

# 'COUNTING SHEEP' MATH PAGE



Have you ever wondered why we use the phrase "*counting sheep*" to help us fall asleep?

One popular belief is said to have originated in medieval Britain. Shepards shared grazing land with each other, so every night before they fell asleep, they needed to count their sheep and make sure they had all of them in the flock.

**Use this math sheet to practice counting your own sheep! Here's what to do:**

- 1.) Roll the dice
- 2.) Count the number of dots on the dice.
- 3.) Draw the number of dots onto your sheep!

