

Far Eastern University - Manila
Institute of Education

I can count my way to a
healthy mind and body!

A Learning Packet on
Counting and Language Arts
for SPED Primary Level



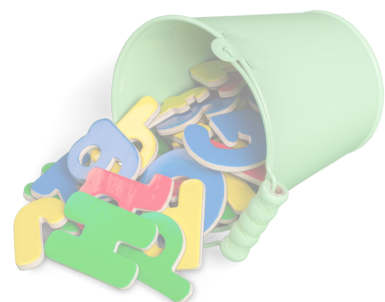
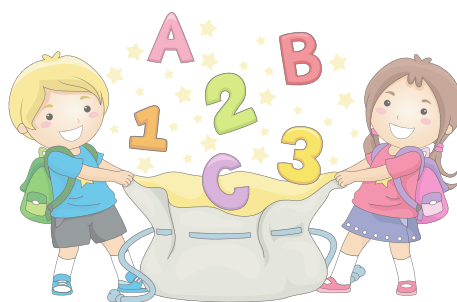
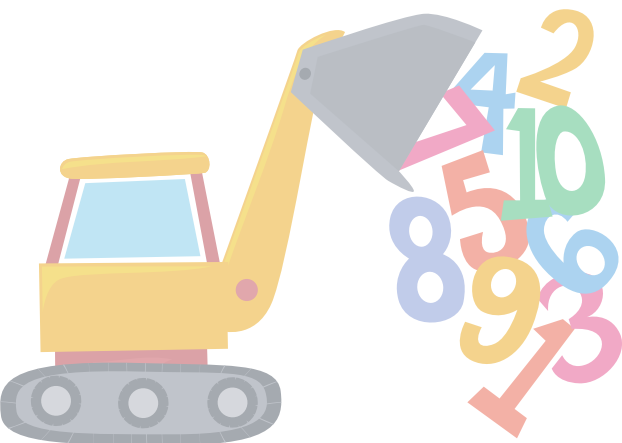
by: May A. Traverro
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Learning Goals:

This packet is designed for learners ages 5-7 years old with a little background on numbers and phonics.

The activities will help the students to:

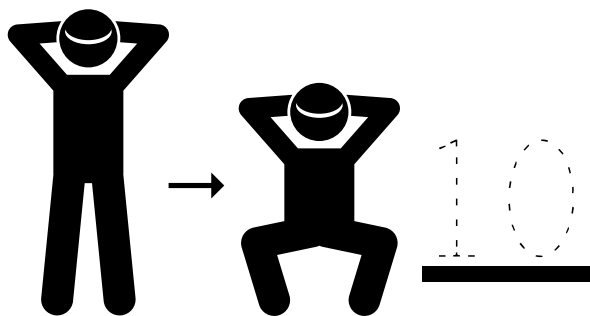
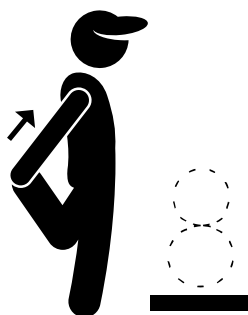
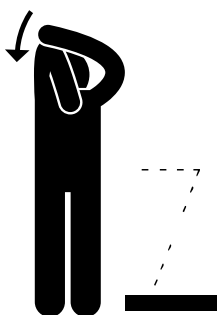
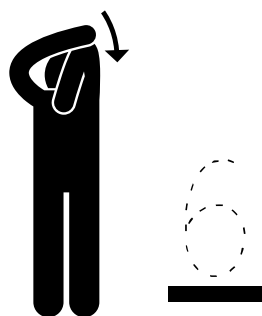
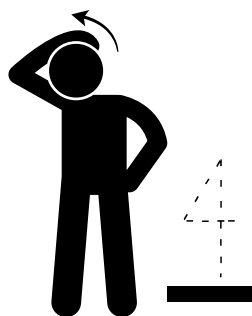
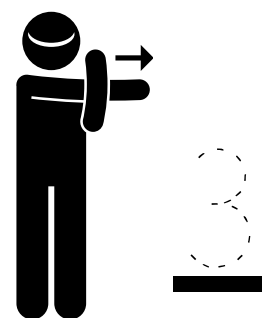
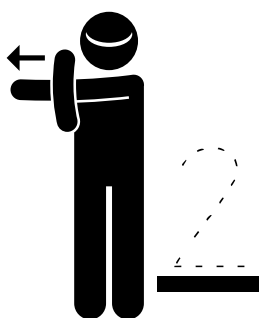
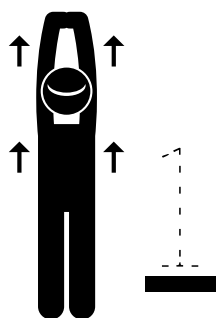
- recognize numbers 1-10 through a series of review activities
- add single digit numbers
- identify nouns
- give examples of nouns
- develop fine motor skills by sorting, tracing numbers and writing





Reviewing Numbers

Read and trace the numbers.



Health Tip:

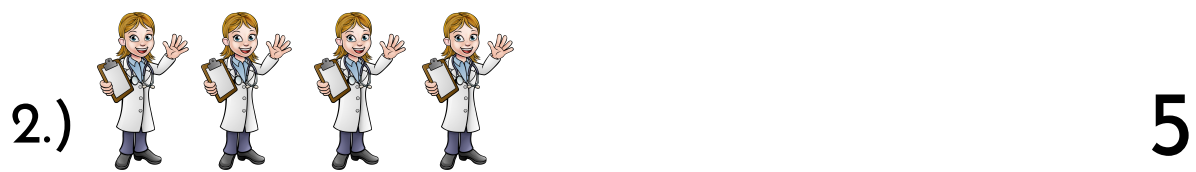
Do one warm-up exercise as shown in the pictures and count 1-10.





Number Recognition

Match the picture to the correct number.



Health Tip:

Thank your community helpers for keeping us safe and healthy.



Activity 3



Match the picture to the correct number and to the word.

3



six

9



ten

10



three

6



one

1



nine

Health Tip:

Eating healthy food makes our body strong and healthy.



Activity 2






Plus + is the
addition sign.

$$1 + 1 = 2$$






$$1 \text{ plus } 1 = 2$$

Adding and Tracing






Add the pictures and trace the correct answer.

1.)  +  =   

1 1

2.)  +  =   

2 2

3.)  +  =   

1 2



Health Tip:

Eating vegetables can
help our body fight
against diseases.



Activity 3

Ways I can add:
I can use my fingers.

2  $+$ 2  $= 4$

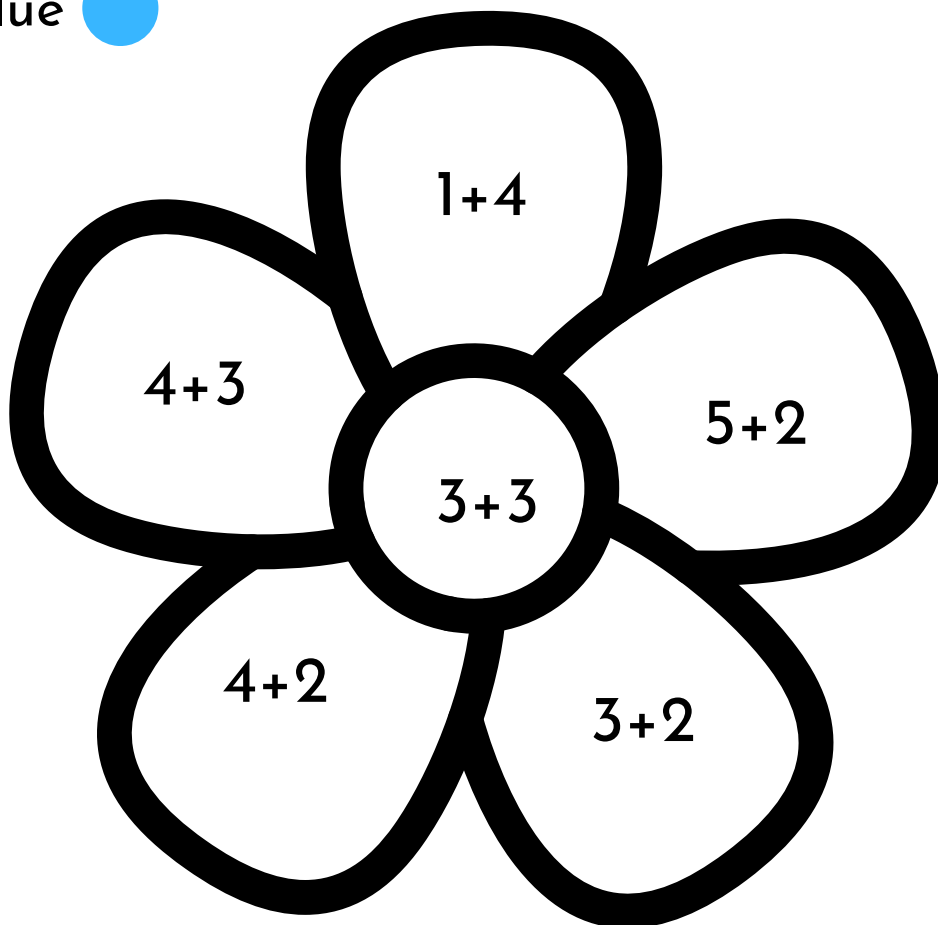
Adding and Coloring

Add the two numbers on the flower
and color the flower using the key below.

5 = Red 

6 = Yellow 

7 = Blue 



Health Tip:

Take time to smell the
flowers. It improves our
mood and keeps us calm.



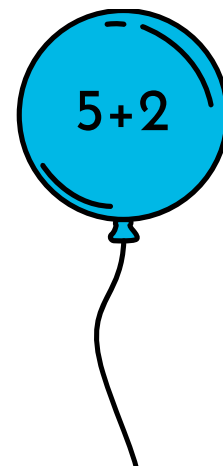
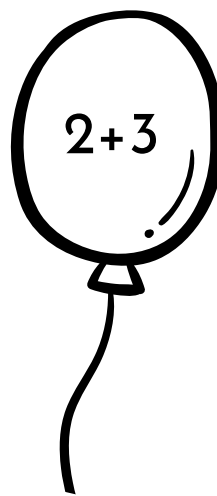
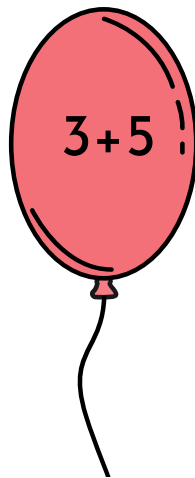
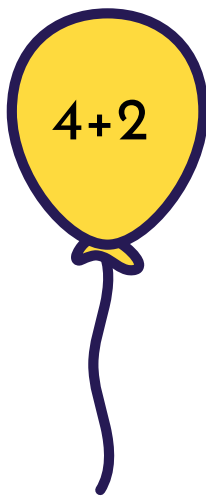
Activity 4

Ways I can add:
I can use tally marks.



$$5 + 1 = 6$$

Add the numbers and
connect the balloon string
to the girl with the correct answer.



5

6

7

8



Health Tip:

Play with your friends,
have fun and smile to
make your day brighter!



Activity 5

Ways I can add:
I can draw a picture.



$$3 + 2 = 5$$

Addition to 10

Draw more objects to make 10 and write the number.

1.)

$7 + \underline{\quad} = 10$

2.)

$5 + \underline{\quad} = 10$

3.)

$6 + \underline{\quad} = 10$

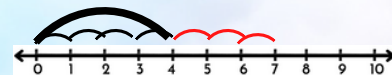
Health Tip:

Drink water and get enough sleep to keep your body healthy.



Activity 6

Ways I can add:
I can use a number line.

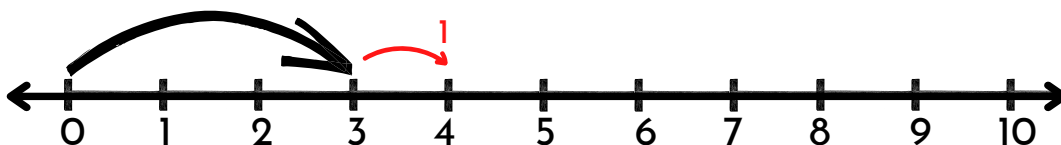


$$4 + 3 = 7$$

Number Line Addition

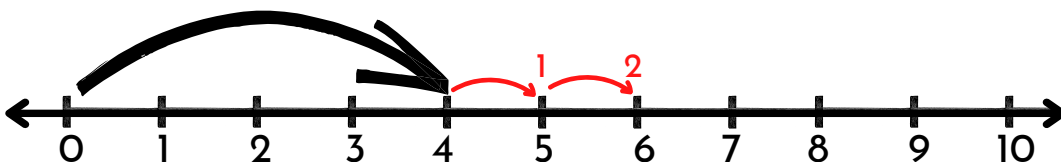
Add the numbers using the number line.

1.)



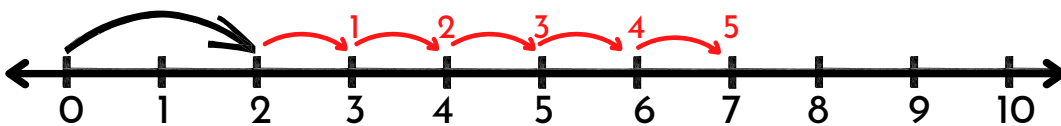
$$3 + 1 = \underline{\quad}$$

2.)



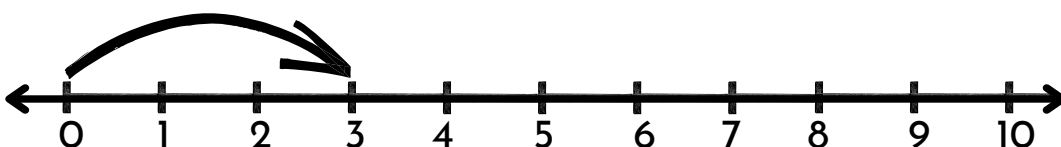
$$4 + 2 = \underline{\quad}$$

3.)



$$2 + 5 = \underline{\quad}$$

4.)



$$3 + 5 = \underline{\quad}$$

Ways I can add:
I can write a
number sentence.
 $4 + 3 = 7$

Single Digit Addition

Add the numbers.

1.) $4 + 1 =$

2.) $2 + 3 =$

3.) $7 + 3 =$

4.) $8 + 2 =$

5.) $9 + 2 =$

6.) $6 + 3 =$

7.) $5 + 4 =$

8.) $4 + 4 =$



Health Tip:

Keep your body clean
and fresh by taking a
shower everyday!




Addition
Key Words: in all,
altogether,
in total, sum

Word Problem

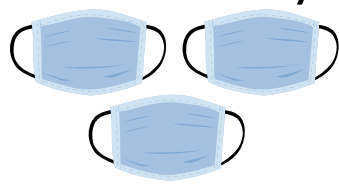
(Language Arts Integration)

Read the word problem and write the correct answer.


- 1.) Anna has 2 pens. Pat has 3 pens. How many pens are there in all?

 $2 + 3 = \underline{\quad}$ pens

- 2.) The doctor has 3 masks. The nurse has 4 masks. How many masks are there in all?

 $3 + 4 = \underline{\quad}$ masks

- 3.) I ate 2 bananas. My sister also ate 2 bananas. How many bananas did we eat altogether?

 $2 + 2 = \underline{\quad}$ bananas

Learning about Nouns

Nouns are names of **people**, **places**, **things** and **animals**.

 people	 places	 things	 animals
boy	house	bag	dog
girl	school	mask	tiger
doctor	mall	pencil	elephant
teacher	hospital	tree	shark
mother	city	sanitizer	panda



Activity 1

Nouns are
names of
people.

Name the community helpers.

Match the picture to the noun.



teacher



policeman



firefighter



doctor



nurse



farmer



student



chef

Health Tip:

Brushing your teeth and
washing your hands keep
the germs away.



Nouns are
names of
animals.

Animal Word Search

Find and circle the words in the list.



koala	monkey
tiger	lion
elephant	panda
zebra	giraffe
bear	deer

E	L	E	P	H	A	N	T	P
S	G	M	E	K	O	A	L	A
L	I	O	N	N	C	L	A	N
B	R	D	Z	E	B	R	A	D
E	A	K	O	R	W	O	T	A
M	F	M	O	N	K	E	Y	E
R	F	Y	C	H	E	R	D	Y
B	E	A	R	A	D	E	E	R
T	I	G	E	R	Z	E	R	W

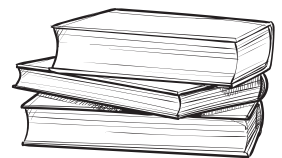
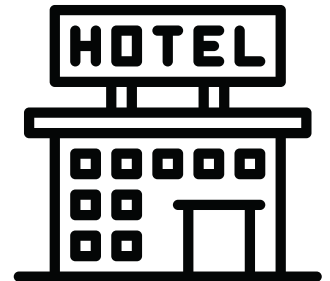
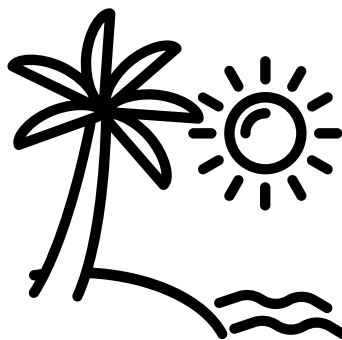
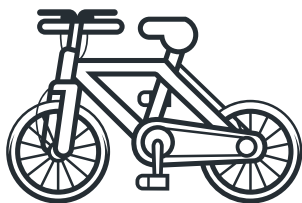
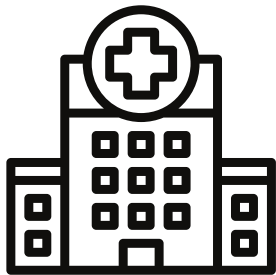
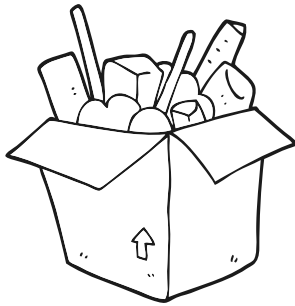
Nouns
are names of
places and things

Noun Sort

Color the noun using the key below.

Places: Red

Things: Blue





Noun Sort

Cut  and paste  the pictures to sort the nouns into the correct group.

people	places
animals	things



beach



koala



table



butterfly



driver



restaurant



cap

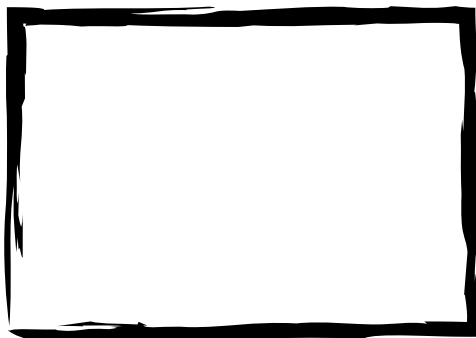
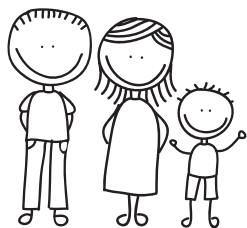


baker

Activity 5

Draw and name the nouns below.

Person: _____



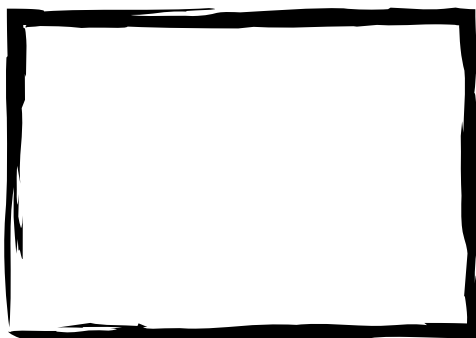
Place: _____



Animal: _____



Thing: _____





Identifying Nouns

Underline the noun in each sentence.

1. I eat fruits everyday.
2. My sister is washing her hands.
3. They went to the restaurant.
4. I wear a mask outside.
5. My parents eat healthy food.
6. The kids are playing basketball.
7. The dog is sleeping.
8. We stay home and read books.



Health Tip:

Spend time with friends,
your pet or with family
members.





Read the sentence and write the correct answer.

1. I have _____.



2. The _____ is red.



3. This is a _____.



4. The _____ is eating.



5. My _____ are happy.



friends

cat

house

plant

pens

Health Tip: Take good care of yourself. A healthy mind and body make us happy.



Activity 8



Underline the nouns in this song.

Wash Your Hands
(To the Tune of Baby Shark Song)

Hey, mom

Wash your hands, doo, doo-doo, doo-doo (3x)

Wash your hands

Grab some soap, doo, doo-doo, doo-doo (3x)

Grab some soap

Rub your hands, doo, doo-doo, doo-doo(3x)

Rub your hands

Rinse your hands, doo, doo-doo, doo-doo(3x)

Rinse your hands

Dry your hands, doo, doo-doo, doo-doo(3x)

Dry your hands

What else can we do?

Cover your sneeze, doo, doo-doo, doo-doo(3x)

Cover your sneeze

Cough into your elbow, doo, doo-doo, doo-doo (3x)

Cough into your elbow

Safe at last, doo, doo-doo, doo-doo(3x)

Safe at last (phew!)

Let's stay healthy, doo, doo-doo, doo-doo (3x)

Let's stay healthy

Oh, yeah!



Health Tip:

Sing the song, do the action, move your body.

Stay healthy and happy!

References:

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<https://www.myplate.gov/eat-healthy/vegetables>

<https://www.youtube.com/watch?v=a1IWWXZkHzy>

All pictures used are from canva.com