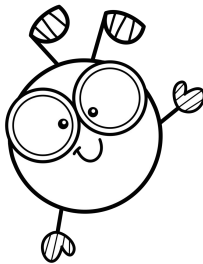


Movement Choice Board

Pick and activity. Once you have completed the activity colour in the square. How many BINGO's can you get!

Have a dance party. Play your favourite music and dance to the beat.	Play soccer. Use a laundry basket as a goal. If inside use a beach ball instead of a soccer ball.	Put on a fashion show. Dress up in fun outfits, play music, and dance down a towel runway.	Move like transportation. Fly like a plane, chug like a train, race like a car. Move fast or slow.	Build a fort with pillows and blankets.
Letter musical chairs. Write letters on sticky notes and place on a chair. Play music and when it stops say the letter you sit on.	Ice skate with paper plates. Put a paper plate under each foot. Slide around and "ice" skate around the house.	Puddle jumps. Place a blue paper on the ground. Jump over the puddles.	Tape or chalk maze! Make a maze on the floor with tape (inside) or chalk (outside) by making lines (eg: straight, zig zag).	Play hockey. Cut a pool noodle in half for the stick and use a laundry basket for a goal.
Ocean animal walk around. Crawl like a crab, giggle like a jellyfish, swim like a fish. Move slow or fast.	Have a race. Run a race with someone special. Mark the starting and stopping points.		Set up an obstacle course. Jump over stuffed animals, crawl through chairs, run around pots.	Have a parade. March around the house playing instruments. Use pots for drums.
Grab a deck of cards. Flip a card and move that many times. You can hop, stretch, jump, spin, stomp, skip.	Have a feather or cotton ball race, Lay on your belly and blow the feather or cotton ball across the floor.	Draw a hopscotch on the ground with chalk or tape. Play hopscotch.	Play Red Light Green Light.	Do yoga. Try moves like downward dog, star, and pyramid.
Go on a walk with someone special.	Pet animal walks. Slither like a snake, hop like a bunny, gallop like a horse, pounce like a cat. Move fast or slow.	Ride your bike, scooter, or skateboard.	Have a clean race. Play music and see how many songs it takes you to clean up.	Have a spoon race. Place a cotton ball on a spoon and walk around the house balancing it in a spoon.