

1st Grade Math: Counting to 10 Using Numbers and Words

In this lesson, we'll learn to count from 0 to 10 using both **numbers** (0, 1, 2, etc.) and **words** (zero, one, two, etc.).

Numbers and Words

Here is how to count from 0 to 10 in **numbers** and **words**:

1. 0 – zero
2. 1 – one
3. 2 – two
4. 3 – three
5. 4 – four
6. 5 – five
7. 6 – six
8. 7 – seven
9. 8 – eight
10. 9 – nine
11. 10 – ten

Steps to Learn Counting

1. Say the Numbers and Words Out Loud

- Begin by saying each number out loud and then the corresponding word.
- Practice this several times until you can count smoothly from 0 to 10.

Example:

- Say: "1 – one, 2 – two, 3 – three..." until you reach 10.

2. Practice Counting Objects

- Gather 10 small objects (like blocks, crayons, or toys).
- Count the objects one by one, touching each object as you count.
- Say the number and its word as you count.

Example:

- "1 crayon – one, 2 crayons – two..." until you reach 10.

3. Write the Numbers and Words

- Write the numbers 0 to 10 on a piece of paper.
- Next to each number, write the word that matches.

Example:

Number	Word
0	zero
1	one
2	two
3	three
4	four
5	five
6	six
7	seven
8	eight
9	nine
10	ten

4. Use a Number Line

- Draw or use a number line from 0 to 10. Count forward and backward using the line to help you see the order of the numbers.

5. Play Counting Games

- **Matching Game:** Make cards with numbers (0 to 10) and separate cards with words (zero to ten). Match the number to the correct word.
- **Counting Songs:** Sing songs that count to 10 to make learning fun!

Fun Activity

Draw 10 objects (like apples or stars) and count them, writing both the number and word underneath each one.

Summary

- **Numbers:** 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
- **Words:** zero, one, two, three, four, five, six, seven, eight, nine, ten

By practicing counting objects, saying the numbers and words aloud, and writing them down, you will master counting to 10 in both numbers and words!