

# Back to School Movement Cards

Encourage physical fitness, gross motor skills, coordination and fun with these back to school themed brain break cards. Use these cards to get the wiggles out, strengthen gross motor skills, improve concentration, and set up a positive learning environment for your preschool, kindergarten, and young children.



## How to use these cards

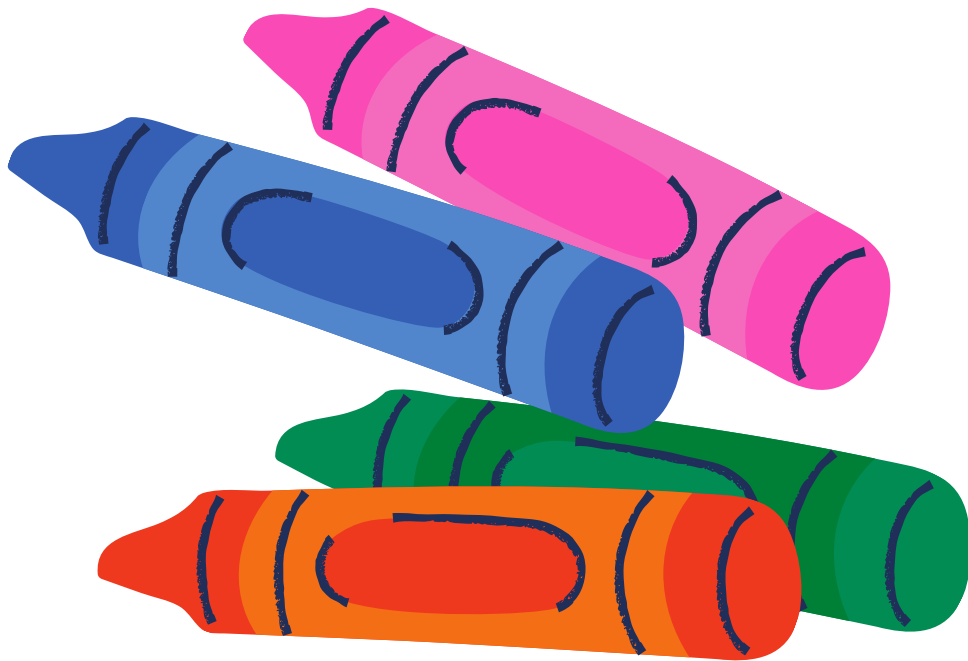
There are many ways you can incorporate these activities into your daily routine and classroom plans. **Be creative!**

Below are some options to start with:

1. **Movement breaks:** in between other activities, have your child / children pick 3-4 cards out of a basket and practice the activity on the card.
2. **Simon says:** The supervising adult chooses a card and "simon says" to practice activity.
3. **Circuit** - lay the cards out around the room. Have the child / children practice the activity for 1-2 mins, then move on to the next card,

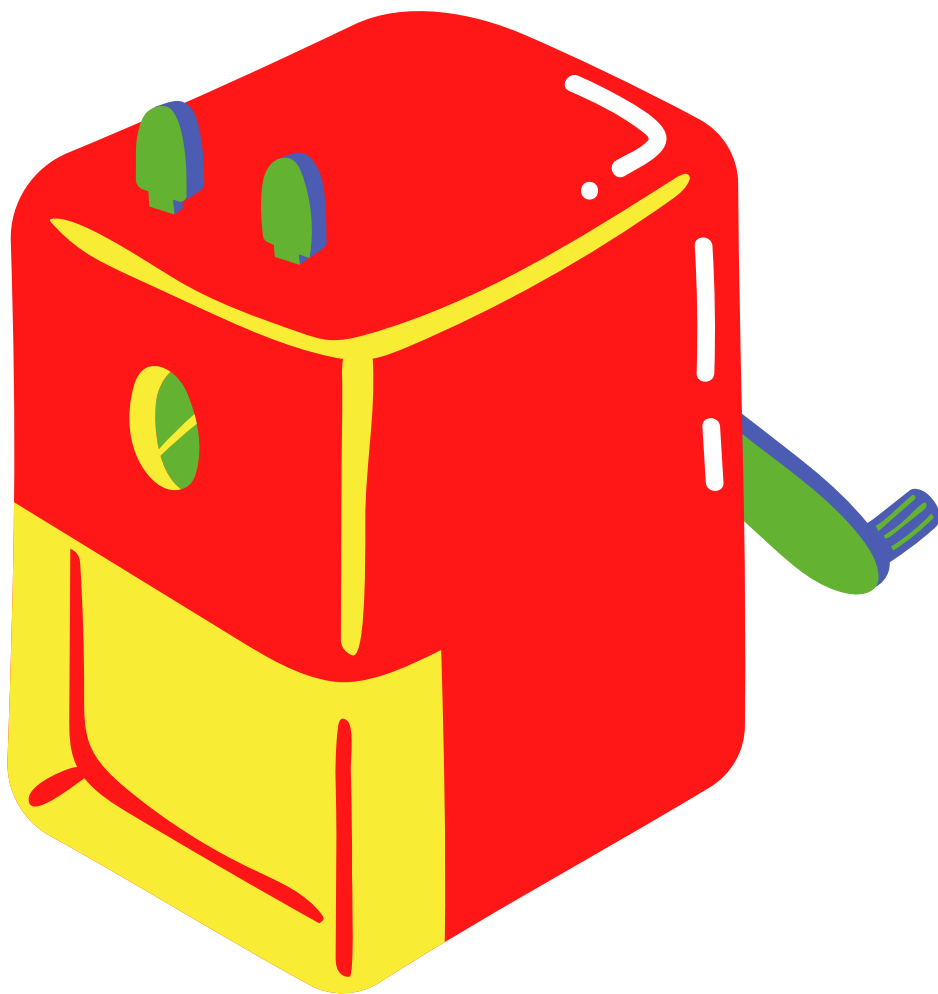
# Roll Like a Crayon

Lay down on the floor and roll, just make sure you don't crash!



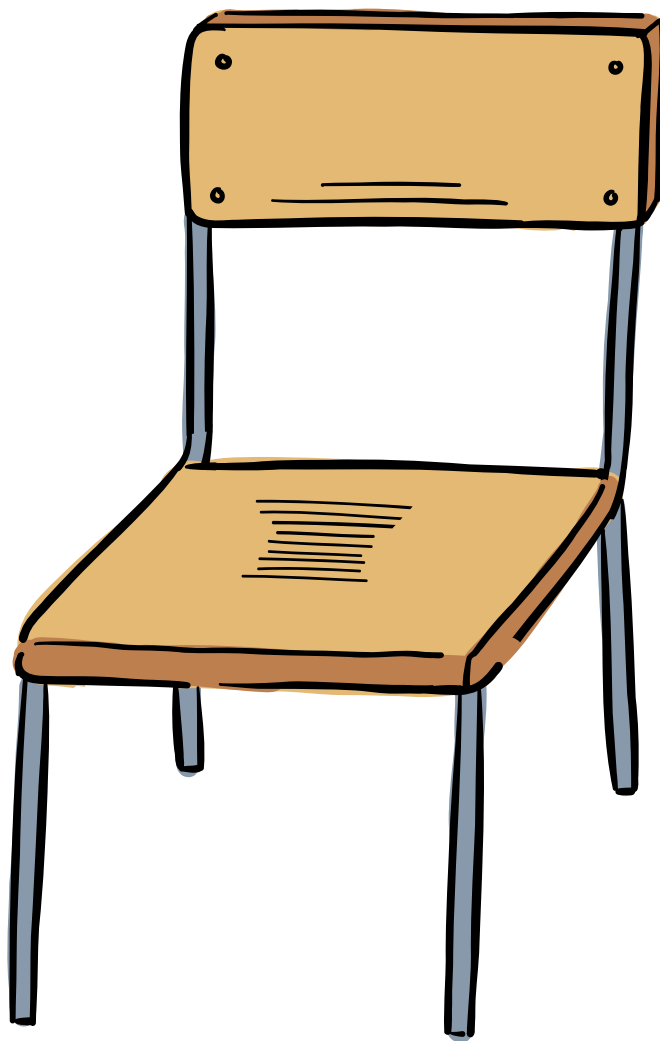
# Pencil Sharpener

Spin around like a pencil in  
a sharpener



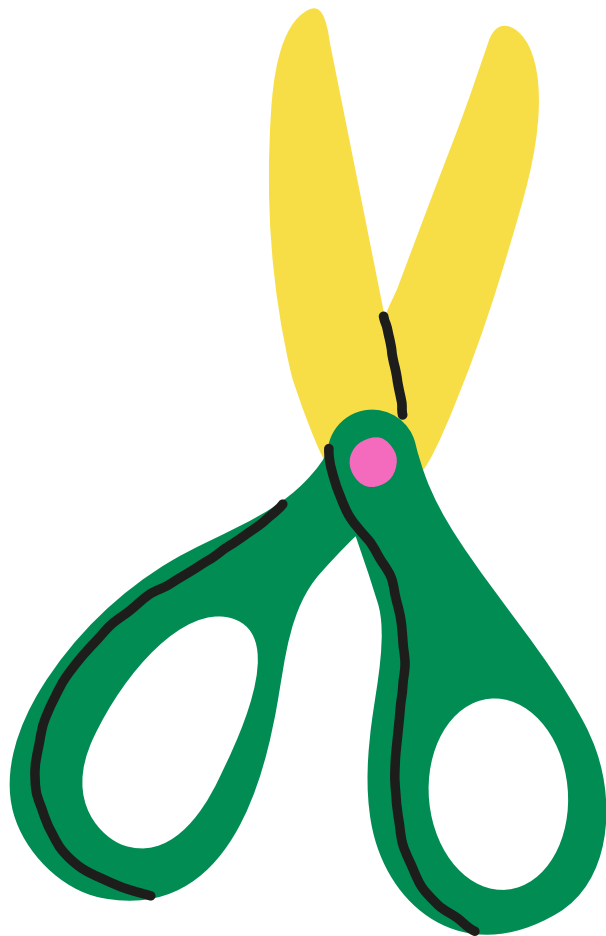
# Desk Chair

Make a human desk chair by leaning against a wall with your knees bent.



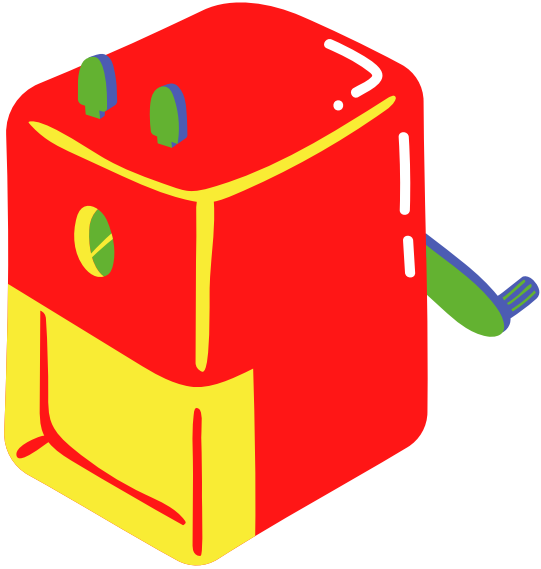
# Scissor Legs

Lay on your back, legs together in the air. Open and close your leg like scissors.



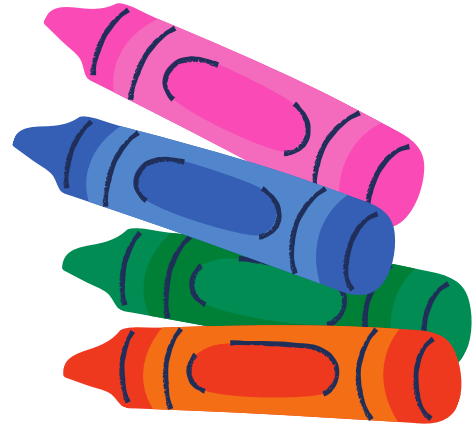
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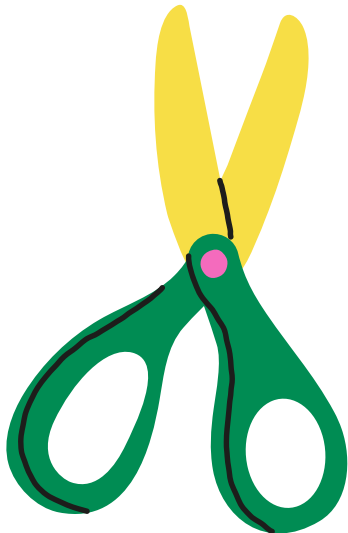
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