Indoor Number Hop

Category: Math | Ages: 4–6 | Time: 12 min | Prep: 2–3 minutes | Mess: Low | Indoor

Why it matters

Jump from number pad to number pad while calling out numbers forward and backward. In US preschool and kindergarten classrooms, teachers look for hands-on curiosity, comfortable focus for 10–15 minutes, and the confidence to try new ideas out loud. Practicing number order, gross motor balance, and counting backward through relaxed play builds lasting readiness without worksheet pressure.

Materials checklist

[ ] Paper sheets numbered 1 to 10 taped safely to the floor (or chalk outside)

Step-by-step instructions

1. Lay numbered paper stepping-stones in a path across the floor.
2. Call out a number or ask your child to hop from 1 up to 10, saying each number aloud.
3. Try a silly “frog hop” or “tip-toe” back down from 5 to 1!
4. Pause to ask your child what they noticed or enjoyed most about this part of the quest.
5. Tidy up the materials together as a calm finish—practicing classroom-ready clean-up habits!

What to say

- “Let’s take our time and see what happens when we try Indoor Number Hop together!”
- “I noticed how carefully you focused on each step—what should we try next?”
- “Can you teach me how you did that?”

Notes & observations: