A light blue rectangular card with a white, hand-drawn style background featuring swirls and cloud-like shapes. The text "Movement Cards" is written in a dark blue, serif font, centered on the card.

Movement Cards

Zoom

These bodies are zooming! What does it look like for your body to zoom?

Bounce

This guy is bouncing. What would it feel like for different parts of your body to bounce? Try bouncing just your arm, head, thumb, foot...something else!

Sneak

This little guy has a bit of a "sneaky" pose. When you hear the word "sneak" how does your body want to move?



Movement Cards



Pulled

This little girl is being pulled through the market by her dog. Can you move across the room as if you're being pulled?

Soar

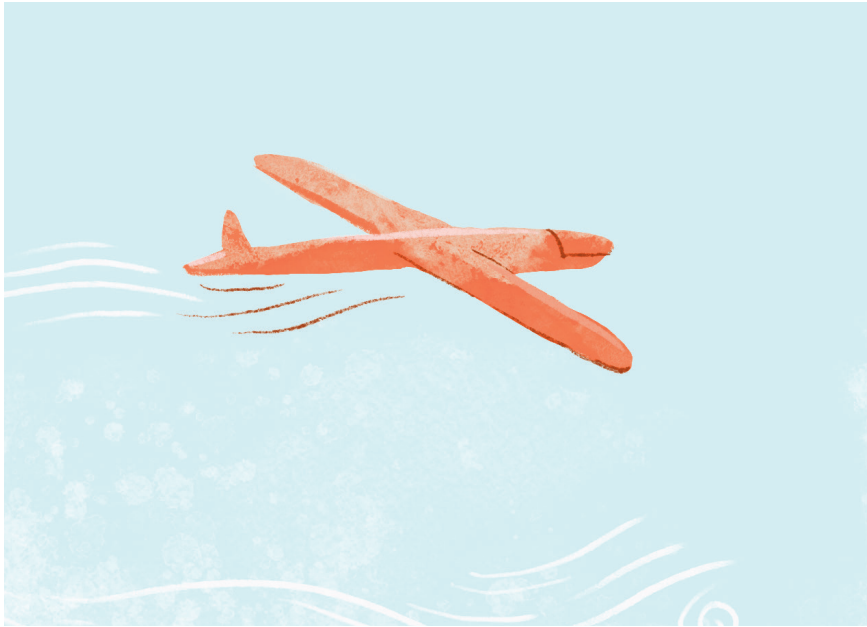
The plane is soaring through the air. Can you move in a way that causes your body to soar?

Sticky

These kids are going to sample some sticky honey. What would it be like to move "sticky"? Sticky arms, sticky legs, sticky elbows, sticky fingers. Move "sticky"!

Float

This butterfly is floating above the flowers. What does it feel like for you to "float"? Show me "float" with your body.



Eyes Closed

This little boy is blind and uses other senses to get around. Close your eyes and feel what it is like move across the room without this sense.

Gallop

These girls' horses are galloping. Show me how your body gallops.

Twist

This man is twisting balloons into different shapes. Show me how your body can twist.

Wave

So many people are waving. What would it be like for your **WHOLE** body to "wave?" Show me that.

