Move & Play Pack

Gross motor games for toddlers and preschoolers

What's inside

- Page 2: Action die (jump, march, tiptoe, spin, stomp, reach)
- Page 3: Animal die (bear, frog, crab, bunny, flamingo, snake)
- Pages 4-5: 24 move cards, each with a skill and a starting age
- Make the dice on cardstock. Cut the cards apart and keep them in a jar.

Three ways to play

- Roll one die and do the move. Little ones copy a grown-up.
- Roll both dice: move like the animal while doing the action. Stomp like a bear!
- Draw a card, read it out, and everyone plays. Pick 3 cards for a 10-minute movement break.

Which cards fit which age?

18m+	Ball roll, bubble chase, chair tunnel, basket push
2+	Tape beam, pillow path, freeze dance, kicking, sock toss, jumping a tape river
3+	Red light green light, Simon says, catching, statue stand, yoga animals
4+	Hopping on one foot, hopscotch, wheelbarrow walk, target throw

Ages are a starting point. Every child moves at their own pace.

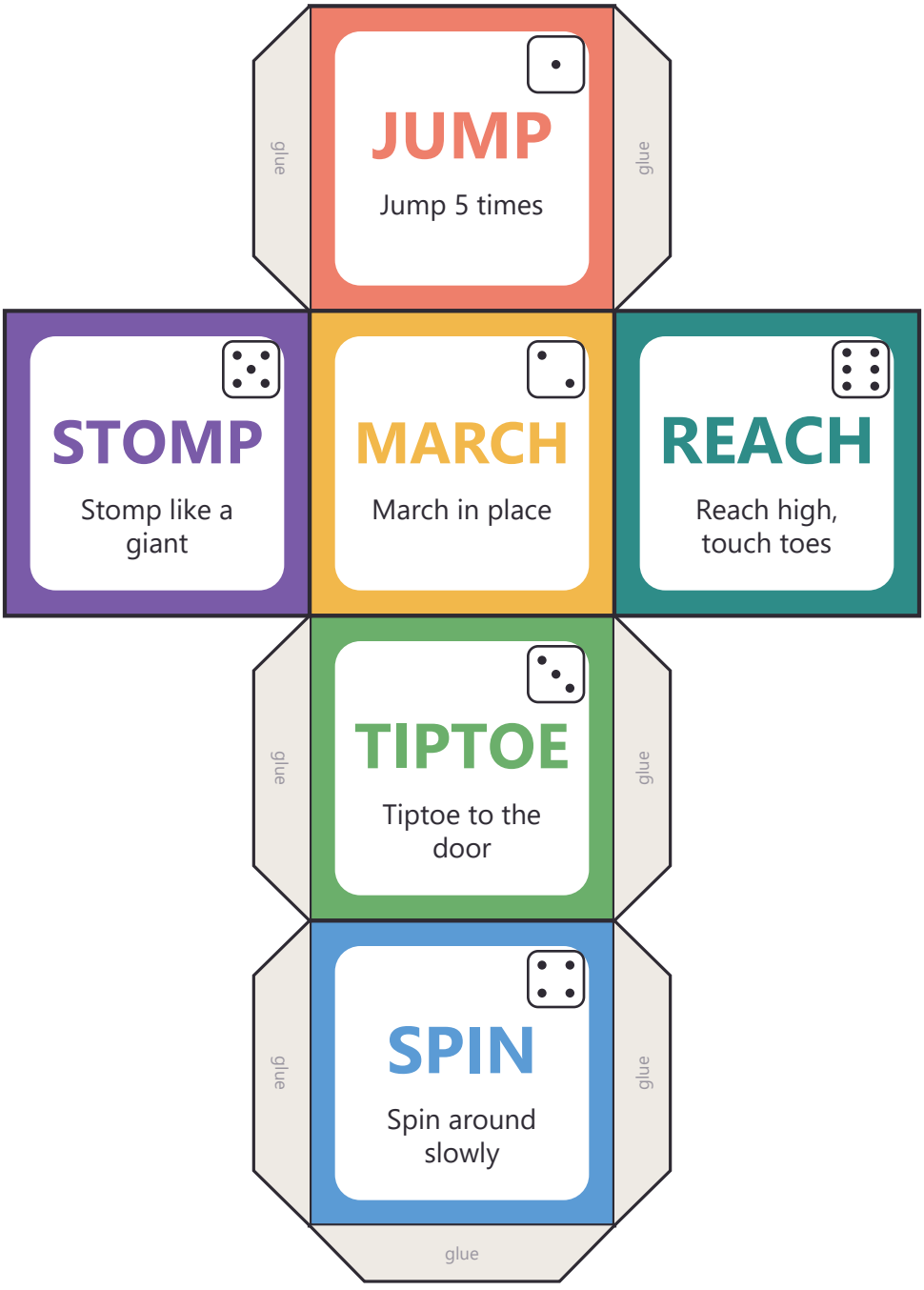
Play safe

- Clear a space: move the coffee table and anything with sharp corners.
- Socks slip on hard floors. Play barefoot or in grippy socks.
- A grown-up stays close for spinning, wheelbarrow walks and stairs.
- No trampolines for kids under 6 (American Academy of Pediatrics). Jump on the floor instead.

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Action Die

Cut, fold and glue. Roll it and do the move!



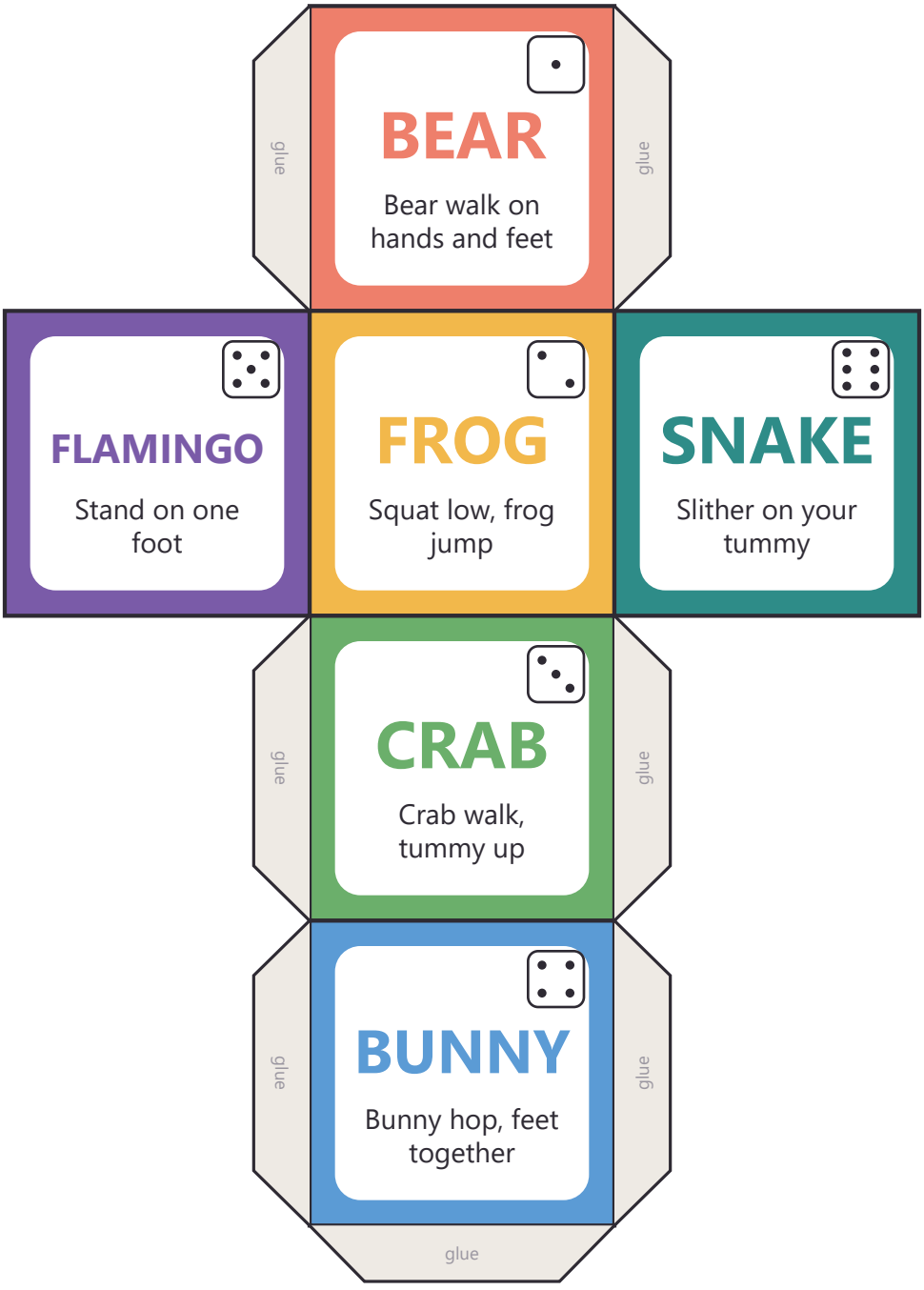
Make it:

1. Print on cardstock. 2. Cut around the outside line. 3. Fold on every line between squares.
4. Glue the grey tabs inside. Tip: a grown-up does the gluing, and tape works too.

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Animal Die

Roll it and move like the animal!



Make it:

1. Print on cardstock. 2. Cut around the outside line. 3. Fold on every line between squares.
4. Glue the grey tabs inside. Tip: a grown-up does the gluing, and tape works too.

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Move Cards

Cut on the dashed lines. Draw a card and do it!

BALANCE 2+

Tape Balance Beam

Walk along a line of tape on the floor without stepping off.

BALANCE 2+

Pillow Path

Step from pillow to pillow all the way across the room.

COORDINATION 2+

Freeze Dance

Dance while the music plays. Freeze when it stops!

KICKING 2+

Kick It Back

Kick a big ball back and forth with a grown-up 5 times.

BALL SKILLS 18m+

Ball Roll

Sit facing each other, legs wide, and roll a ball back and forth.

RUNNING 18m+

Bubble Chase

Chase the bubbles and clap to pop them.

THROWING 2+

Sock Toss

Throw rolled-up socks into a laundry basket.

CRAWLING 18m+

Chair Tunnel

Crawl through a tunnel of chairs or under the table.

JUMPING 2+

Jump the River

Jump over two lines of tape. Make the river wider each time.

STRENGTH 18m+

Basket Push

Push a laundry basket of toys across the room and back.

CATCHING 2+

Scarf Catch

Throw a scarf up high and catch it before it lands.

COORDINATION 2+

Animal Parade

March around the house as your favorite animal.

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Move Cards

Cut on the dashed lines. Draw a card and do it!

RUNNING 3+

Red Light, Green Light

Run on green. Stop on red. Walk slowly on yellow.

COORDINATION 3+

Follow the Leader

Copy every move the leader makes. Then swap!

LISTENING 3+

Simon Says

Only move when Simon says so. Simon says touch your toes!

CATCHING 3+

Catch the Ball

Catch a big soft ball thrown from 3 steps away.

BALANCE 3+

Statue Stand

Stand still like a statue. Can you do it on one leg?

JUMPING 3+

Shape Jump

Jump from shape to shape on tape or chalk shapes.

BALANCE 3+

Yoga Animals

Hold tree, cat and dog pose for 5 slow counts each.

CARRYING 2+

Toy Clean-Up Race

Carry toys to the bin one at a time. Ready, set, go!

BALANCE 4+

Hop on One Foot

How many hops before your other foot touches down?

JUMPING 4+

Hopscotch

Hop and jump through a chalk or tape hopscotch.

STRENGTH 4+

Wheelbarrow Walk

A grown-up holds your legs while you walk on your hands.

THROWING 4+

Target Throw

Throw a beanbag into a hoop or onto a tape X.

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