

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).



Stand on one leg and count to 10. Stand on the other leg and count to 10 in Navajo. (balance)

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.

Run in place for 30 seconds. Run in place for 1 minute.

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



Practice saying the alphabet by jumping for each letter. (slowly)

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.

Arm circles forward count to 10 in Navajo, arm circles backwards count to 10 in Navajo.

Draw a hopscotch on the ground with chalk/tape/stick. Play hopscotch.

Ride your bike, scooter, or skateboard.

Have a dance party. Play your favorite music and dance to the beat.

High Knees (count to 30)

Go on a walk with someone special.

Do pet animal walks. Hop like a bunny, gallop like a horse, pounce like a cat. Move fast or slow.

Play Red Light Green Light

Music and Movement Challenge!!

Are you
in?

Complete all squares.

Send pictures as indicated on the page.

( 4 pictures)

