

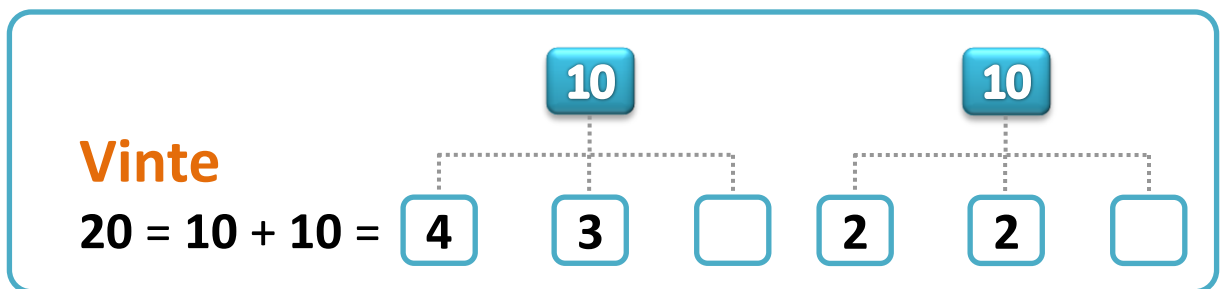
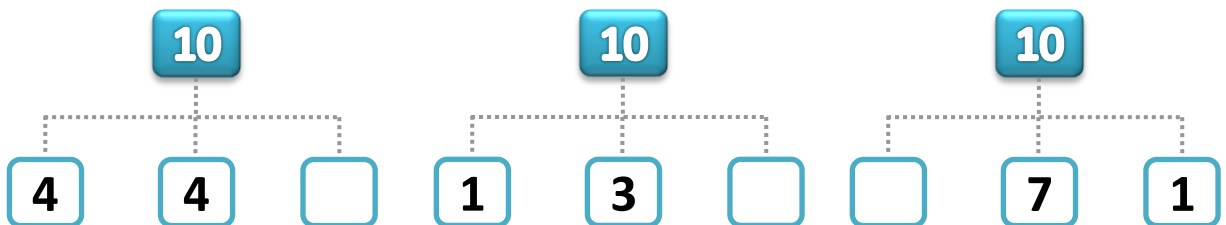
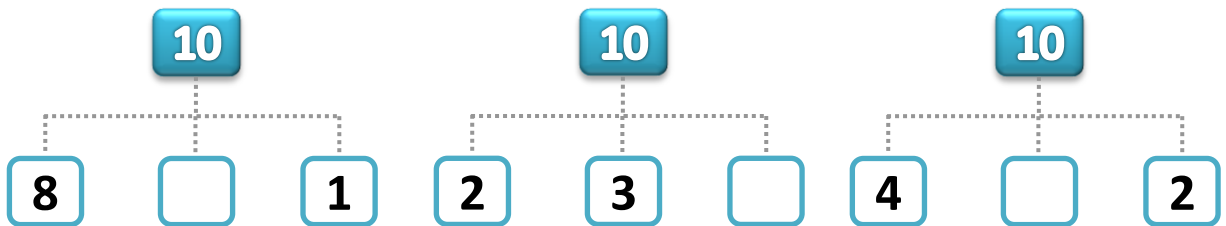
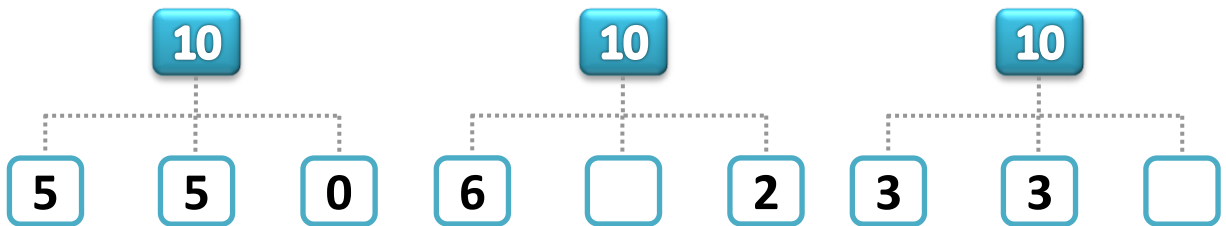
Nome : _____

INFORMAÇÃO :

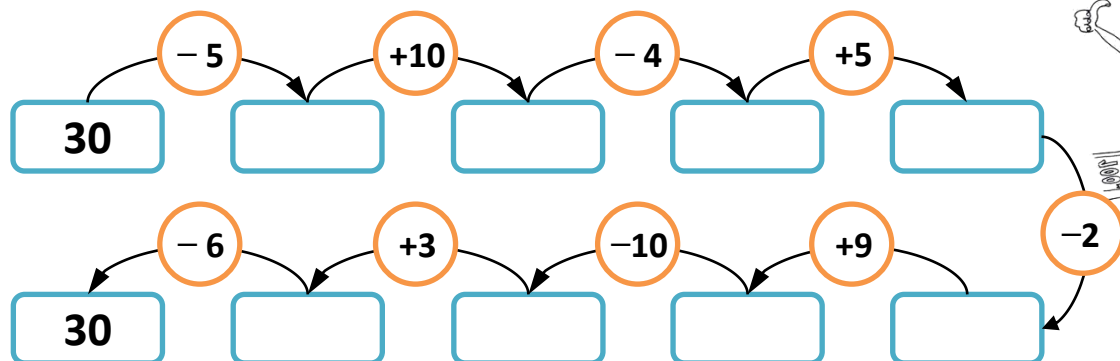
Data : __/__/__

AMIGOS DO 10 1+9 2+8 3+7 4+6 5+5 10+0

1 – Decompõe os números amigos do 10.



2 – Completa.



Nome : _____

INFORMAÇÃO :

Data : ___/___/___

AMIGOS DO 10 1+9 2+8 3+7 4+6 5+5 10+0

1 – Decompõe os números amigos do 10.

10	11	12
□ □ □	□ □ □	□ □ □
13	14	15
□ □ □	□ □ □	□ □ □
16	17	18
□ □ □	□ □ □	□ □ □
19	20	20
□ □ □	□ □ □	□ □ □

2 – Completa.

40	□	□	□	□
40	□	□	□	□

-5 $+10$ -4 $+5$ -2
 -6 $+3$ -10 $+9$



Nome : _____

INFORMAÇÃO : _____

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1 – Soma um par de números só com um algarismo, passando pelo 10.

$$6 + 7 = \boxed{6 + 4} + 3 = \boxed{10} + 3 = 13$$

$$2 + 9 = _ + _ + _ = 10 + _ = _$$

$$3 + 8 = _ + _ + _ = 10 + _ = _$$

$$4 + 9 = _ + _ + _ = 10 + _ = _$$

$$7 + 7 = _ + _ + _ = 10 + _ = _$$

$$5 + 6 = _ + _ + _ = 10 + _ = _$$

$$4 + 8 = _ + _ + _ = 10 + _ = _$$

$$3 + 9 = _ + _ + _ = 10 + _ = _$$

$$5 + 8 = _ + _ + _ = 10 + _ = _$$

$$6 + 8 = _ + _ + _ = 10 + _ = _$$

$$7 + 8 = _ + _ + _ = 10 + _ = _$$

$$5 + 9 = _ + _ + _ = 10 + _ = _$$

$$5 + 7 = _ + _ + _ = 10 + _ = _$$

$$4 + 7 = _ + _ + _ = 10 + _ = _$$



Nome : _____

INFORMAÇÃO :

Data : ___/___/___

1 – Calcula as adições em 1 minuto.

$2 + 4 = \underline{\quad}$

$7 + 7 = \underline{\quad}$

$9 + 7 = \underline{\quad}$

$8 + 7 = \underline{\quad}$

$4 + 7 = \underline{\quad}$

$5 + 7 = \underline{\quad}$

$4 + 4 = \underline{\quad}$

$3 + 5 = \underline{\quad}$

$5 + 8 = \underline{\quad}$

$6 + 9 = \underline{\quad}$

$9 + 8 = \underline{\quad}$

$5 + 5 = \underline{\quad}$

2 – Calcula as adições em 3 minutos.

$8 + 5 = \underline{\quad}$

$2 + 3 = \underline{\quad}$

$3 + 6 = \underline{\quad}$

$8 + 9 = \underline{\quad}$

$3 + 3 = \underline{\quad}$

$5 + 4 = \underline{\quad}$

$6 + 3 = \underline{\quad}$

$2 + 7 = \underline{\quad}$

$6 + 5 = \underline{\quad}$

$7 + 4 = \underline{\quad}$

$2 + 5 = \underline{\quad}$

$6 + 4 = \underline{\quad}$

$2 + 9 = \underline{\quad}$

$3 + 8 = \underline{\quad}$

$2 + 8 = \underline{\quad}$

$6 + 7 = \underline{\quad}$

$3 + 1 = \underline{\quad}$

$4 + 8 = \underline{\quad}$

$5 + 6 = \underline{\quad}$

$9 + 9 = \underline{\quad}$

$5 + 3 = \underline{\quad}$

$2 + 6 = \underline{\quad}$

$7 + 9 = \underline{\quad}$

$6 + 8 = \underline{\quad}$

$4 + 9 = \underline{\quad}$

$3 + 4 = \underline{\quad}$

$9 + 5 = \underline{\quad}$

$3 + 2 = \underline{\quad}$

$4 + 5 = \underline{\quad}$

$3 + 7 = \underline{\quad}$

$4 + 3 = \underline{\quad}$

$6 + 6 = \underline{\quad}$

$5 + 1 = \underline{\quad}$

3 – Calcula as adições em 2 minutos.

$15 + 1 = \underline{\quad}$

$2 + 18 = \underline{\quad}$

$6 + 12 = \underline{\quad}$

$19 + 3 = \underline{\quad}$

$10 + 4 = \underline{\quad}$

$4 + 10 = \underline{\quad}$

$12 + 12 = \underline{\quad}$

$12 + 10 = \underline{\quad}$

$10 + 8 = \underline{\quad}$

$5 + 15 = \underline{\quad}$

$11 + 11 = \underline{\quad}$

$2 + 17 = \underline{\quad}$

Nome : _____

INFORMAÇÃO : _____

Data : __/__/__

1 – Calcula as subtrações em 1 minuto.

$5 - 5 = \underline{\quad}$

$8 - 3 = \underline{\quad}$

$9 - 5 = \underline{\quad}$

$7 - 5 = \underline{\quad}$

$5 - 4 = \underline{\quad}$

$8 - 5 = \underline{\quad}$

$9 - 7 = \underline{\quad}$

$9 - 3 = \underline{\quad}$

$5 - 2 = \underline{\quad}$

$7 - 3 = \underline{\quad}$

$5 - 1 = \underline{\quad}$

$8 - 4 = \underline{\quad}$

2 – Calcula as subtrações em 5 minutos.

$12 - 5 = \underline{\quad}$

$17 - 7 = \underline{\quad}$

$17 - 9 = \underline{\quad}$

$16 - 8 = \underline{\quad}$

$14 - 3 = \underline{\quad}$

$12 - 3 = \underline{\quad}$

$12 - 4 = \underline{\quad}$

$16 - 7 = \underline{\quad}$

$17 - 5 = \underline{\quad}$

$12 - 9 = \underline{\quad}$

$16 - 5 = \underline{\quad}$

$15 - 9 = \underline{\quad}$

$10 - 6 = \underline{\quad}$

$20 - 3 = \underline{\quad}$

$11 - 5 = \underline{\quad}$

$15 - 6 = \underline{\quad}$

$18 - 8 = \underline{\quad}$

$18 - 3 = \underline{\quad}$

$19 - 3 = \underline{\quad}$

$15 - 8 = \underline{\quad}$

$19 - 5 = \underline{\quad}$

$10 - 4 = \underline{\quad}$

$11 - 7 = \underline{\quad}$

$11 - 6 = \underline{\quad}$

$12 - 7 = \underline{\quad}$

$14 - 7 = \underline{\quad}$

$11 - 3 = \underline{\quad}$

$18 - 6 = \underline{\quad}$

$13 - 7 = \underline{\quad}$

$13 - 4 = \underline{\quad}$

$18 - 9 = \underline{\quad}$

$10 - 7 = \underline{\quad}$

$16 - 9 = \underline{\quad}$

3 – Calcula as subtrações em 3 minutos.

$23 - 18 = \underline{\quad}$

$20 - 14 = \underline{\quad}$

$17 - 12 = \underline{\quad}$

$23 - 20 = \underline{\quad}$

$15 - 14 = \underline{\quad}$

$22 - 18 = \underline{\quad}$

$18 - 15 = \underline{\quad}$

$14 - 11 = \underline{\quad}$

$24 - 10 = \underline{\quad}$

$23 - 10 = \underline{\quad}$

$25 - 13 = \underline{\quad}$

$20 - 16 = \underline{\quad}$

Nome : _____

INFORMAÇÃO : _____

Data : ___/___/___

1 – Calcula.

$20 + 1 - 5 = \underline{\quad}$

$20 + 5 - 8 = \underline{\quad}$

$2 + 6 - 2 = \underline{\quad}$

$13 + 6 - 2 = \underline{\quad}$

$14 + 5 - 3 = \underline{\quad}$

$9 + 7 - 5 = \underline{\quad}$

$19 + 7 - 3 = \underline{\quad}$

$19 + 3 - 5 = \underline{\quad}$

$7 + 5 - 3 = \underline{\quad}$

$19 + 5 - 7 = \underline{\quad}$

$17 + 6 - 3 = \underline{\quad}$

$2 + 9 - 4 = \underline{\quad}$

$10 + 7 - 2 = \underline{\quad}$

$15 + 4 - 7 = \underline{\quad}$

$3 + 3 - 1 = \underline{\quad}$

$17 + 4 - 5 = \underline{\quad}$

$16 + 6 - 4 = \underline{\quad}$

$9 + 3 - 6 = \underline{\quad}$

$18 + 6 - 5 = \underline{\quad}$

$19 + 8 - 3 = \underline{\quad}$

$9 + 9 - 2 = \underline{\quad}$

$18 + 7 - 2 = \underline{\quad}$

$10 + 9 - 2 = \underline{\quad}$

$2 + 5 - 1 = \underline{\quad}$



$16 + 3 - 4 = \underline{\quad}$

$15 + 7 - 3 = \underline{\quad}$

$9 + 6 - 8 = \underline{\quad}$

$10 + 5 - 3 = \underline{\quad}$

$14 + 6 - 7 = \underline{\quad}$

$2 + 4 - 1 = \underline{\quad}$

$18 + 6 - 3 = \underline{\quad}$

$20 + 7 - 3 = \underline{\quad}$

$5 + 4 - 7 = \underline{\quad}$

$10 + 8 - 3 = \underline{\quad}$

$13 + 9 - 4 = \underline{\quad}$

$7 + 3 - 5 = \underline{\quad}$

$15 + 3 - 1 = \underline{\quad}$

$20 + 3 - 8 = \underline{\quad}$

$6 + 6 - 6 = \underline{\quad}$

$14 + 8 - 5 = \underline{\quad}$

$16 + 7 - 5 = \underline{\quad}$

$8 + 6 - 7 = \underline{\quad}$

$17 + 7 - 3 = \underline{\quad}$

$12 + 5 - 6 = \underline{\quad}$

$4 + 3 - 6 = \underline{\quad}$

$17 + 4 - 1 = \underline{\quad}$

$17 + 3 - 5 = \underline{\quad}$

$3 + 3 - 2 = \underline{\quad}$

Nome : _____

INFORMAÇÃO :

Data : ___/___/___

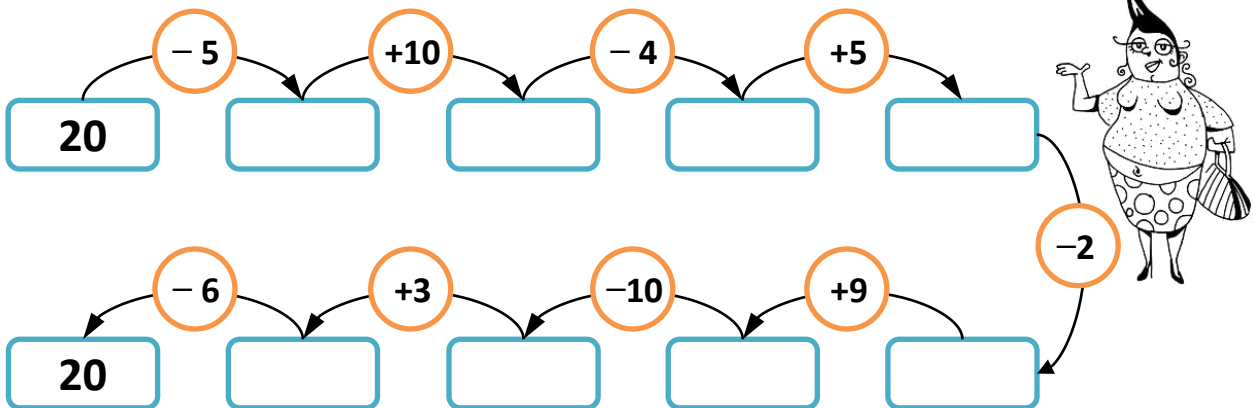
1 – A subtração é a operação inversa da adição.

Observa o exemplo e completa.

- $4 + 3 = 7$ então $7 - 3 = 4$ ou $7 - 4 = 3$
- $5 + \underline{\quad} = 9$ então $9 - 4 = \underline{\quad}$ ou $\underline{\quad} - 5 = 4$
- $12 + 8 = 20$ então $20 - 8 = \underline{\quad}$ ou $20 - \underline{\quad} = \underline{\quad}$
- $67 + 10 = \underline{\quad}$ então $\underline{\quad} - \underline{\quad} = \underline{\quad}$ ou $\underline{\quad} - \underline{\quad} = \underline{\quad}$
- $123 + 7 = \underline{\quad}$ então $\underline{\quad} - \underline{\quad} = \underline{\quad}$ ou $\underline{\quad} - \underline{\quad} = \underline{\quad}$

- $40 - 5 = 35$ então $35 + \underline{\quad} = 40$ ou $\underline{\quad} + \underline{\quad} = \underline{\quad}$
- $90 - 20 = \underline{\quad}$ então $\underline{\quad} + \underline{\quad} = 90$ ou $\underline{\quad} + \underline{\quad} = \underline{\quad}$
- $89 - 7 = \underline{\quad}$ então $\underline{\quad} + \underline{\quad} = \underline{\quad}$ ou $\underline{\quad} + \underline{\quad} = \underline{\quad}$

2 – Completa.



3 – Calcula.

$19 + 5 - 3 = \underline{\quad}$	$12 + 7 - 3 = \underline{\quad}$	$9 + 7 - 3 = \underline{\quad}$
$16 + 9 - 4 = \underline{\quad}$	$20 + 2 - 5 = \underline{\quad}$	$2 + 8 - 3 = \underline{\quad}$
$20 + 2 - 8 = \underline{\quad}$	$14 + 1 - 13 = \underline{\quad}$	$2 + 7 - 2 = \underline{\quad}$
$13 + 5 - 2 = \underline{\quad}$	$18 + 5 - 2 = \underline{\quad}$	$8 + 3 - 4 = \underline{\quad}$

Nome : _____

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Data : ___/___/___

1 – Efetua as seguintes operações através de cálculo mental e completa.

$4 - 3 = \underline{\quad}$

$17 - 5 = \underline{\quad}$

$55 - 5 - 4 = \underline{\quad}$

$13 - 4 = \underline{\quad}$

$20 - 10 = \underline{\quad}$

$100 - 10 - 10 = \underline{\quad}$

$68 - 7 = \underline{\quad}$

$25 - 15 = \underline{\quad}$

$115 - 5 - 10 = \underline{\quad}$

$59 - 4 = \underline{\quad}$

$37 - 5 = \underline{\quad}$

$95 - 3 - 1 = \underline{\quad}$

2 – Calcula utilizando a mesma estratégia do exemplo.

$28 - 11 = (30 - 10) - 3 = 20 - 3 = 17$

$49 - 32 = (\underline{\quad} - \underline{\quad}) - \underline{\quad} = \underline{\quad} - \underline{\quad} = \underline{\quad}$

$57 - 23 = (\underline{\quad} - \underline{\quad}) - \underline{\quad} = \underline{\quad} - \underline{\quad} = \underline{\quad}$

$89 - 33 = (\underline{\quad} - \underline{\quad}) - \underline{\quad} = \underline{\quad} - \underline{\quad} = \underline{\quad}$



3 – Observa a seguinte estratégia e completa.

$37 - 29 = (37 - 30) + 1 = 7 + 1 = 8$

$93 - 39 = (93 - \underline{\quad}) + 1 = \underline{\quad} + \underline{\quad} = \underline{\quad}$

$85 - 18 = (\underline{\quad} - \underline{\quad}) + 2 = \underline{\quad} + \underline{\quad} = \underline{\quad}$

$73 - 16 = (\underline{\quad} - \underline{\quad}) + \underline{\quad} = \underline{\quad} + \underline{\quad} = \underline{\quad}$



4 – Observa o exemplo e calcula.

$73 - 23 = 50$

$95 - 45 = \underline{\quad}$

$64 - 54 = \underline{\quad}$

$78 - 18 = \underline{\quad}$

$51 - 11 = \underline{\quad}$

$83 - 23 = \underline{\quad}$

$49 - 39 = \underline{\quad}$

$20 - 10 = \underline{\quad}$

$76 - 46 = \underline{\quad}$

$32 - 22 = \underline{\quad}$

$47 - 17 = \underline{\quad}$

$59 - 29 = \underline{\quad}$

$84 - 14 = \underline{\quad}$

Nome : _____

INFORMAÇÃO :

Data : ___/___/___

1 – Calcula mentalmente, adicionando primeiro os números que dão **10** ou **20**.

$$\overbrace{8 + 2} + 5 = \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\overbrace{12 + 0} + 8 = \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$7 + 6 + 3 = \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$6 + 7 + 4 = \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$5 + 8 + 5 = \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$11 + 0 + 9 = \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$1 + 9 + 7 = \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$10 + 5 + 5 = \underline{\quad} + \underline{\quad} = \underline{\quad}$$

2 – Calcula, mentalmente, usando a estratégia dos exemplos.

$$17 + 4 = 17 + 3 + 1 = 21$$

$$28 + 3 = \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$16 + 5 = 16 + 4 + 1 = \underline{\quad}$$

$$27 + 4 = \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$15 + 6 = \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$26 + 5 = \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$12 - 3 = 12 - 2 - 1 = \underline{\quad}$$

$$24 - 5 = \underline{\quad} - \underline{\quad} - \underline{\quad} = \underline{\quad}$$

$$12 - 4 = 12 - 2 - \underline{\quad} = \underline{\quad}$$

$$24 - 6 = \underline{\quad} - \underline{\quad} - \underline{\quad} = \underline{\quad}$$

$$15 - 5 = \underline{\quad} - \underline{\quad} - \underline{\quad} = \underline{\quad}$$

$$24 - 7 = \underline{\quad} - \underline{\quad} - \underline{\quad} = \underline{\quad}$$

3 – Completa, de modo a formares uma igualdade, tal como no exemplo.

$$5 + 4 = 9$$

$$\underline{\quad} + 22 = 30$$

$$\underline{\quad} + 12 = 20$$

$$15 + \underline{\quad} = 20$$

$$10 + \underline{\quad} = 15$$

$$6 + \underline{\quad} = 9$$

$$\underline{\quad} + 25 = 30$$

$$\underline{\quad} + 15 = 20$$

$$\underline{\quad} + 10 = 20$$

$$12 + \underline{\quad} = 20$$

$$7 + \underline{\quad} = 10$$

$$\underline{\quad} + 18 = 30$$

$$10 + \underline{\quad} = 25$$

$$5 + \underline{\quad} = 8$$

$$\underline{\quad} + 35 = 40$$

$$\underline{\quad} + 20 = 40$$

Nome : _____

INFORMAÇÃO : _____

Data : ___/___/___

1 – Calcula mentalmente e completa.

$7 + 2 = \underline{\quad}$ $7 + 3 = \underline{\quad}$

$17 + 2 = \underline{\quad}$ $17 + 3 = \underline{\quad}$

$27 + 2 = \underline{\quad}$ $27 + 3 = \underline{\quad}$

$57 + 2 = \underline{\quad}$ $57 + 3 = \underline{\quad}$

$13 + \underline{\quad} = 20$ $23 + \underline{\quad} = 30$

$14 + \underline{\quad} = 20$ $24 + \underline{\quad} = 30$

$17 + \underline{\quad} = 20$ $27 + \underline{\quad} = 30$

$19 + \underline{\quad} = 20$ $29 + \underline{\quad} = 30$

$6 + 6 = \underline{\quad}$ $6 + 7 = \underline{\quad}$

$16 + 6 = \underline{\quad}$ $16 + 7 = \underline{\quad}$

$26 + 6 = \underline{\quad}$ $26 + 7 = \underline{\quad}$

$76 + 6 = \underline{\quad}$ $76 + 7 = \underline{\quad}$

$53 + \underline{\quad} = 60$ $73 + \underline{\quad} = 80$

$54 + \underline{\quad} = 60$ $74 + \underline{\quad} = 80$

$57 + \underline{\quad} = 60$ $77 + \underline{\quad} = 80$

$59 + \underline{\quad} = 60$ $79 + \underline{\quad} = 80$



$14 - 4 = \underline{\quad}$ $14 - 5 = \underline{\quad}$

$24 - 4 = \underline{\quad}$ $24 - 5 = \underline{\quad}$

$44 - 4 = \underline{\quad}$ $44 - 5 = \underline{\quad}$

$84 - 4 = \underline{\quad}$ $84 - 5 = \underline{\quad}$

$15 - \underline{\quad} = 10$ $19 - \underline{\quad} = 10$

$25 - \underline{\quad} = 20$ $29 - \underline{\quad} = 20$

$35 - \underline{\quad} = 30$ $39 - \underline{\quad} = 30$

$55 - \underline{\quad} = 50$ $59 - \underline{\quad} = 50$

$14 - 6 = \underline{\quad}$ $14 - 7 = \underline{\quad}$

$24 - 6 = \underline{\quad}$ $24 - 7 = \underline{\quad}$

$44 - 6 = \underline{\quad}$ $44 - 7 = \underline{\quad}$

$84 - 6 = \underline{\quad}$ $84 - 7 = \underline{\quad}$

$15 - \underline{\quad} = 11$ $19 - \underline{\quad} = 11$

$26 - \underline{\quad} = 21$ $28 - \underline{\quad} = 21$

$38 - \underline{\quad} = 31$ $37 - \underline{\quad} = 31$

$55 - \underline{\quad} = 51$ $53 - \underline{\quad} = 51$

Nome : _____

INFORMAÇÃO : _____

Data : __/__/__

1 – Em cada linha, pinta as operações cujo resultado é o indicado.

Resultado

Operações

36

$20 + 20 + 6$

$15 + 15$

$20 + 16$

$30 - 4$

$50 - 14$

$25 + 11$

$40 - 5$

$26 + 5 + 5$

55

$50 + 10 + 5$

$60 - 5$

$44 + 9$

$40 + 15$

$70 - 16$

$46 + 9$

$25 + 25$

$80 - 5$

63

$20 + 20 + 23$

$25 + 11$

$50 + 36$

$80 - 7$

$70 - 7$

$30 + 30$

$60 - 3$

$45 + 5 + 10$

87

$75 + 5 + 5$

$70 + 17$

$45 + 45$

$95 - 8$

$90 - 5$

$50 + 37$

$100 - 13$

$40 + 40 + 6$

100

$96 + 2 + 2$

$25 + 75$

$80 + 16$

$130 - 30$

$150 - 5$

$50 + 50$

$100 + 0$

$100 - 5$