For Training: Print and cut out these cards. Place in the Number Rock Envelope. Include any other necessary materials (such as the scarves) in this envelope as well. Place one envelope on each table.

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| Your table group will stand up and dance with scarves to the Number Rock. |
| Your table group will tap fingers to the Number Rock. You may choose to sing along or just listen while you tap. |
| Your table will sing along with the Number Rock. You may choose to be in your seat or stand up. |
| Your table will use the number line to follow along with the Number Rock. You may choose to sing along or just listen. |