



M A G I C

These cards provide activities to help work on specific physical goals. On each card you will find:



Activity Instructions



How to add some additional challenges to the activity



Ideas for activity variation



Equipment needed for the activity

The main focus of the activity will be indicated by icons:



Skills &
object
control



Muscle
strength



Balance,
stability
& control



Fitness



For more information, videos, resources and activities scan here!



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Obstacle Builder



The image shows the components of the Obstacle Builder kit. On the left, there are six colorful, textured turtle shells in orange, red, yellow, green, blue, and purple. To their right is a blue fabric tunnel with two red circular openings. In front of the tunnel are four small animal figures: a green frog, a blue starfish, a yellow fish, and a red crab.

Number of Pieces: 12

- 4 x animals
- 6 x turtle shells
- 1 x tunnel
- 1 x high stepper set



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The logo for 'Thriving in Motion' features a stylized red human figure with arms raised in a 'V' shape, followed by the word 'Thriving' in a large, bold, red font, and 'IN MOTION' in a smaller, red, sans-serif font below it.

4 x animals
6 x turtle shells
1 x tunnel
1 x high stepper set



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Rescue the Animals



With your partner, set up the obstacles around the room running from one side to the other

Place all the animals at one end

The floor is lava, you need to cross the room without touching the floor and rescue the animals and bring them back



Try and make the turtle shells further apart

Line up all the tortoise shells in a straight line, and instead use the high steppers to weave inbetween each shell to get to and from the animals



Add a musical element. You move when the music is on, and freeze when the music is off!



Turtle Shells
High Stepper
Tunnel
Animals
(Phone or Speaker)



Skill



Strength



Balance



Fitness





motivation



autonomy



grit



interconnected



confidence

Focus on
activities
they enjoy

Give choices
and provide
reasons

Embrace
challenges
and grow
from
mistakes

Connect with
friends and
family

Provide a
supportive &
positive
environment

EMPHASISE

EFFORT

OVER

EXCELLENCE

EMPHASISE

FUN

OVER

FRUSTRATION