My Way to Move Choice Cards

Pre-K-Grade 3 | Adaptable movement | Self-regulation | Color

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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