Print off or make your own Number Cards.

Order these numbers forwards and backwards.

Can you count to 30 confidently?

If you can, gain confidence with counting backwards from 10, then 20, then 30.

You can do this actively. Do this while you are throwing and catching a ball, skipping, running from one side of your garden to another or counting down using a toy as each number.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30