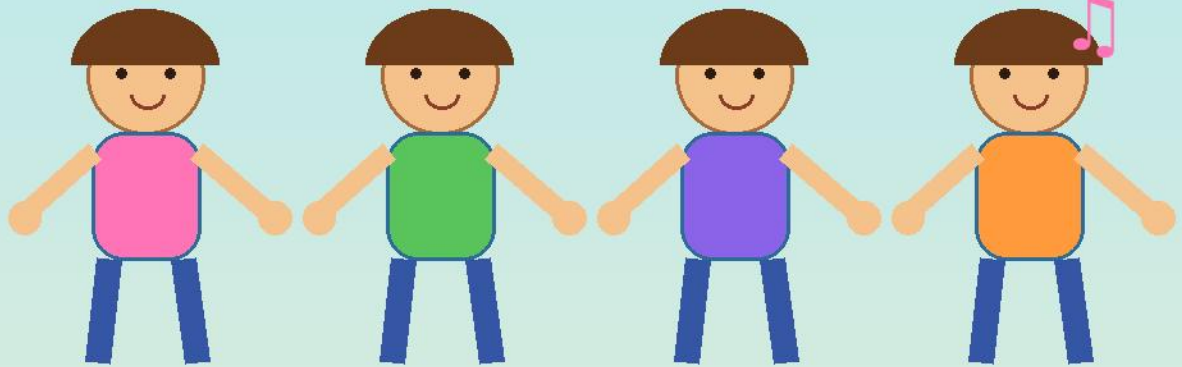




Exercise Songs Movement Cards Pack



Move, stretch, dance, freeze, and shine!



Warm Up



Clap

Animal Moves



Roar

Freeze Dance



Stop

Cool Down



Breathe



How to Use This Pack

Simple movement fun

1

Pick a song

Choose a favourite exercise, action, or dance song.

2

Choose cards

Let your child choose 3 to 5 movement cards.

3

Move safely

Clear the floor, play the music, and move together.

4

Cool down

Finish with stretching, breathing, or quiet swaying.

Safety reminder

Keep a clear space, supervise children, adapt movements, and stop if a child feels tired, dizzy, upset, or uncomfortable.



Warm-Up Movement Cards

Cut out or point to a card

CLAP

Clap Hands

MARCH

March Slowly

UP

Reach High

TAP

Toe Taps

STEP

Side Steps

ROLL

Shoulder Rolls

Animal Action Cards

Move like each animal



Stomp
like a elephant



Roar
like a lion



Hop
like a frog



Waddle
like a duck



Flap
like a bird



Stretch
like a giraffe

Freeze Dance Cards

Dance when music plays



Freeze like a star

When the music stops!



Freeze tiny

When the music stops!



Freeze tall

When the music stops!



Freeze silly

When the music stops!

shh

Freeze quiet

When the music stops!



Freeze and smile

When the music stops!

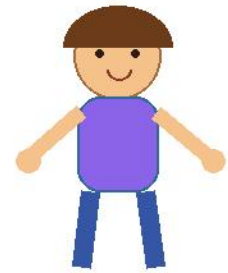
Stretch and Breathe

Cool-down page



Breathe with the music

1. Reach arms up.
2. Take a slow breath in.
3. Let arms float down.
4. Breathe out gently.



Star stretch

Reach wide

Butterfly knees

Sit and flap

Cloud sway

Sway side to side

Quiet hands

Rest and smile



Brain Break Song Planner



Plan quick movement moments



Time	Song	Movement	How did it feel?
Break 1			
Break 2			
Break 3			
Break 4			
Break 5			
Break 6			





Indoor Rainy-Day Movement Ideas

No big space needed

Kitchen march

March safely in one spot

Pillow island

Step around soft pillows

Scarf dance

Wave a scarf to the beat

Toy tidy race

Tidy before the song ends

Animal parade

Move across the room

Stretch story

Act out a tiny story



My Favourite Exercise Songs

Song tracker

Song name	Move I did	Rating ★★★★★
		★★★★★
		★★★★★
		★★★★★
		★★★★★
		★★★★★
		★★★★★
		★★★★★
		★★★★★
		★★★★★
		★★★★★





Little Movement Star Certificate

Congratulations!

You moved, stretched, danced, froze,
breathed, and shined like a star



This certificate is awarded to:

Name

Date

