

SLOWIT DOWN Continent To Continent Hop

These are the names of the continents: Africa, Antarctica, Asia, Australia, Europe, North America, South America

They make a good jumping rhyme.

You can jump to the names of the continents while jumping rope, bouncing a ball, or hopping hopscotch.

How fast can you jump to the names?

Can you bounce backward?

Bounce or jump slower and slower until you are hopping on each word, on each syllable, on each sound.

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