head** – count to 5

5<sup>th</sup> **Arms out wide** – count to 5

Can you do more?

6<sup>th</sup> **Lie down** – count to 5

7<sup>th</sup> **Arms up high** – count to 5

8<sup>th</sup> **Bend your knees** - count to 5

9<sup>th</sup> **Jumping Jacks** – count to 5

10<sup>th</sup> **Shake your body** – count to 5