Cedarfield LEARNING

FREE SAMPLE

EVERYDAY SKILLS · SKILL PACK

Numbers and Counting



Counting real objects, 1 to 10

Large print · One task per page · Hands-on with real objects · No screen

3 ACTIVITIES · FREE SAMPLE

1 **Three Boxes**

2 **Five Boxes**

3 **Fill to Five**

For teenagers and young adults learning foundational skills · cedarfieldlearning.com

How to Use This Book

For the adult

1. Use one page per sitting. Short and successful is better than long.
2. Gather the objects listed in the green box before you start.
3. Read the "Say" line aloud, calmly, in your own words if you prefer.
4. Let your learner touch, place and move the real objects. Pointing and saying the answer counts as much as writing.
5. If an answer is not right yet, stay calm: show the right answer, then do it again together. Give just enough help, and a little less next time.
6. Name what went well, briefly: "Good counting." Repeat a page as often as you like and stop on a success.
7. When a page goes well two or three times on different days, try the harder idea in the green box.
8. Supervise small objects (coins, buttons) if putting things in the mouth is a concern.
9. These are practice pages, not therapy. Print them again whenever you need.

Each page has two parts. The framed area is for your learner: one task, large print, lots of space. The green panel at the bottom is for you: what to gather, what to say, and how to make it easier or harder.

UNIT 1

Numbers and Counting

Practises counting real objects and matching quantities to numbers 1 to 10.

IN THIS UNIT

Three Boxes
Counting to 3

Five Boxes
Counting to 5

Fill to Five
Making 5

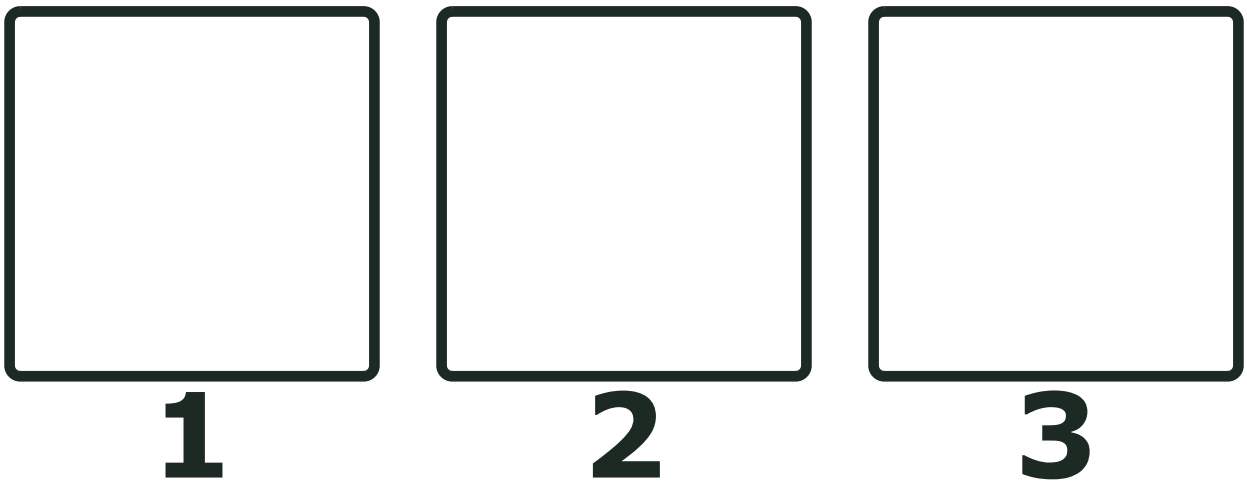
1

UNIT 1

Three Boxes

Skill: Counting to 3

About 5 min



FOR THE ADULT

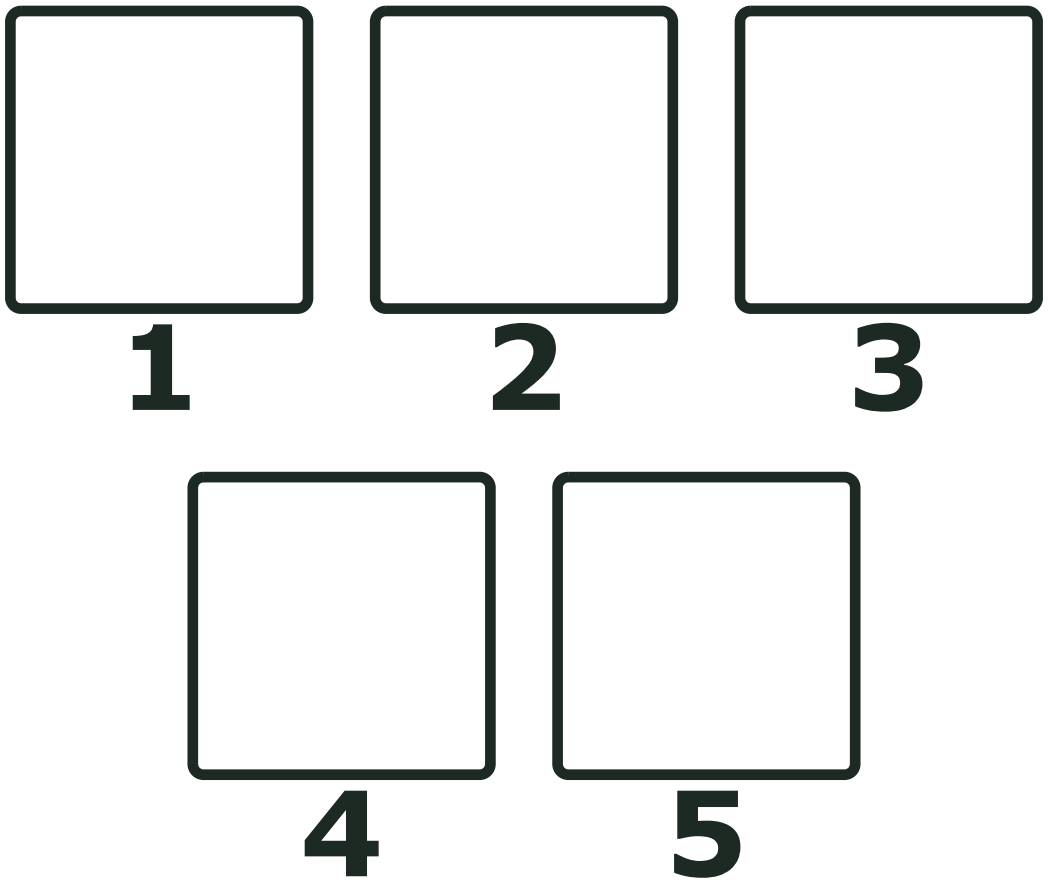
You need 3 coins or buttons
Say "Put one coin in each box. Count out loud."
Hands-on Your learner places one object in each box, saying the number.
Adjust **Easier:** Use only two boxes. **Harder:** Add a fourth box.

UNIT 1

2 Five Boxes

Skill: Counting to 5

About 5 min



FOR THE ADULT

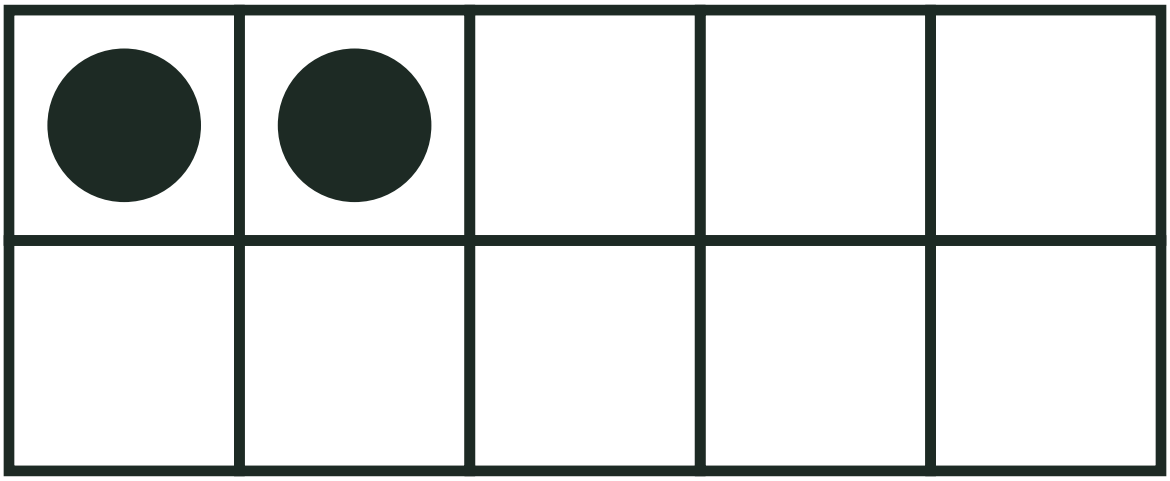
You need 5 coins or buttons
Say "Put one button in each box. Count as you go."
Hands-on Your learner places one object in each box, counting aloud.
Adjust **Easier:** Start with three boxes. **Harder:** Count backwards from five.

UNIT 1

3 Fill to Five

Skill: Making 5

About 5 min



FOR THE ADULT

You need 3 coins

Say "There are two coins. Add coins until there are five."

Hands-on Your learner adds one coin at a time to the empty squares until five squares are covered, counting aloud.

Adjust **Easier:** Start with three filled squares. **Harder:** Start with one filled square.

Progress Notes

Optional

A quick note after each sitting helps you see progress and choose the next page. Print this page again as needed.

Date	Activity	With help / On own	Notes

What Comes Next

This free sample shows 3 activities from **Numbers and Counting**. The full pack has 8 activities, each with the same calm, one-task layout, plus a progress page. Print these pages as often as you like.

The full packs and the complete Level 1 workbook are presented at **cedarfieldlearning.com/everyday-skills.html**. Tell us about your learner and we will suggest where to start.

Cedarfield LEARNING

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