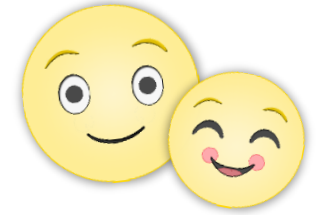


Let's get...



MOVING

These prompt cards are ideas for movement activities.

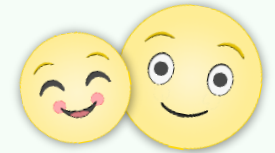
As well as being good for the body, movement and exercise are also an important part of a healthy mind!

We hope this helps!



Let's get...

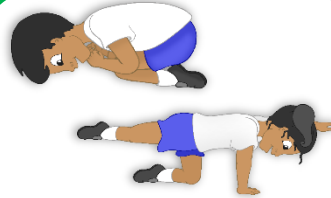
MOVING



Play a game
at the park!



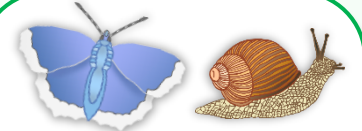
Dance to
some music!



Try some yoga!



Go for a walk!



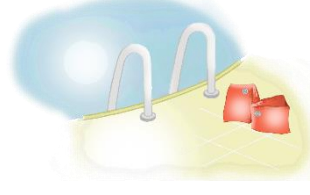
Look for
minibeasts!



Do some
gardening!



Make an
obstacle course!



Go for a swim!



Treasure hunt!



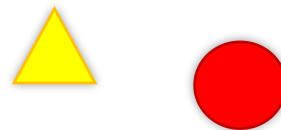
Play hide
and seek!



Play on
ride-ons!



Role-play!



Go on a maths
hunt!



Act out nursery
rhymes!



Play on
playground
equipment!



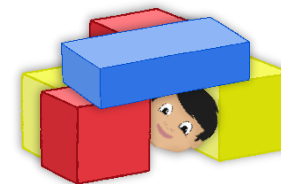
Help with
chores!



Run a race!



Bounce a ball!



Build a den!



Hula hooping!

Let's get...

MOVING

