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Building Math Muscles: Book One  
Parent-Child Interactive Workbook

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Dear Parents,

I struggled with math all through my childhood and early adulthood. In college I took remedial math courses, just to pass the standard math class. When I began teaching elementary school in my 20's, I started thinking about how kids learn and see math. I haven't stopped thinking about it since! To this day I research effective strategies, stay current with National Math Standards, and remain a National Board Certified Teacher. Additionally, I regularly implement effective math strategies through my tutoring business, volunteer work, and website.



I spent 18 years as teacher, instructional leader, and homeschool coordinator, in addition to becoming a mother to 4 wonderful children. My first child, Jake began to struggle with math. I couldn't believe it! With my background, how could this happen? I knew I needed a way to help him understand the number system (a huge task) in a new way. I began my quest to use my knowledge of effective education research, experience as a teacher, and **most importantly** experience as a mom to help my child develop a love for math.

This Parent- Child Interactive workbook is a compilation of everything I've learned to be effective when teaching and learning math. Each book contains one complete year of specific skills that developmentally build upon one another to create deep understanding of our number system.

I wish you a wonderful experience as you and your child "play" your way through this book and develop math skills for a lifetime!

Sincerely,

Crazy Math Mom

D. Myhre, M.Ed, NBCT

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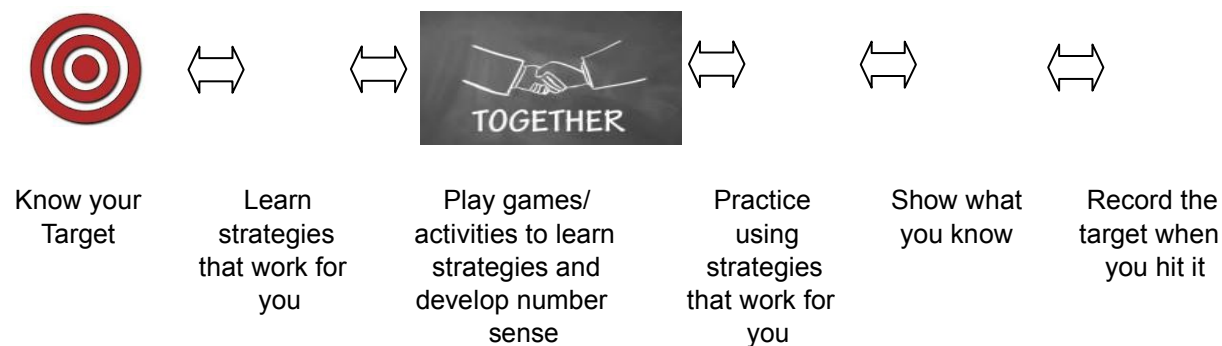
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### How does it work?

This parent-child workbook contains 11 specific targets (goals); each **target** (goal) builds upon each other to create a solid foundation in basic math facts. Children will build number sense step-by-step based on their individual development. In order to accomplish each target children will develop **strategies** that work best for them. They will develop these strategies through playing goal-focused, engaging **games** with a parent. After children develop solid strategies they **practice with those strategies**. Finally, they show what they know with pencil and paper. Child will **record** the targets they met as they accomplish them.



### What if the child gets it?

Each target has many games/activities to teach skills and concepts. If your child has no problems with the first couple of games/activities then quickly work through to accomplish the target. Although, it may seem easy to skip targets entirely, it is not recommended. Each target develops essential skills for future learning. SO, even if it is easy, at least complete the practice strategies and show what you know section.

### What if the child doesn't get it?

Parent and child work together to accomplish targets; they can work at a pace that is right for them. If the games/activities and practice seem difficult, parents can slow down and spend more time on that particular goal. It is important to slow down enough to accomplish each goal.

**Please take a moment to read:**

Counting, grouping, and understanding place value of to 100 is complex, before your child is ready to learn they must develop these skills.

These skills build the foundation that will make your child successful in the future.

FYI: Counting objects in row is not all there is to counting. Kids need to develop good strategies for keeping track of what objects they have counted in many other situations. Your child should be able to count in these ways:

**1. Counting objects in a circle:**

Your child might drag objects in the shape of a circle while counting. Ask them: “how do remember where you started?” Look for an explanation, such as: “I keep a finger of my left hand on the starting object and point at the other objects in 1-to-1 correspondence with my right hand”.

**2. Counting a pile of objects:**

Your child might make groups then add groups together to count the objects. “Ask: How do you remember which ones you have counted? (e.g.: “I move them across to the other side of the table 1 by 1”)

**3. Counting moving objects:**

How do you know which ones you have already counted? Perfect for when you are on the go. Have your child explain their strategy for keeping track of items they have counted.

\* they are reading to move on if: your child uses an efficient (some type of grouping) and organized way to count objects.

**4. Think about the size of a number:**

How many is 25 or 50? Count the number of stairs in a staircase. You can do this backwards and forward. For example, find the 17<sup>th</sup> stair, now jump to the 5<sup>th</sup> stair, take baby steps to the 10<sup>th</sup> stair.

**5. Estimating and Checking**

Now you see me... Now you don't. Put some objects in a bag- counting them out loud 1 by 1 as you put them in. Have your child pick up a handful of objects from the table. They guess how many they have in their hand and then count them. Now calculate how many counters would be in the bag, if they put their handful in as well. They must work out a way to find the total without looking into the bag.

# Targets



Target #1: I can count forward and backward 1 -

100

## STRATEGIES TO USE:



1. Repeating Number Patterns. Numbers simply repeat themselves in a pattern over and over. Each time you count 10 numbers you return to 0 and count to 10 again. We can say that numbers are “Copy Cats”.
2. Picture/ Use 100 Chart.



## Game/Activity #1: Lucky Numbers

**Find and highlight the answers to these questions on the 100 chart  
(on the next page):**

Your age - Your favorite or "lucky number" - The number of pets you have  
The number of relatives you have - The day you were born - Your shoe size  
Your parent's shoe size - Days until your birthday - Cookies you can eat



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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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

**Can you find the same numbers on a blank 100  
chart?**

Your age - Your favorite or "lucky number" - The number of pets you have

The number of relatives you have - The day you were born - Your shoe  
size Your parent's shoe size - Days until your birthday - Cookies you can

eat


Do you have any other favorite numbers to add to the chart? How about your sports  
number? The day of your favorite holiday? How many pieces of pizza you can eat?



**Game/Activity #2: Picture It**

**Color in the following numbers on the 100 chart. What do you see?**

**1, 12, 23, 34, 45, 56, 67, 78, 89, 100, 10, 19, 28, 37, 46, 55, 64, 73, 82, 91**

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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

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**22, 23, 24, 25, 36, 47, 32, 42 52 62, 63, 64, 65, 56, 57, 28, 38, 48, 58, 68**

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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

**35, 24 23, 32, 42, 53, 64, 75, 26, 27, 38, 48, 57, 66, 75**

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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

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**1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 19, 28, 37, 46, 55, 64, 73, 82,  
91, 92,  
93, 94, 95, 96, 97, 98, 99,  
100**

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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

**Make Your Own  
Picture**

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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

What numbers did you use? \_\_\_\_\_



**Game/Activity #3: Before and After**

Find the following numbers on the 100 chart. Then, put a check on the number before and after that number:

**35, 46, 8, 23, 18, 16, 98, 100, 1, 87, 64, 36, 90, 45, 12, 78, 15, 69, 22, 11, 43, 19**

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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Now write the numbers in the air with your finger. Can you write the numbers without looking at the chart?

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Find the following  
numbers on the blank  
100 chart  
**50, 20, 60, 11, 33, 66, 100, 1, 88, 5, 15,**  
**20**


What patterns do you notice? \_\_\_\_\_



**Game/Activity #4:**

Use a 100 chart to write your name. Starting at the first box write each letter of your name, continue writing your name until you get to 100.

T1	2	n3	T4	o5	n6	T7	o8	na	T0
o1	na	13	o4	na	15	o7	na	19	o0
na	22	o3	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

Try writing your name over and over until you reach 100. Use a different color for each letter. Does your name make any unusual patterns?

Use a large 100 chart ([Supplement 9 –Large 100 Chart](#))





**Game/Activity #5: Cover Up**

**Cover up the following numbers on the  
100 chart:**

Set 1: 11, 22, 33, 44, 55, 66, 77, 88, 99 (try adding the digits together; are they odd or even?)

Set 2: 1, 12, 23, 34, 45, 56, 67, 78, 89 (try adding the digits together; are they odd or even?)

Set 3: 5, 14, 23, 32, 41, 50 (try adding these numbers together)

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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

\*Try adding the digits together of these numbers... anything unusual?



**Game/Activity #6: Number Patterns**

**Using the 100 chart, find all the numbers that have:**

2 in the tens place, 5 in the tens place, 8 in the tens place, 0 in the tens place

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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

**YOU PRACTICE WITH STRATEGIES?**

Yes  No



1. Think “Copy Cats”
2. Picture/Use 100 Chart

\*Continue to use these strategies as long as you need to\*

**SHOW WHAT YOU KNOW**



**Step 1:** Count forward and backward to 100 for your parents.

**Step 2:** Complete question #1 of the Book One Assessment



*Did you hit your target?*

**I can count forward and backward 1-100**



Color in: “I can count forward and backward 1-100” on the  
**Math Muscle Progress  
Chart!**