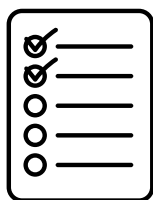


MOVEMENT HAT INSTRUCTIONS



WHAT YOU WILL NEED

1. Our counting or matching cards
2. Gross motor movement cards
3. Printer and scissors
4. Ten feet of space
5. Tape (optional)

STEP 1

Print and cut out the matching cards and gross motor movement cards.

STEP 2

Place one match 10 feet apart from the other match (so you have two piles 10 feet apart).



STEP 3

Fold and place the gross motor movement cards in a hat or seasonal basket.

STEP 4

Pick a card from the hat to determine what move you are going to complete before you take your turn. You can also use the gross motor dice in our shop for this activity.

Why?

Many of our kiddos are kinesthetic learners, meaning they learn best when academics are combined with movement. The activities on the gross motor cards work on general body awareness, balance, gross motor milestone acquisition, strength, coordination, and motor planning all while making learning fun!

**JUMPING
JACKS**

JUMP

**FROG
JUMP**

**CRAB
WALK**

**DUCK
WALK**

TIP TOE

**BEAR
WALK**

GALLOP

**TANDEM
WALK**

SKIP

**BALANCE
ON ONE LEG**

**CROSS
CRAWLS**

**FROG
JUMP**

**JUMP
OVER LINE**

**HOP OVER
LINE**

**TANDEM
STANCE**

SUPERMAN

MEATBALL

PLANK

PUSH UP