**Activities for mental addition and subtraction**

Activity 1: You will need two dice

Roll two dice, add them up (without counting the dots) and subtract the total from 20. How quickly can you do this? Try to get faster and faster.

Activity 2: You will need a pack of playing cards

Shuffle the cards. All picture cards are worth 10 in this game. Turn over the top two cards and add them together. What would you have to add to these two cards to make 20? How quickly can you do this?

Activity 3: You will need a pack of playing cards

Shuffle the cards and put them face down. All picture cards are worth 10 in this game. 20 is the starting number. Turn over the top card (eg 6) and subtract it from 20 to leave eg 14. Turn over the next card and subtract it from 14. Continue and see how low you can go.

Activity 4: You will need a pack of playing cards

Repeat activity 3, but this time have 50 as the starting number.

Activity 5: You will need a pack of playing cards

Shuffle the cards and put them face down on the table. (Picture cards are worth 10). Turn over the top card (eg 7). Turn over the next card (eg 8) and add it to the first card to make 15. Continue turning over cards and adding each to the previous total. Can you reach 100?

Activity 6: You will need car number plates

Whilst walking to school or in the car look at car number plates. How quickly can you add up the numbers? Subtract the total from 20. Encourage speedy answers.