


MOVEMENT CHOICE BOARD

PICK A SQUARE, DO THE ACTIVITY, AND COLOR THE SQUARE!

<p>Tape or chalk mazel Make a maze on the floor with tape (inside) or chalk (outside) by making lines (ex: straight, zig zag).</p>	<p>Play hockey. Cut a pool noodle in half for the stick and use a laundry basket for a goal.</p>	<p>Do ocean animal walks around. Crawl like a crab, giggle like a jellyfish, swim like a fish. Move slow or fast.</p>	<p>Have a race. Run a race with someone special. Mark the starting and stopping points.</p>	<p>Have a spoon race. Place a cotton ball on a spoon and walk around the house balancing it on the spoon. Don't let it drop.</p>
<p>Ice skate with paper plates. Put a paper plate under each foot. Slide around and ice skate around the house.</p>	<p>Puddle jumps. Place blue paper on the ground. Jump over the puddles.</p>	<p>Set up an obstacle course. Jump over stuffed animals, go through a chair, or go around pots.</p>	<p>Have a parade. March around the house playing instruments. Use pots for drums.</p>	<p>Have a clean up race. Play some music and see how many songs it takes you to clean up.</p>
<p>Build a fort with pillows and blankets.</p>	<p>Letter musical chairs. Write letters on sticky notes and place on a chair. Play the music and when it stops say the letter you sit on.</p>		<p>Grab a deck of cards. Flip a card and move that many times. You can hop, stretch, jump, spin, stomp, skip.</p>	<p>Do yoga. Try moves like downward dog, star, and pyramid.</p>
<p>Put on a fashion show. Dress up in fun outfits, play music, and dance down the runway. Put towels on the floor for a runway.</p>	<p>Move like transportation. Fly like a plane, chug like a train, race like a racecar. Move fast or slow.</p>	<p>Have a feather or cotton ball race. Lay on your belly and blow the feather or cotton ball across the floor.</p>	<p>Draw a hopscotch on the ground with chalk or tape. Play hopscotch.</p>	<p>Ride your bike, scooter, or skateboard.</p>
<p>Have a dance party. Play your favorite music and dance to the beat.</p>	<p>Play soccer. Use a laundry basket as a goal. If inside use a beach ball instead of a soccer ball.</p>	<p>Go on a walk with someone special.</p>	<p>Do pet animal walks. Slither like a snake, hop like a bunny, gallop like a horse, pounce like a cat. Move fast or slow.</p>	<p>Play Red Light Green Light.</p>