

counting up

more

add

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
---	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----



counting back

less

subtract

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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0	zero	11	eleven
1	one	12	twelve
2	two	13	thirteen
3	three	14	fourteen
4	four	15	fifteen
5	five	16	sixteen
6	six	17	seventeen
7	seven	18	eighteen
8	eight	19	nineteen
9	nine	20	twenty
10	ten		

			
			
			
			