



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!



www.thrivinginmotion.org



0403 600 960



hello@thrivinginmotion.org



Zoo Moves



Number of Pieces: 7

- 1 x set of animal flash cards
- 1 x yoga mat
- 1 x foam dice
- 4 x bean bag animals



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Walk like an animal



Flip a card, and then 'walk like that animal' - creativity not accuracy encouraged.

Take it in turns to flip another card until you run out of cards (or interest)



Make a walking path to follow +/- obstacles

Race other members of the family, or race to a spot

Add animal noises, create new cards or combine with animal stories from home.



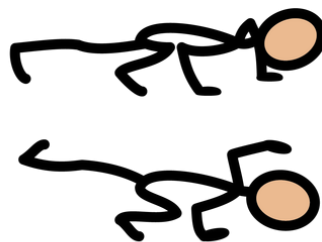
Add a musical element. You walk like an animal when the music is on, and freeze when the music is off!



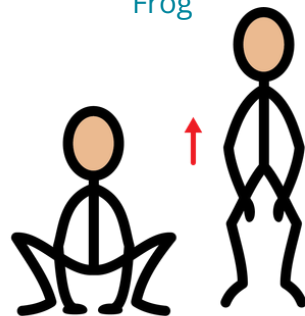
Backwards Crab



Worm



Lizard



Frog



Animal flip cards



Skill



Strength



Balance



Fitness





Zoo Moves



Flip a card and roll the dice.

Do a movement on the spot like the animal, and repeat as many times as on the dice.



Take it in turns to pick the card, and movement, and everyone follows.

Use different parts of the body, standing, lying, sitting = be creative

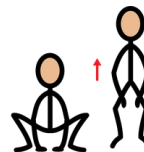
Some suggestions ...



Crab walks



Frog jumps



Crocodile crawl



Kangaroo hops



Flying birds



Animal flip cards



Skill



Strength



Balance

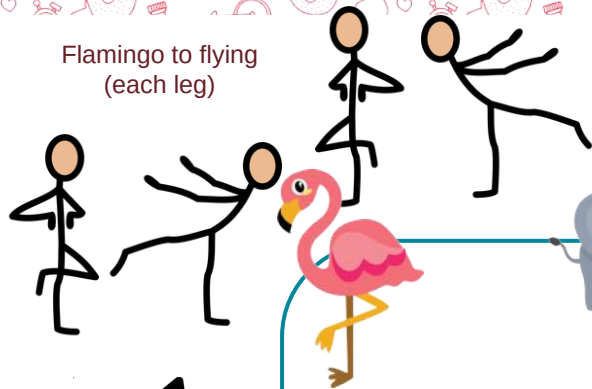


Fitness

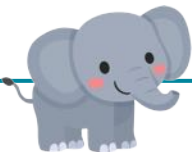




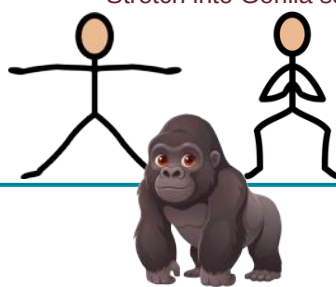
Flamingo to flying
(each leg)



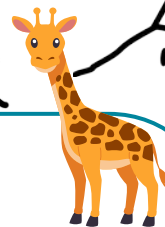
Resting Elephant



Stretch into Gorilla squat

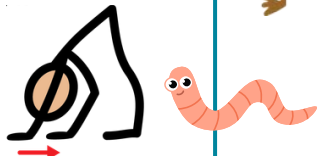


Giraffe (right
& left)

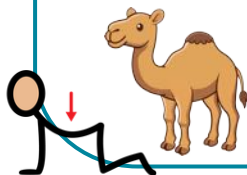


Zoo Yoga

Worm walk hands
back to feet



Downward dog



Stretch like a
camel



Flutter knees like a butterfly



Snap like a crocodile



Squat to
frog



Roll like an
armadillo





motivation



autonomy



grit



interconnected



confidence

