

Welcome to



Playfully exercise numerical motor memory!

Includes downloadable Miss Spells font:

<https://alphabetfitness.org/miss-spells/>

Miss Spells invites all to join in this physical adventure!

1. Warm up by forming each of the numbers, 1 to 10, with your own bodies.
2. Then, simply use your own two feet to hopscotch from Miss Spells 1 to 10.
3. Hopping from numbers 1 to 10 incorporates **MATH IQ** directly into users' muscle memory.
4. User FITNESS and MATH IQ unite!

WOW! I think this is great!  
Makes numbers SO appealing!!!  
You are a genius!  
-Author Sy Montgomery

