

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.**

