

# MOVEMENT CARDS

**Fly like a  
bird**

**Jump like a  
kangaroo**

**Stomp like  
an elephant**

**Wiggle like  
a worm**

**Crawl like  
a turtle**

**Stretch like  
a giraffe**

**Swim like  
a fish**

**Walk  
sideways  
like a crab**

**Swing like  
a monkey**

**Waddle like  
a penguin**

**Run like a  
cheetah**

**Hop like a  
rabbit**

**Gallop like  
a horse**

**Roll like  
a pig**

**Strut like a  
rooster**

**Balance like  
a flamingo**

**Spin like a  
spider**

**Twirl like  
a dolphin**

# MOVEMENT CARDS

**Head  
Rotation**

**Jumping  
Jacks**

**Shoulder  
Rotation**

**Flap your  
arms**

**Do some  
punches**

**Make circles  
using arms**

**Rotate  
your hips**

**March**

**Hop on one  
foot**

**Elbow to  
knee**

**Run in  
your spot**

**Do some  
squats**

**Leg  
Raises**

**Tap your  
knees**

**Give me  
some kicks**

**Make a circle  
using foot**

**Point and  
flex toes**

**Walk using  
your arms**