

Indoor Movement Cards

Pick two games for today. An adult cuts cards if you want to use them separately.

Plush delivery

Carry a large soft toy from one basket to another. Try tiny or slow steps. Take turns being the dispatcher.

Animal poses

Show a tall giraffe, wide penguin wings or sleepy cat. Comfortable seated poses count too.

Follow the path

Walk between secure flat nonslip markers. At each stop, wave or turn slowly. Remove markers if they slide.

Slow-motion parade

Choose an astronaut or sleepy robot. Walk slowly. On "photo," pause in a comfortable pose.

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Copy my moves

Face each other sitting or standing. Copy one small movement. Swap leaders; skip uncomfortable moves.

Shape makers

Use your arms to make a circle, triangle or line. Try creating a shape together without pushing or pulling.

Room rescue

Walk to three large soft toys and bring each back to its picnic spot. Invent a new story for the next mission.

Choose your version

Clear the floor. Keep it cooperative. Walk in small spaces, supervise, and stop for a break whenever needed.