

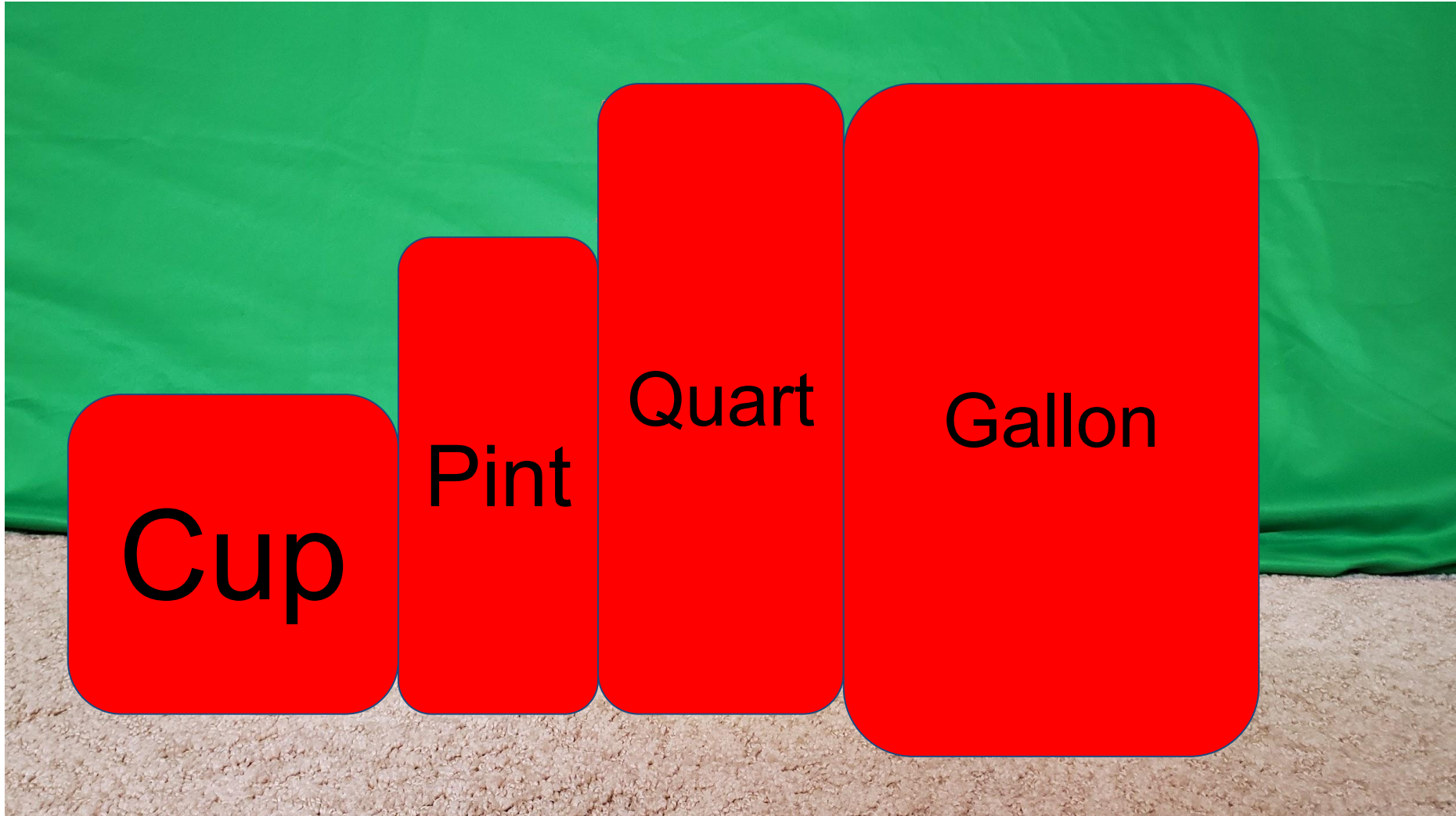
Which Unit? Cups, Pints, Quarts, Gallons

Exercise the Answer



By Greater Richmond Fit4Kids

www.grfit4kids.org



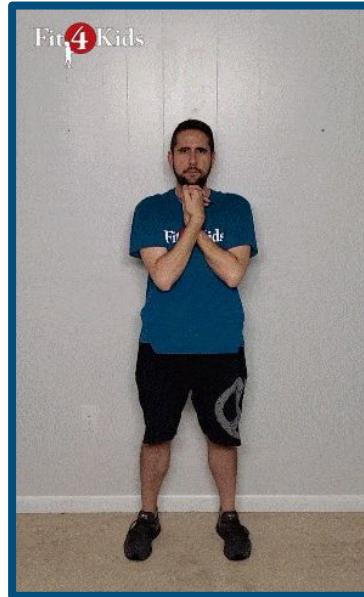
- 1) Think about it
- 2) Tap your head
- 3) Exercise your answer





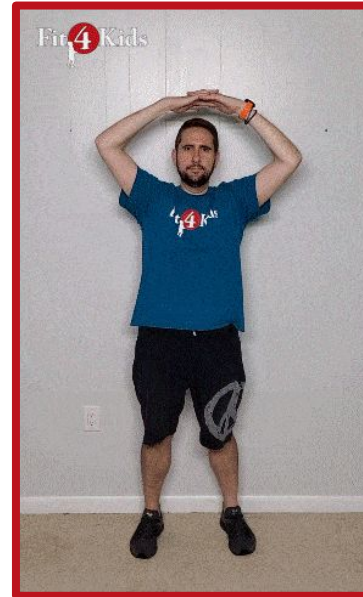
Cups

Cross
Crawl



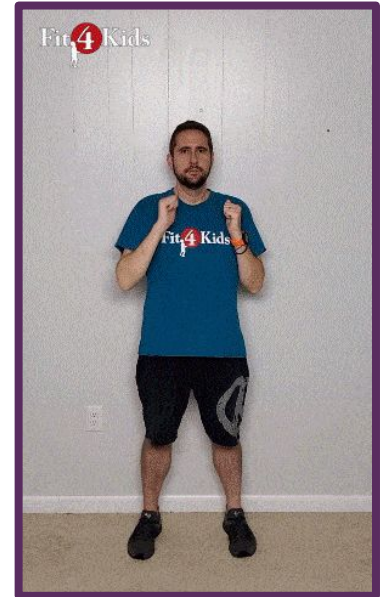
Pints

Pretzel
Up



Quarts

Side
Bend



Gallons

Sky
Reach



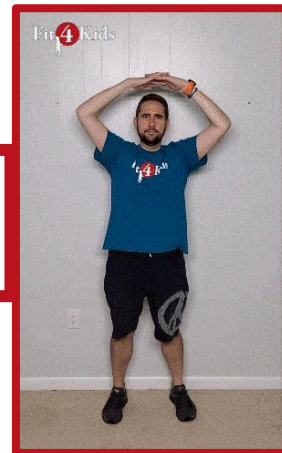


can of beans

2 Cups



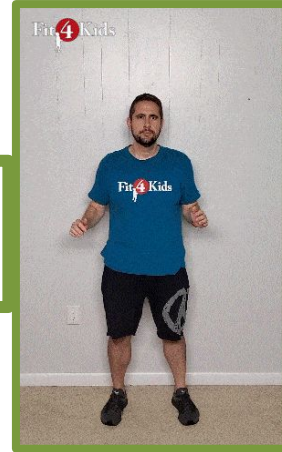
2 Quarts



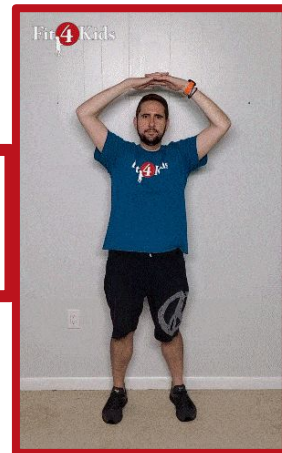


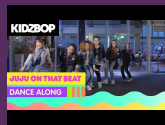
carton of milk

2 Cups



2 Quarts





Frog Jumps

or

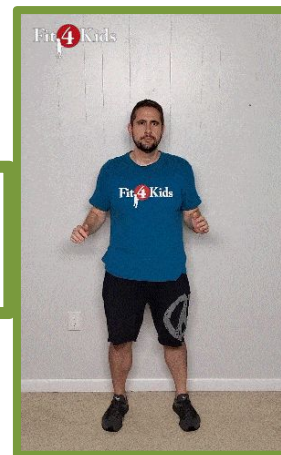
DANCE PARTY





tea

2 Cups



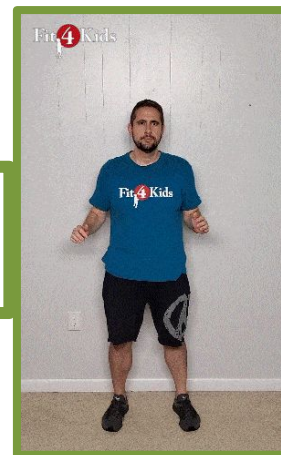
2 Gallons





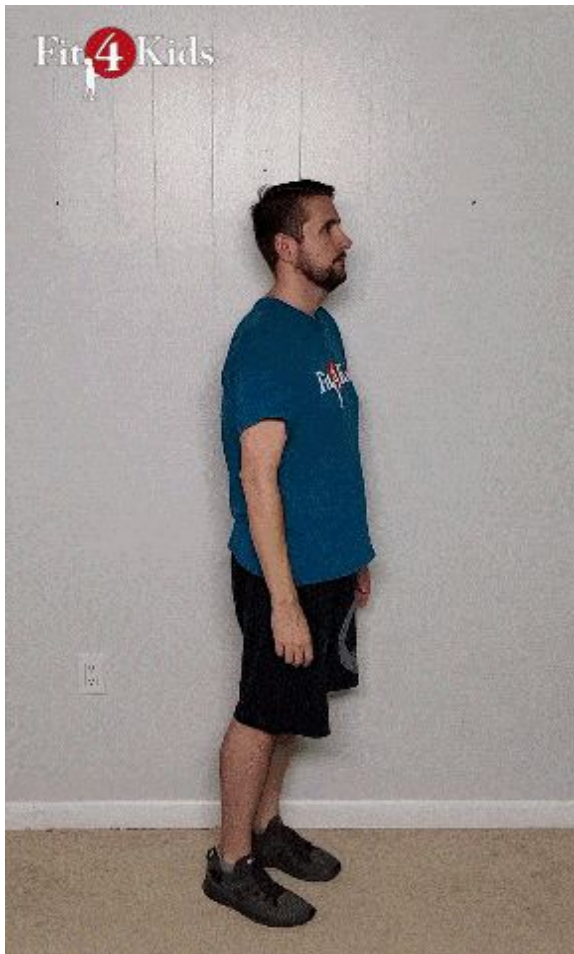
bathroom sink

2 Cups



2 Gallons





Heel Raises

or

DANCE PARTY



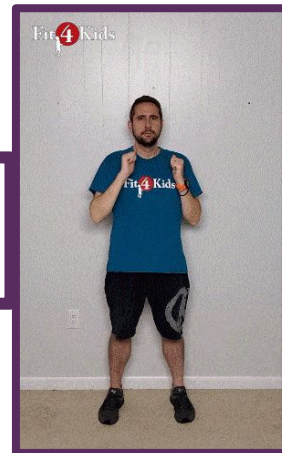


fish bowl

1 Pint



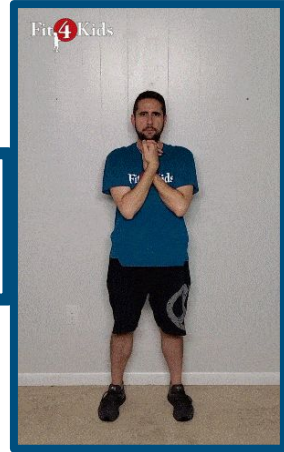
1 Gallon



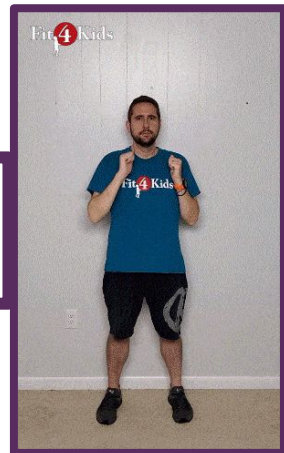


water bottle

1 Pint



1 Gallon





Soccer Taps

or

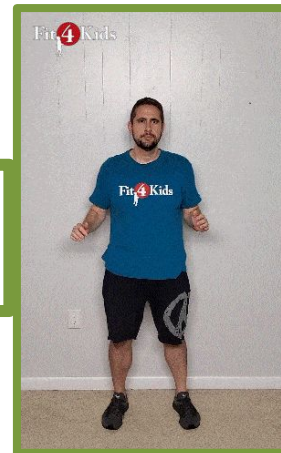
DANCE PARTY



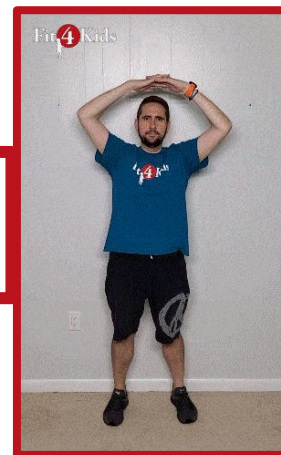


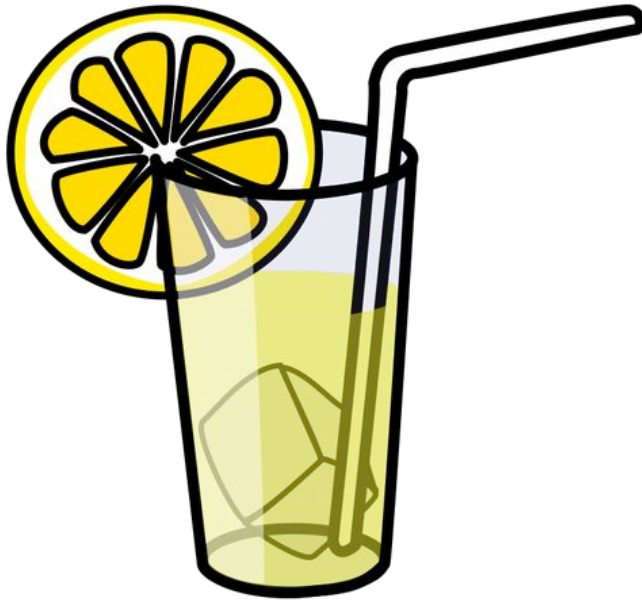
plastic cup

1 Cup



1 Quart



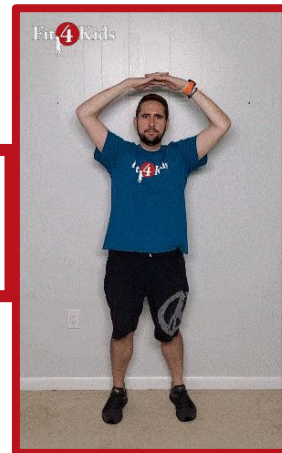


lemonade

1 Pint



1 Quart





Ski Jumps

or

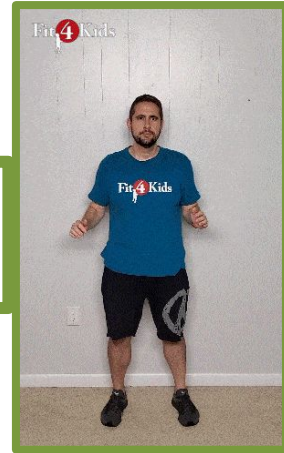
DANCE PARTY



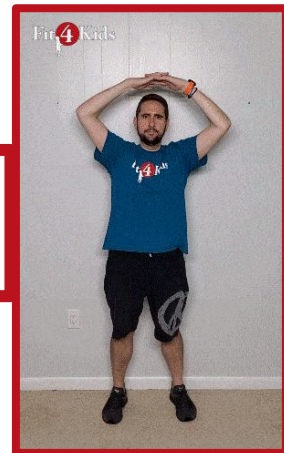


pitcher

2 Cups



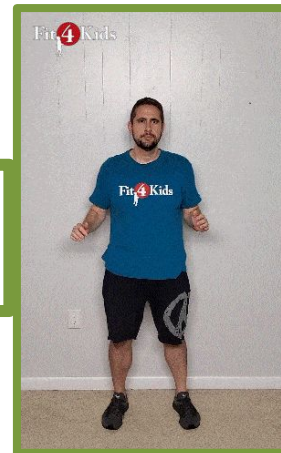
2 Quarts



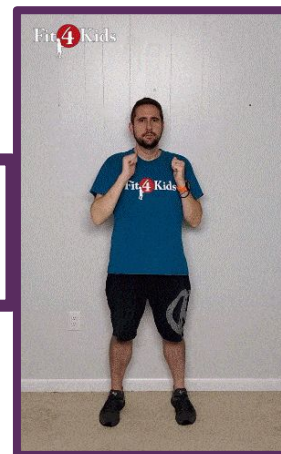


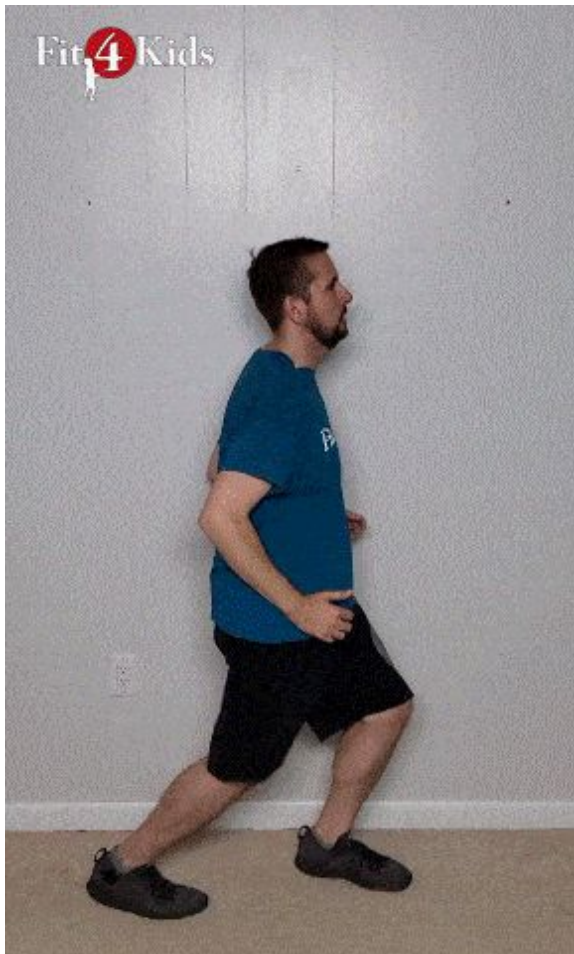
bathtub

40 Cups



40 Gallons



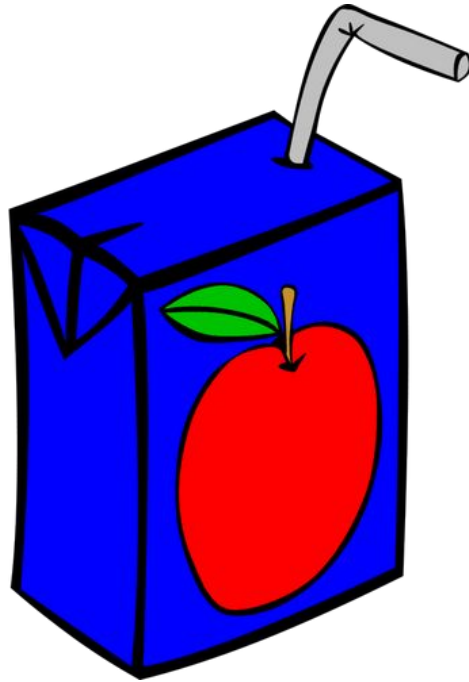


Scissor Kicks

or

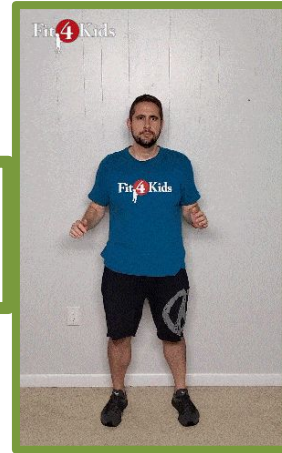
DANCE PARTY



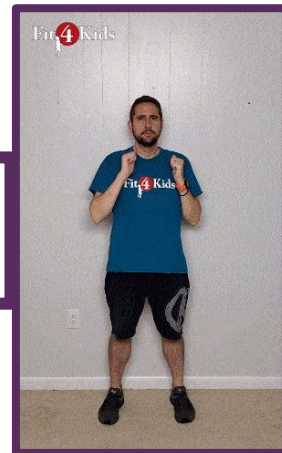


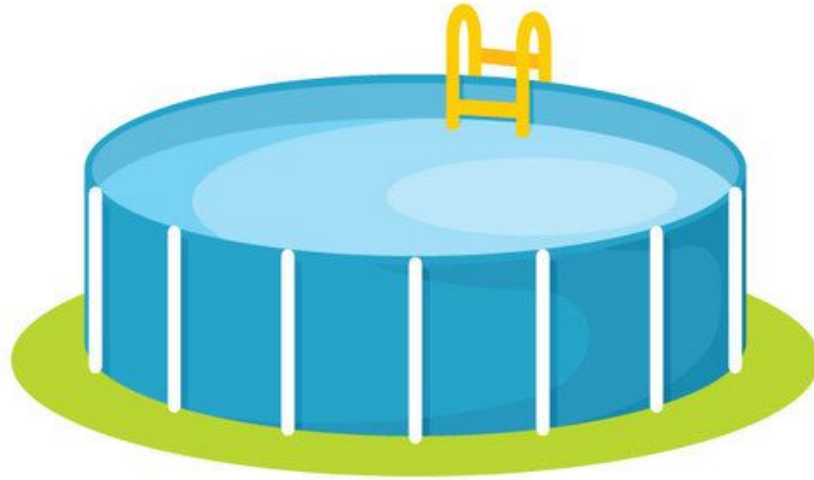
juice box

$\frac{1}{2}$ Cup



$\frac{1}{2}$ Gallon





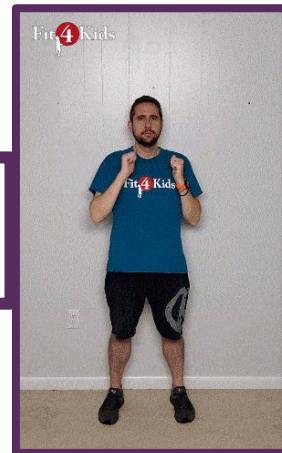
publicdomainvectors.org

swimming pool

3000 Pints



3000 Gallons





Front Raise

or

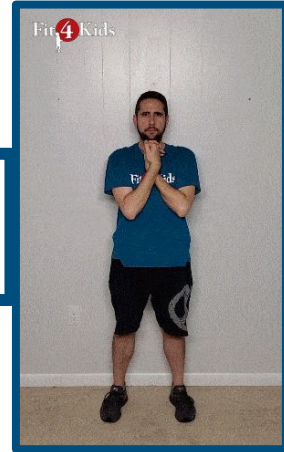
DANCE PARTY



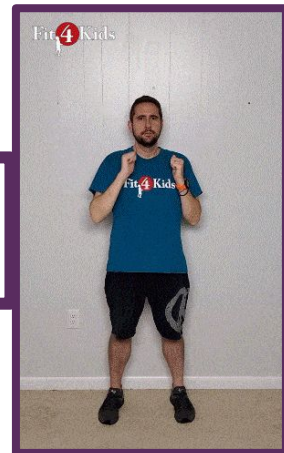


baby bottle

$\frac{1}{2}$ Pint



$\frac{1}{2}$ Gallon

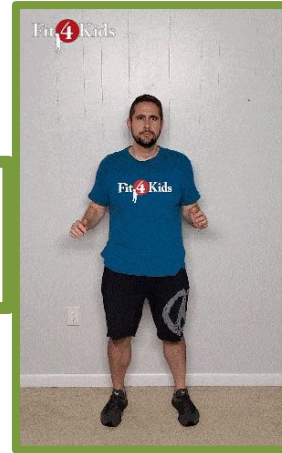




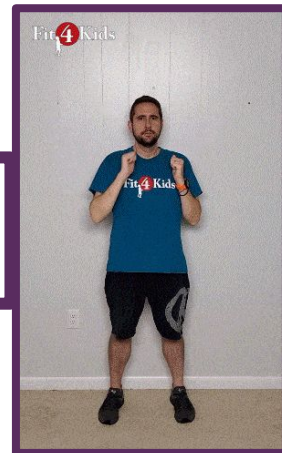
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fountain

100 Cups



5 Gallons





Squat Jumps

or

DANCE PARTY



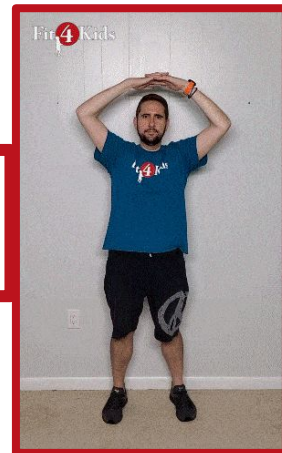


sports drink

$\frac{1}{2}$ Cup



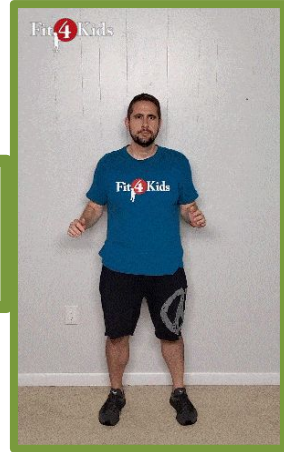
$\frac{1}{2}$ Quart



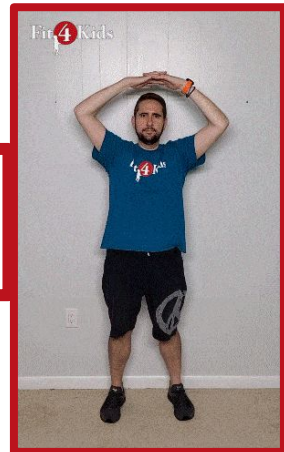


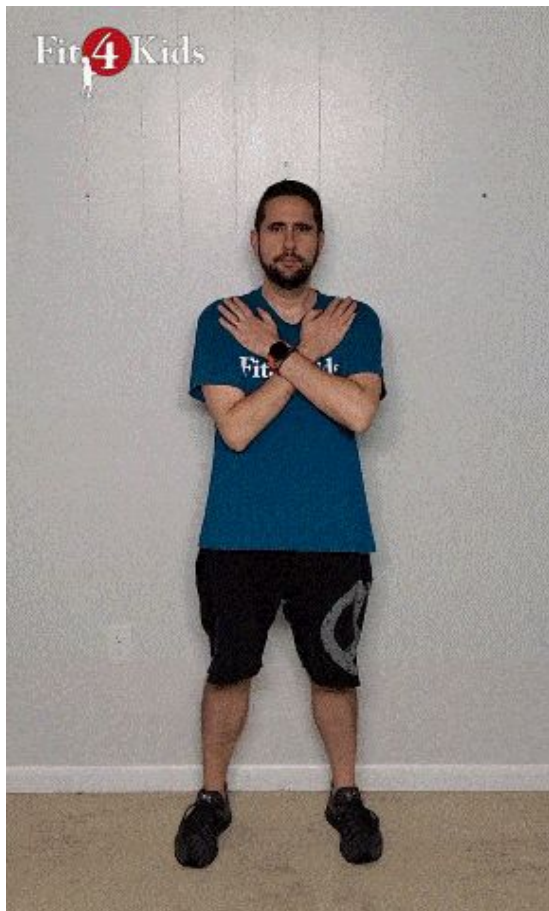
tea pot

1 Cup

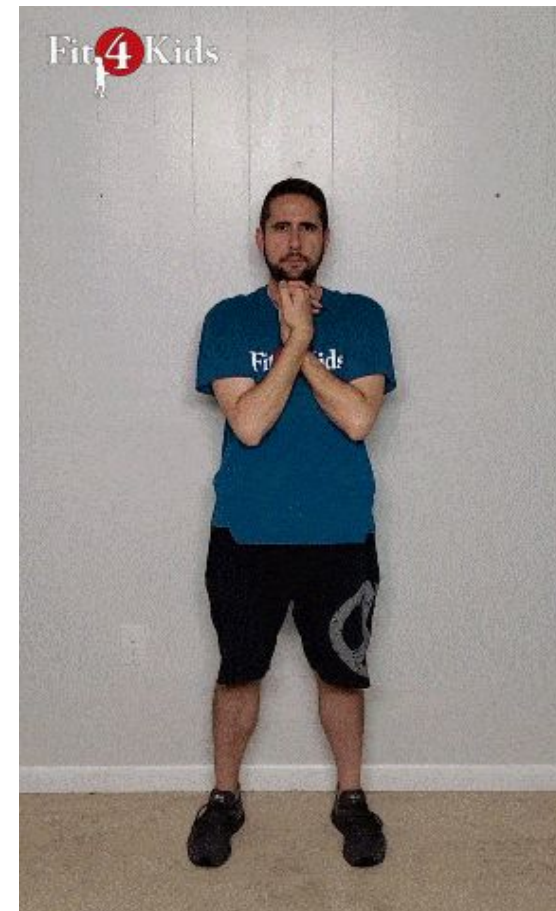


1 Quart





Mummy



Pretzel

