

SHAKE OUT

When should I shake out during the day?

- When I'm feeling sleepy and I want to wake up.
- When I'm fidgety and want to calm down.
- Before I need to focus or learn something new.

Can you think of another reason to shake out?

Draw or write it in the space below:

Identify the pattern.

Write the missing number:

1 2 4

1 2 8

8 4 1

Right? Left? Both?

Are you right-handed? Left-handed? Or, ambidextrous?

Circle your answer:

Right-handed

Left-handed

Ambidextrous