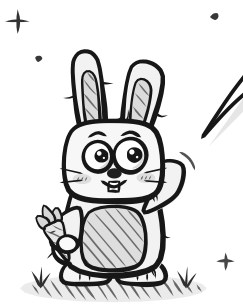
Nome : _____ Data : _____

PAPILUMO | Pré-escolar (4–5 anos)

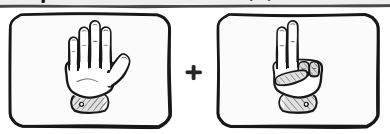
Contar nos dedos de 1 a 10

Conta os dedos levantados em cada par de mãos e escreve o total na caixa.



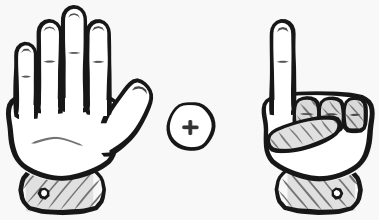
O coelho Coco levanta as duas patas para contar cenouras até 10. Uma mão inteira vale 5: junta a outra mão!

Exemplo: 1 mão inteira (5) + 2 dedos levantados = 7



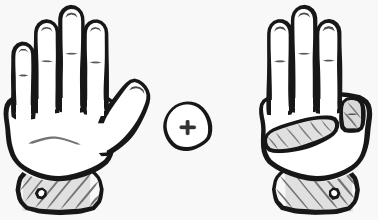
1–10 **1. Conta os dedos levantados e escreve cada número na caixa**

1



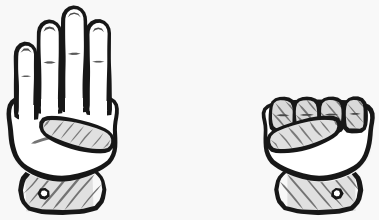
5 + ____ = ____

2



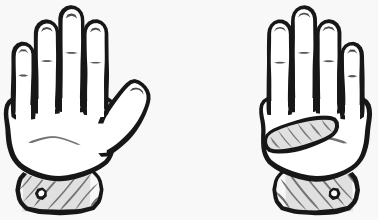
5 + ____ = ____

3



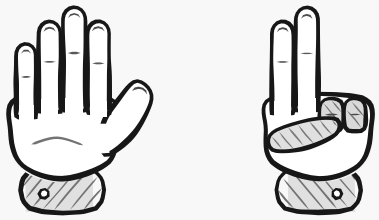
____

4



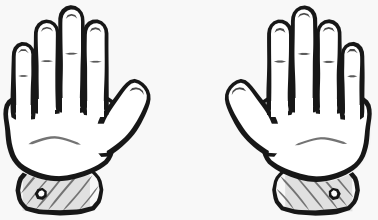
____

5



____

6



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Dica: uma mão bem aberta vale sempre 5; parte do 5 e continua a contar 6, 7, 8, 9, 10 na segunda mão.