Two-Step Movement Game

Preschool-Pre-K | Listening and executive function | Game-based

Learner: _____ Date: _____

An adult reads one card. Do both actions in order, or point to the actions. Pause or shorten the activity anytime.

Clap, then touch your head.	**Blink, then tap your knees.**
Reach up, then take a breath.	**Wave, then point to the floor.**

Grown-up check: Each card has two actions. Complete or identify the first action before the second.

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