


MOVEMENT CHOICE BOARD

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

Tape or chalk maze! Make a maze on the floor with tape (inside) or chalk (outside) by making lines (ex: straight, zig zag).	Play hockey. Cut a pool noodle in half for the stick and use a laundry basket for a goal.	Do ocean animal walks around. Crawl like a crab, giggle like a jellyfish, swim like a fish. Move slow or fast.	Have a race. Run a race with someone special. Mark the starting and stopping points.	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.
Ice skate with paper plates. Put a paper plate under each foot. Slide around and ice skate around the house.	Puddle jumps. Place blue paper on the ground. Jump over the puddles.	Set up an obstacle course. Jump over stuffed animals, go through a chair, or go around pots.	Have a parade. March around the house playing instruments. Use pots for drums.	Have a clean up race. Play some music and see how many songs it takes you to clean up.
Build a fort with pillows and blankets.	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.		Grab a deck of cards. Flip a card and move that many times. You can hop, stretch, jump, spin, stomp, skip.	Do yoga. Try moves like downward dog, star, and pyramid.
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.	Move like transportation. Fly like a plane, chug like a train, race like a racecar. Move fast or slow.	Have a feather or cotton ball race. Lay on your belly and blow the feather or cotton ball across the floor.	Draw a hopscotch on the ground with chalk or tape. Play hopscotch.	Ride your bike, scooter, or skateboard.
Have a dance party. Play your favorite music and dance to the beat.	Play soccer. Use a laundry basket as a goal. If inside use a beach ball instead of a soccer ball.	Go on a walk with someone special.	Do pet animal walks. Slither like a snake, hop like a bunny, gallop like a horse, pounce like a cat. Move fast or slow.	Play Red Light Green Light.