

WINTER

movement cards

by Little Sprouts Learning

Incorporating exercise and movement throughout the school day makes students less fidgety and more focused on learning. Improving on-task behavior and reducing classroom management challenges are among the most obvious benefits of adding physical activities to your teaching toolkit.

This movement card set is designed to engage children in movement using fine and gross motor skills while learning about the words related to the theme of the cards. It is my hope this movement card set will aid you and your students as a start to your day, brain breaks or as a transitioning activity.



snowman

TWIRL like a



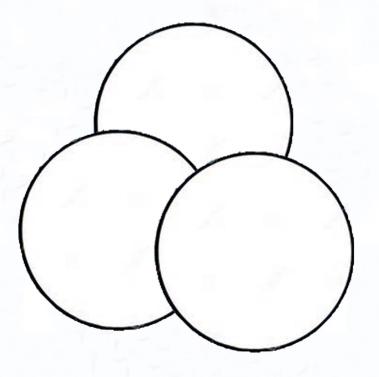
snow flake

GLIDE like an



ice skater

ROLL around like



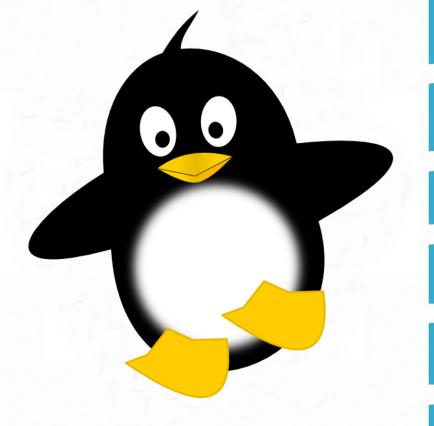
snow balls

GROWL like a



bear

WADDLE like a



penguin

PRANCE like a



deer

FREEZE like an



igloo

STAND like an



Evergreen tree FLAP your arms like a



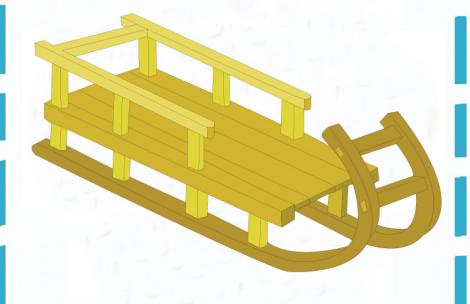
Cardinal

CROUCH like a



fox

SLIDE like a



sled

STEAM like a cup of



hot chocolate

WHOOT like a



snowy owl

LITTLE SPROUTS LEARNING

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- Thank you

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