

The Shake Down Countdown!

The shake down countdown is a fun way to release tension as well as practice motor skill coordination and counting. It can also be used as an energizer activity if you or your child are feeling a bit sluggish!

Instructions:

- The countdown starts at 10 and decreases until 1 (you can start it at a lower number if that works better for you and your child).
- Start the countdown with 10 shakes of the right hand (with hand in air). Count down from 10 out loud with each shake (“ten, nine, eight, seven, six, five, four, three, two, one!”).
- Then 10 shakes of the left hand (with hand in air) counting down from 10 out loud with each shake (“ten, nine, eight, seven, six, five, four, three, two, one!”).
- Then 10 shakes of the right foot, followed by 10 shakes of the left foot counting down just as you did for the hands.
- Continue the countdown until you reach one shake of each.
- The shakes should get slight quicker as you decrease in number.
- You can repeat the activity in reverse order by counting from 1 until you reach 10 starting with your foot instead of your hand.

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Want to see the activity in action?

Below is a link to a video showing an example of the activity as well as a series of photos showing the movements step-by-step.

<https://www.youtube.com/watch?v=HP5qcA3ty1w&t=53s>

