

1, 2, 3, 4: Hip, Hop, Move!

Use a Caribbean-inspired dance to help children understand counting to four.

How to Do It

1. Ask the children to stand in a circle. Teach them the following chant:

1, 2, 3, 4

1, 2, 3, 4

1, 2, 3, 4

Hip, Hop, Move!

2. Teach the children the actions, slowly at first:

Twist, twist, twist, stomp.

Twist, twist, twist, stomp.

Twist, twist, twist, twist.

Hip—push out hip to left

Hop—push out hip to right

Move—small jump to the side,
landing on both feet.

3. Repeat the actions several times, and then add the chant. Younger children can just shimmy or wiggle to the rhythm while counting; older children will be more precise in their actions.



Material from *Up, Down, Move Around – Math and Literacy* by Deborah Kayton Michals (page 95), ISBN 978-087659-417-9, is reprinted with permission from Gryphon House, Inc., 6848 Leon's Way, Lewisville, NC 27023. (800) 638-0928. www.gryphonhouse.com