



The Akiddo Kids® Fitness Font

## MATH FITNESS Puzzle (Beginners)

For learning:

- Team addition
- Cooperative play & math fun
- Adding physical-emotional dimension to mathematical equations
- Greater numerical agility

### Instructions:

1. Practice slowly making each of the Akiddo Kid numbers at the top of this page with your **own** body.
2. Exercise each of the 4 regular numbers in this puzzle with your own body, as if you were an Akiddo Kid number!
3. Now, exercise the following equation with your body:  
 $1+3+6+8=18$

=18

=18

=18

Congratulations! You have just made your body's math muscles fitter and smarter!

(More Math Fitness puzzles to come.)