My Way to Move Choice Cards

Pre-K-Grade 3 | Adaptable movement | Self-regulation | Ink-Saver B&W

Learner: _____ Date: _____

Point to, circle, or cut out a movement choice. Try it seated, standing, imagined, or with support. You may always choose REST.

REACH UP **SEATED OR STANDING**	**CLAP OR TAP** **HANDS, LAP, OR IMAGINE**
ROLL SHOULDERS **SMALL OR LARGE**	**MARCH OR TAP** **FEET, HANDS, OR IMAGINE**
SLOW BREATH **IN ... AND OUT ...**	**REST** **PAUSE IS A CHOICE**

Grown-up check: Any safe movement, imagined movement, supported movement, or rest choice is successful.

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