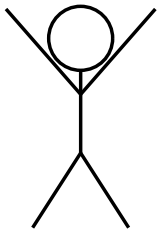
Copy the Body Pose Cards

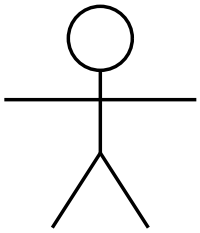
Toddler readiness-Grade 1 | Body awareness | Movement | Ink-Saver B&W

Learner: _____ Date: _____

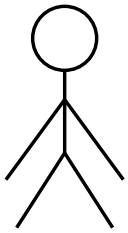
Choose a card. Copy the pose in a comfortable way, seated or standing. A grown-up may model, describe, or help. Skip any movement that hurts.



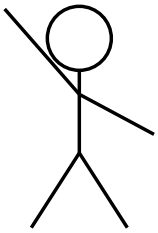
HANDS UP



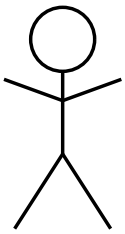
ARMS WIDE



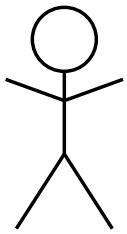
TOUCH KNEES



ONE HAND HIGH



HANDS TOGETHER



YOUR POSE

Grown-up check: Open-ended movement. Accept seated, standing, partial, mirrored, or helper-supported versions of each pose.

More free resources: resources.richnerds.co.site | Personalized academic support: richnerds.co.site

@richnerdstutoring | Personal/classroom use. Share the original PDF. Not for resale.