Math Games and Activities

Math learning promotes working memory, improves attention, and increases other basic cognitive skills. Engage your child in playful activities to help develop and maintain a strong foundation in understanding math!

|  |  |  |  |
| --- | --- | --- | --- |
| Count food items at snack time (example: 5 crackers, 20 raisins, 10 carrots, 7 fruit snacks, etc.) | Use a calendar to count down the days to a birthday or special holiday. Help your child see the connection between a number like ‘5’ and the word five. | Count toys, number of stairs going to your house, number of utensils at dinner, shoes in your house, crayons, books, etc. | Find items on a nature walk and bring them home to count them. Sort them into piles and count how many in each pile. |
| Play simple games where your child moves a game piece from one position to the next (Candyland, Trouble, Chutes and Ladders, Sorry, etc.) | Identify shapes in your home (light switches, windows, clocks, etc.) | Play war with a deck of cards (start with smaller numbers if needed). Each player turns over a card, the higher card gets to keep both cards. | Have your child name numbers they see while driving (on speed limit signs). |
| Gather some coins and have your child point and count to each one, then ask them how many coins are there? | While at the grocery store, go on a number hunt by finding as many numbers as possible or focus on one number and count how many times you find that one number during your shopping trip. | Arrange cookie cutters in patterns on a cookie sheet or placemat. | While at the grocery store, have children predict which food item is heavier. (Example, ask, which is heavier a box of crackers or a can of soup? Go to the scale and weigh them. |