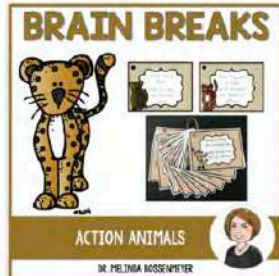
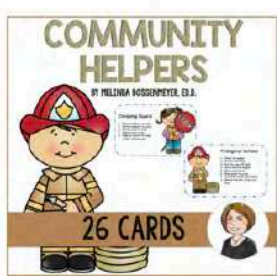
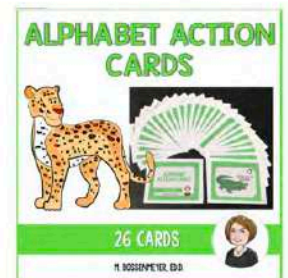
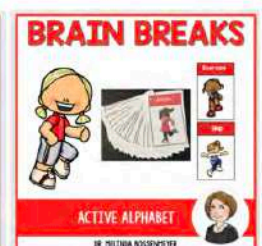
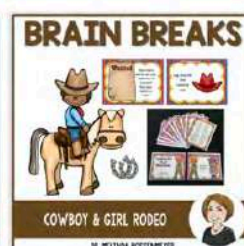
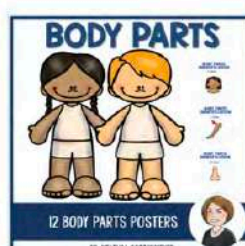


Covid-19 PE/Recess

PRESCHOOL- GRADE 2 : ACTIVITIES WITHOUT EQUIPMENT

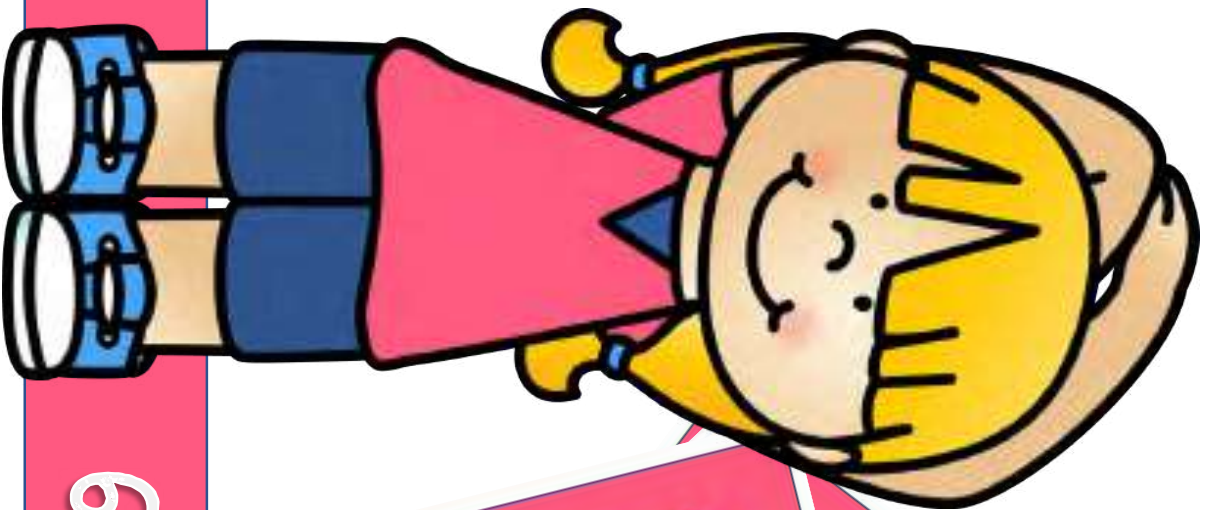


PRE-GR.2 16 ACTIVITY CARD SETS



DR. MELINDA BOSSENMEYER

EXERCISE CARDS



6 CARDS

M. BOSSEMEYER, ED.D.



Table of Contents

Exercise Cards

Pg. 3-4

Wild Card Exercise Card

Pg. 4

Terms of Use

Pg. 5

Favorite Designers

Pg. 6

Similar Products

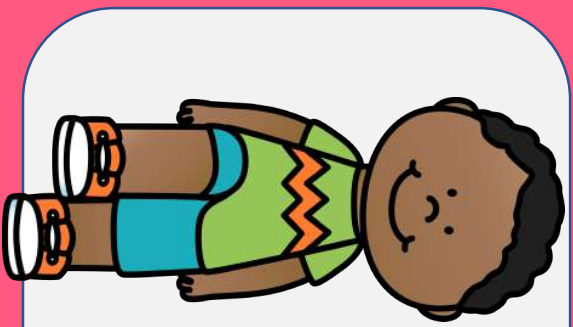
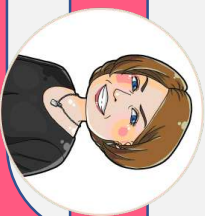
Pg. 8

EXERCISE CARDS SET 3

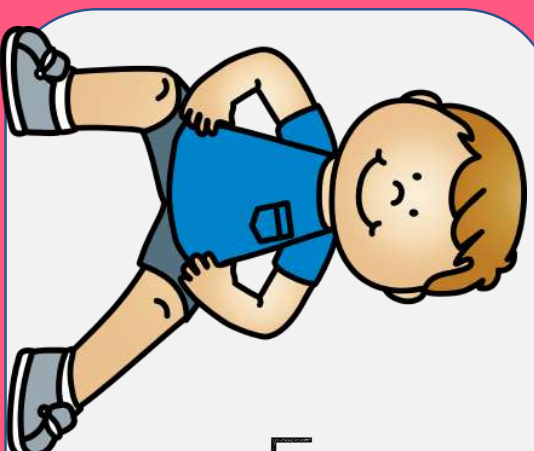


M. Bossemeyer, Ed.D.

6 CARDS



MARCHING



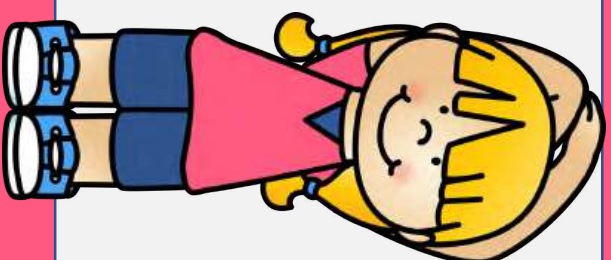
LUNGE TO SIDE



ARM CIRCLES



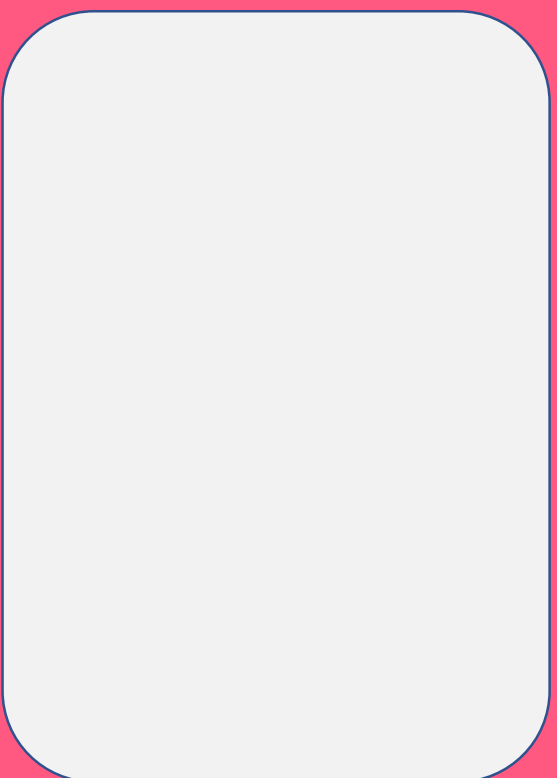
SQUAT



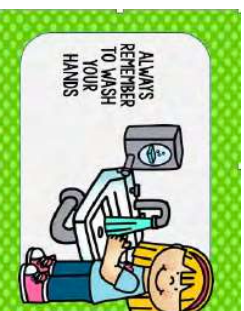
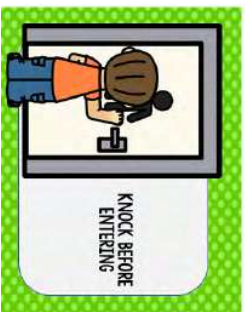
ARM STRETCH



TRUNK TWIST



BATHROOM RULES



16 CARDS

M. BOSSEMEIER, ED.D.



Table of Contents

Bad Choices Cover Card

Pg. 3

Bad Choices Cards

Pg. 3-6

Terms of Use

Pg. 7

Favorite Designers

Pg. 8

Similar Products

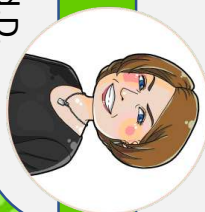
Pg. 10

BATHROOM RULES



M. Bossenmeyer, Ed.D.

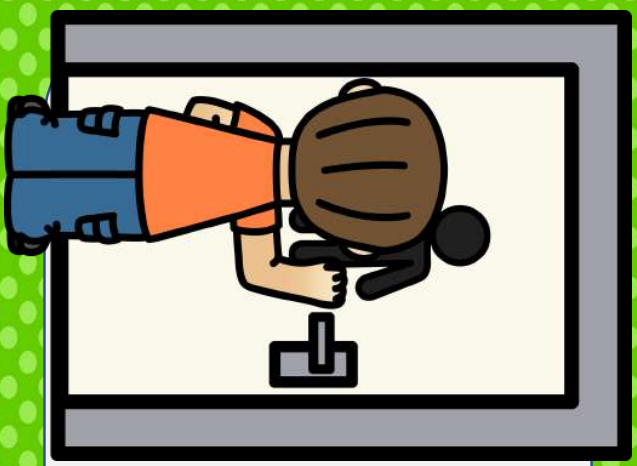
16 CARDS



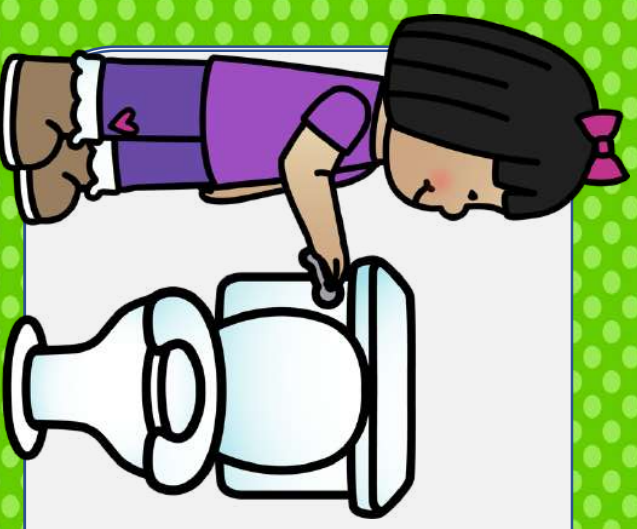
DRY YOUR
HANDS

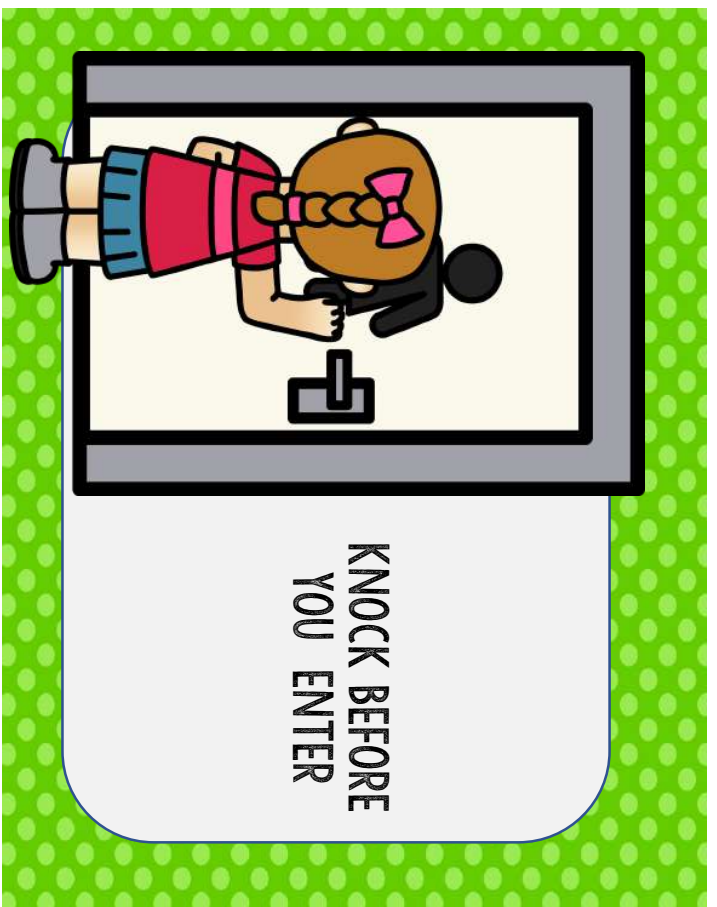
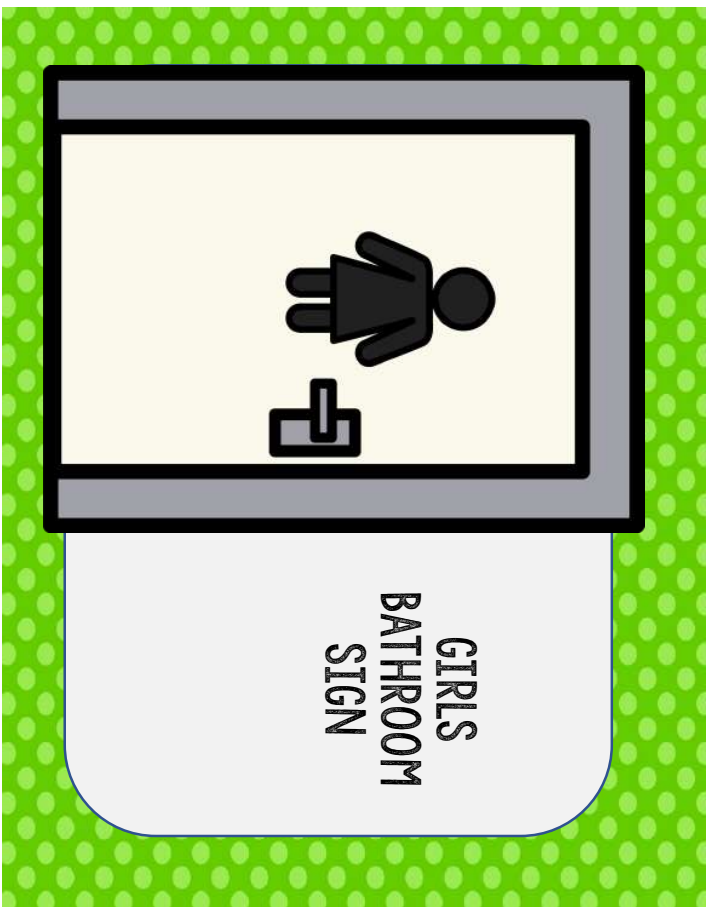
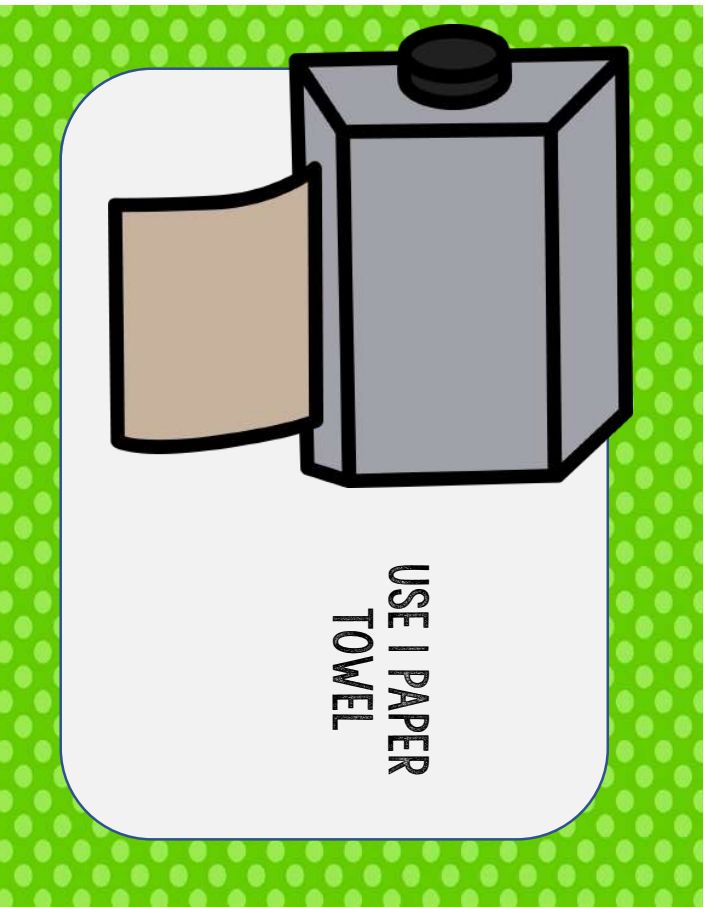


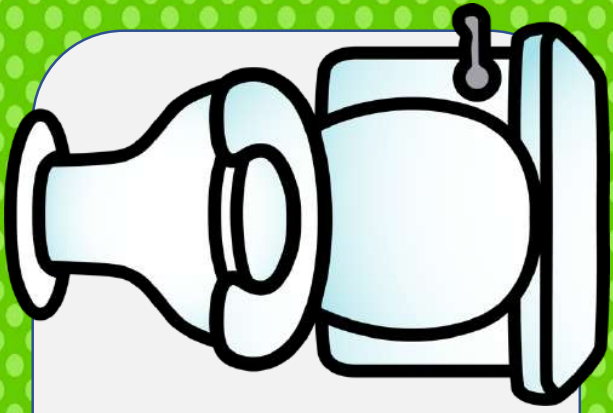
KNOCK BEFORE
ENTERING



FLUSH THE
TOILET AFTER
USE



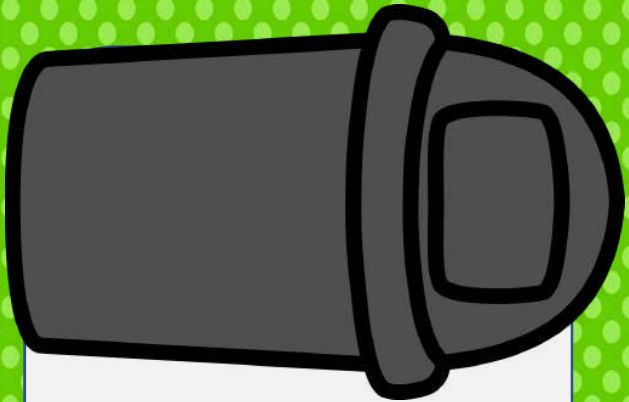




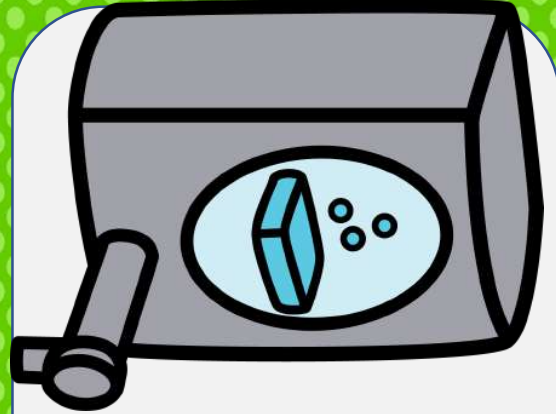
FLUSH 1 TIME



TURN OFF
THE WATER



KEEP THE
BATHROOM
CLEAN

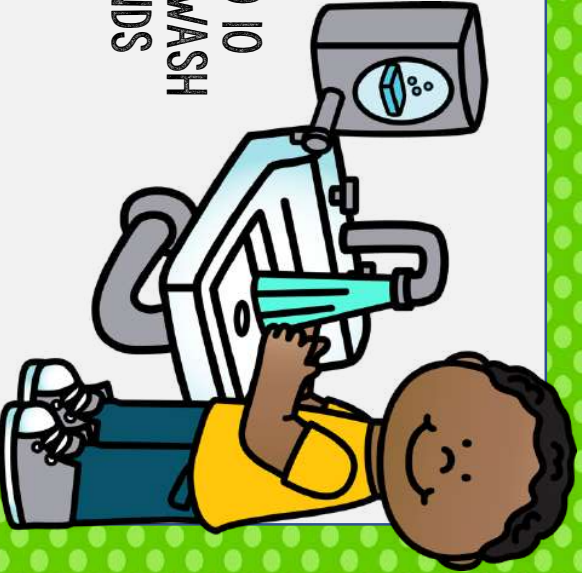


USE SOAP

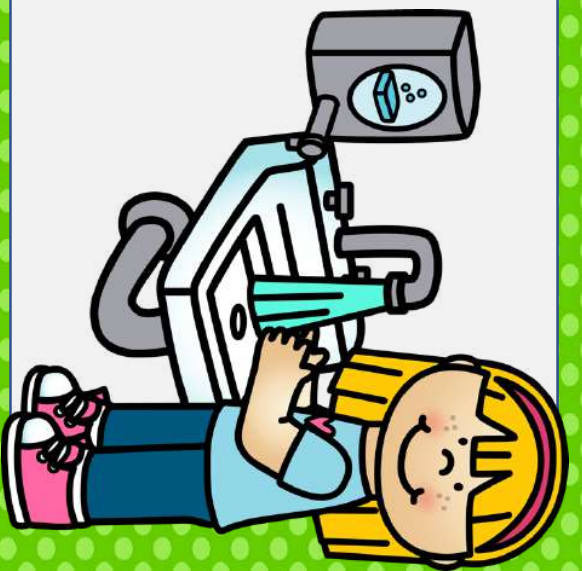
USE 1 SQUIRT
OF SOAP



COUNT TO 10
WHEN YOU WASH
YOUR HANDS



ALWAYS
REMEMBER
TO WASH
YOUR
HANDS



BOYS
BATHROOM
SIGN



EXERCISE CARDS



20 CARDS



M. BOSSENMEYER, ED.D.

Table of Contents

Exercise Cards

Pg. 3-7

Wild Card Exercise Cards

Pg. 7

Terms of Use

Pg. 8

Favorite Designers

Pg. 9

Similar Products

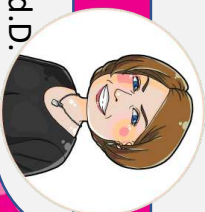
Pg. 10

EXERCISE CARDS

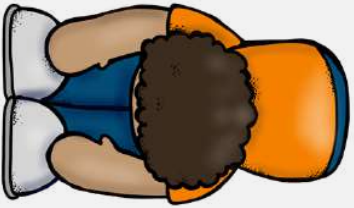


20 CARDS

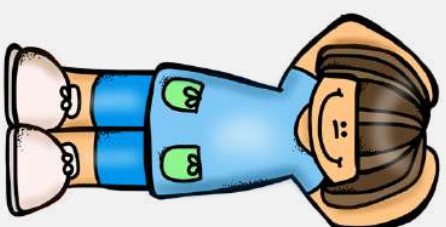
M. Bossenmeyer, Ed.D.



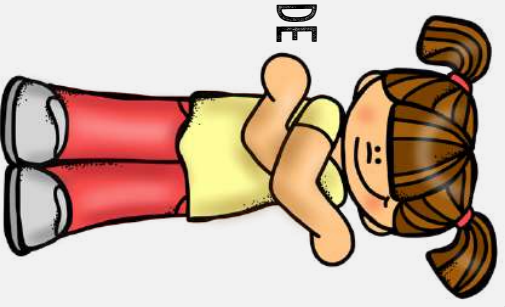
TOES TOUCHES
10 TIMES



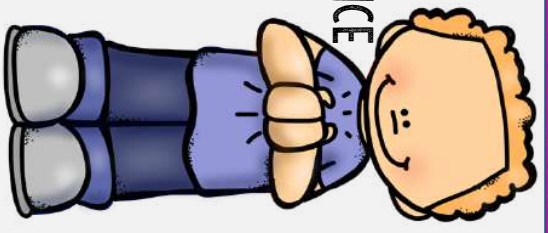
HEAD, SHOULDERS,
KNEES AND TOES
10 TIMES



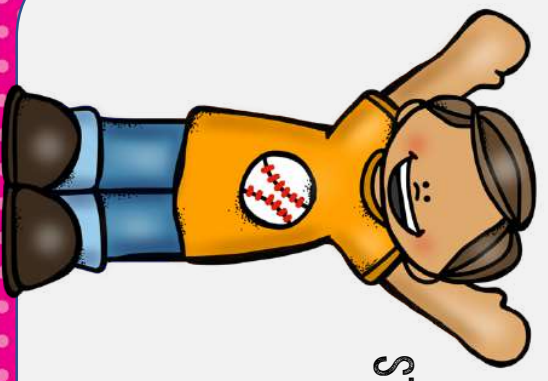
CROSS ARMS -
STRAIGHT OUT TO SIDE
10 TIMES



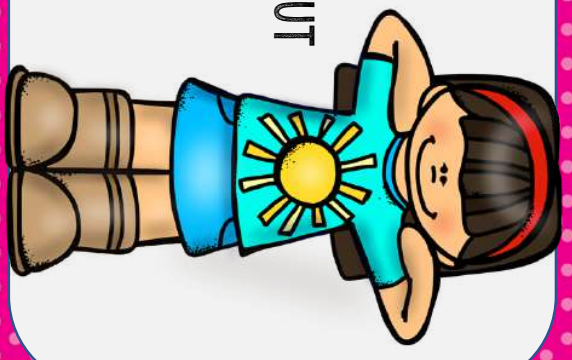
DO THE CHICKEN DANCE
4 CLICKS
4 FLAPS
4 WIGGLES
4 CLAPS
REPEAT



STRETCH TO THE
SKY
10 TIMES



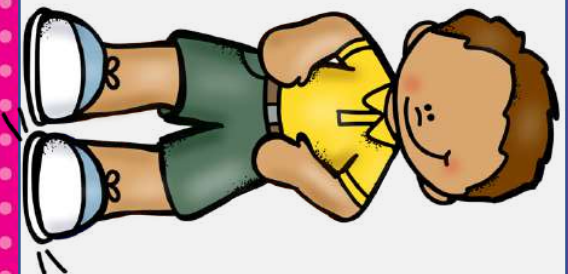
ARMS STRAIGHT OUT
- ARM CIRCLES
10 TIMES



JUMP IN PLACE
10 TIMES



STOMP & CLAP
EACH FOOT
10 TIMES



TWIST AT THE
WAIST
10 TIMES



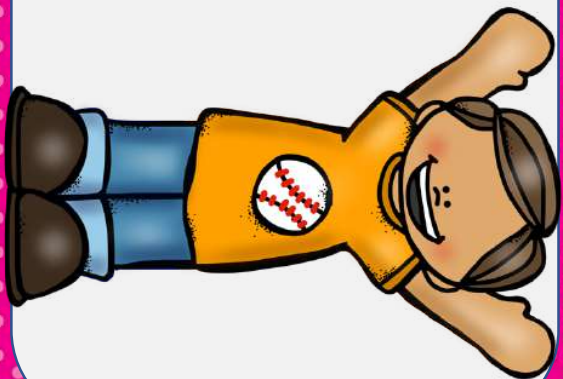
SKIP IN PLACE
20 SECONDS



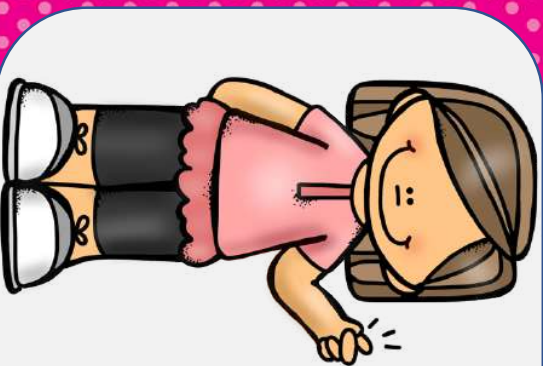
REACH AROUND AS
FAR AS POSSIBLE
HOLD 20 SECONDS
REST-REPEAT



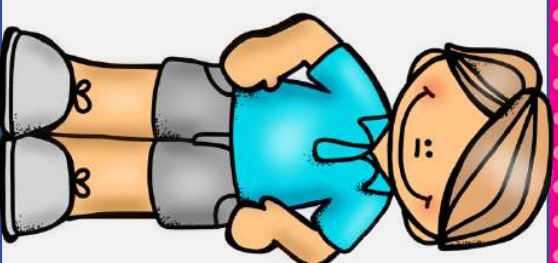
JUMPING JACKS
10 TIMES



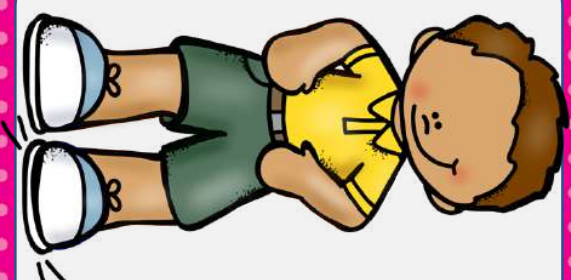
CLICK YOUR
FINGERS
10 TIMES
RIGHT THEN LEFT
HANDS

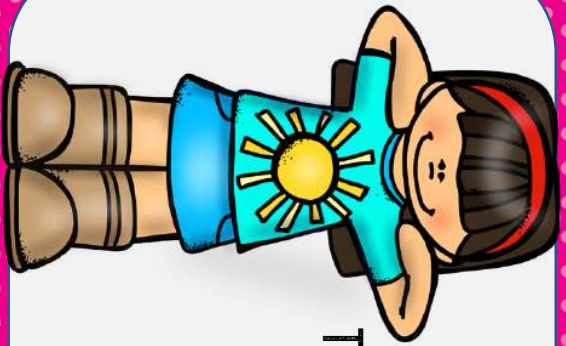


WINDMILLS
TOUCHING
OPPOSITE TOES
10 TIMES



HIGH KICKS EACH
LEG
10 TIMES





TOUCH SHOULDERS
TOUCH TOES
10 TIMES



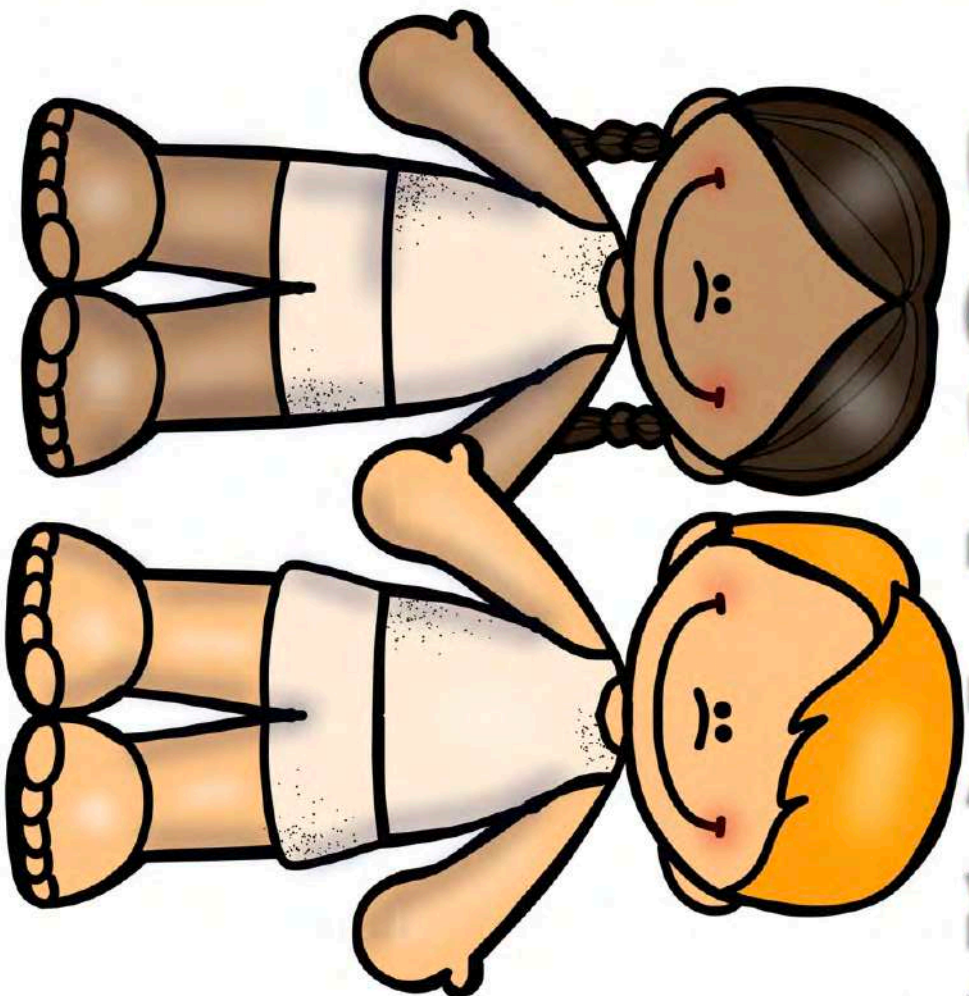
RUN IN PLACE 30
SECONDS



BALANCE ON LEFT
/ RIGHT FOOT
10 SECONDS

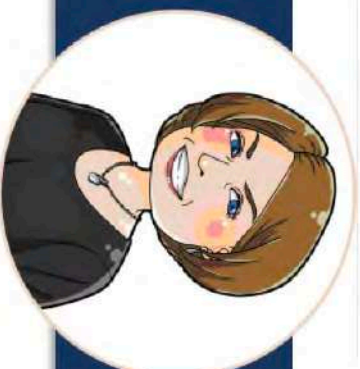
WILD CARD
EXERCISE

BODY PARTS

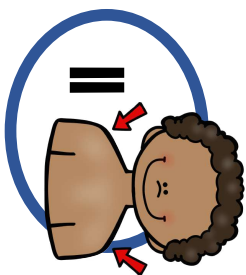
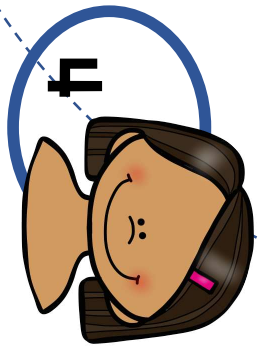
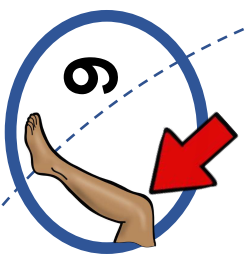
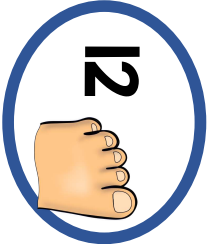
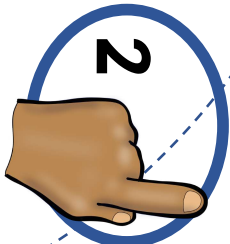
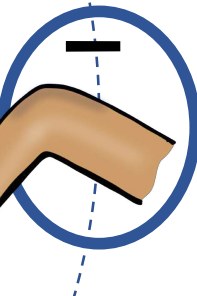
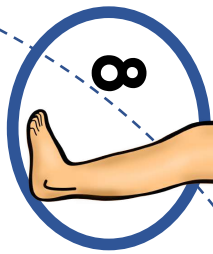
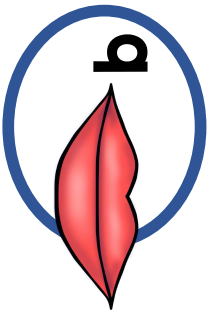


12 BODY PARTS POSTERS

DR. MELINDA BOSSENMEYER

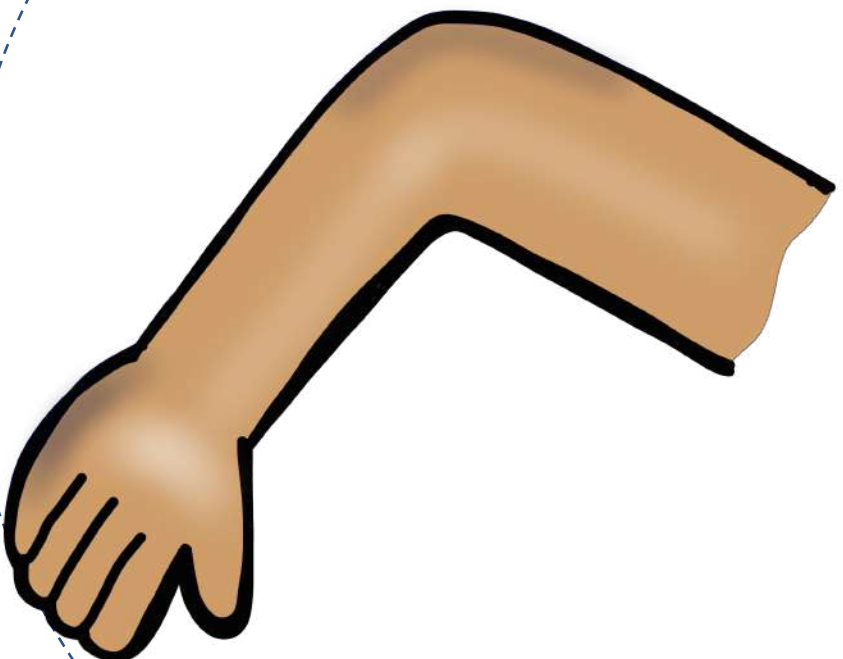


BODY PARTS IDENTIFICATION



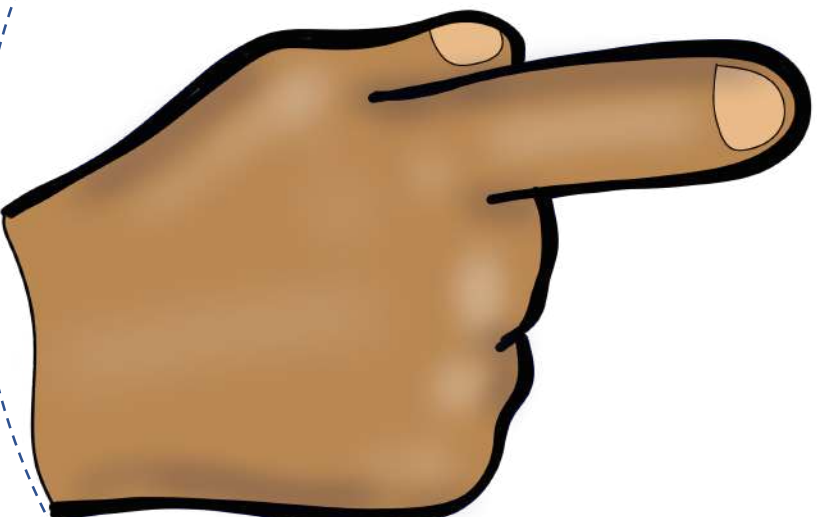
BODY PARTS IDENTIFICATION

I. Arm



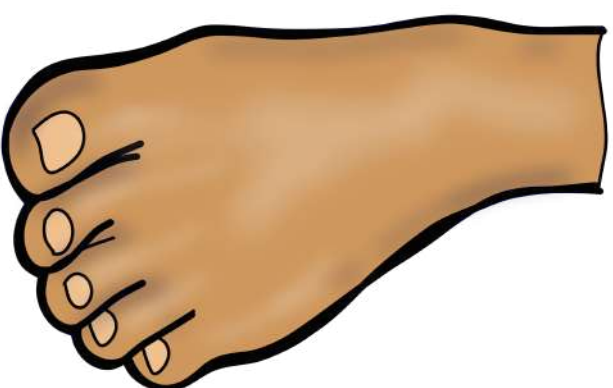
BODY PARTS IDENTIFICATION

2. Finger



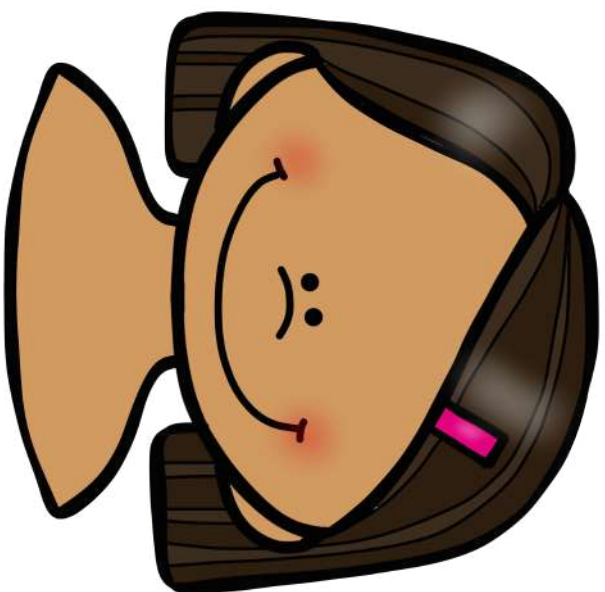
BODY PARTS IDENTIFICATION

3. Foot



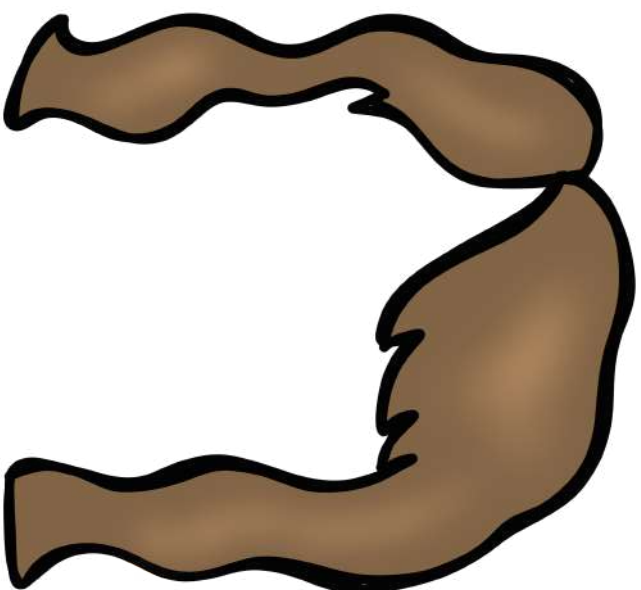
BODY PARTS IDENTIFICATION

4. Head



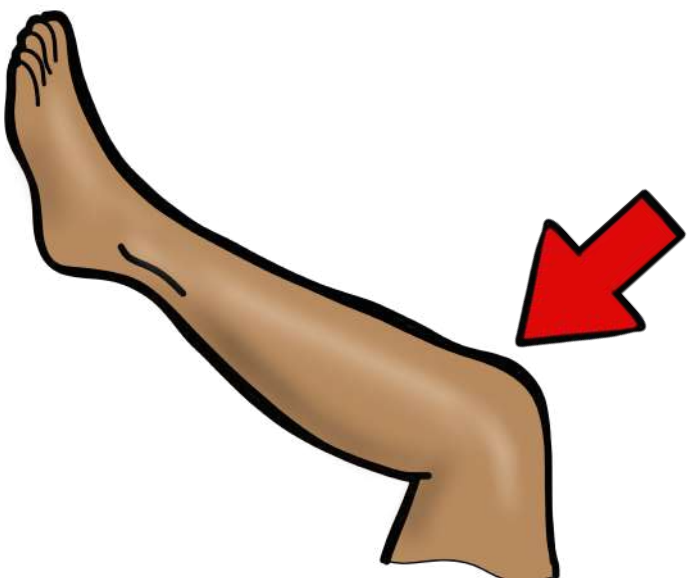
BODY PARTS IDENTIFICATION

5. Hair



BODY PARTS IDENTIFICATION

6. Knee



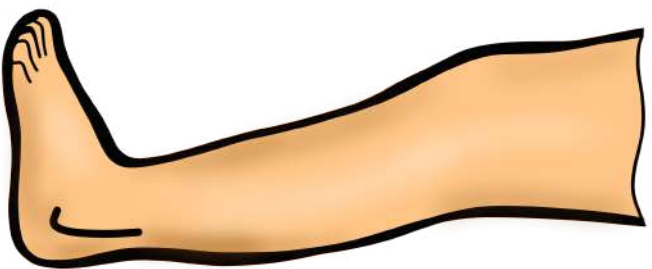
BODY PARTS IDENTIFICATION

7. Ankle



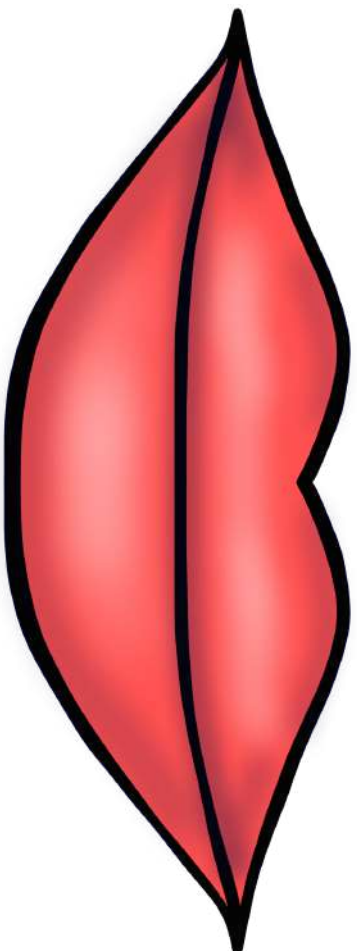
BODY PARTS IDENTIFICATION

8. Leg



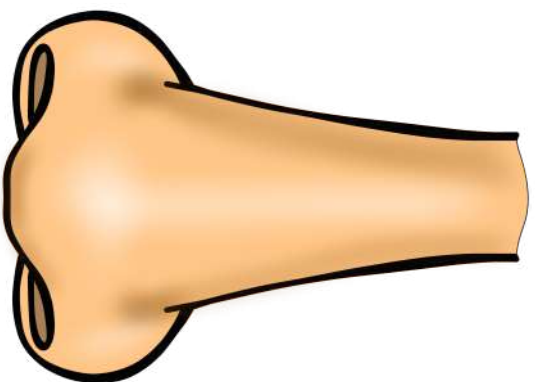
BODY PARTS IDENTIFICATION

q. Lips



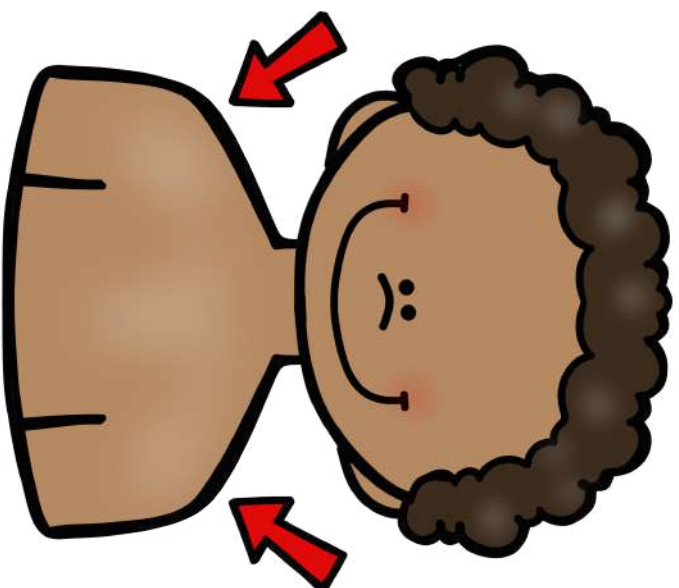
BODY PARTS IDENTIFICATION

10. Nose



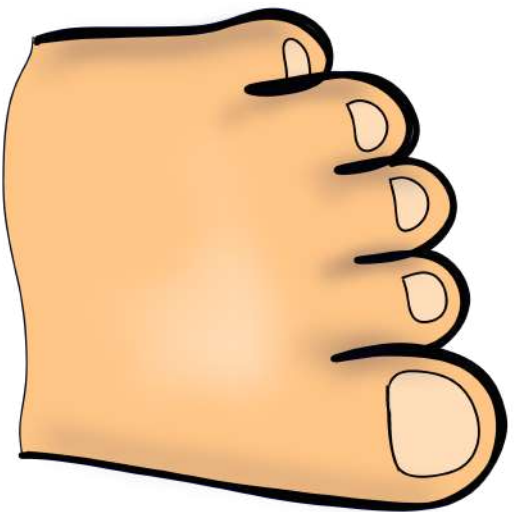
BODY PARTS IDENTIFICATION

II. Shoulders

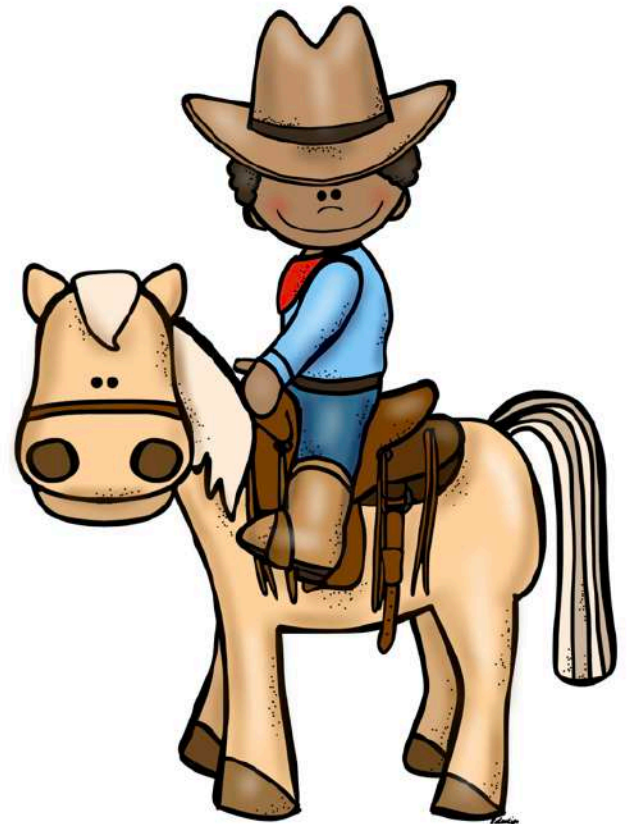
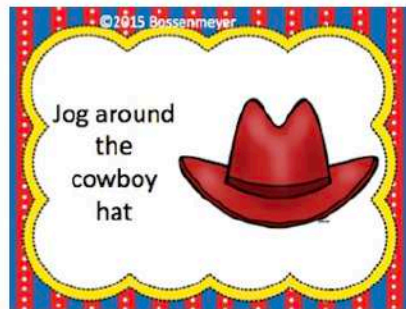


BODY PARTS IDENTIFICATION

12. Toes



BRAIN BREAKS



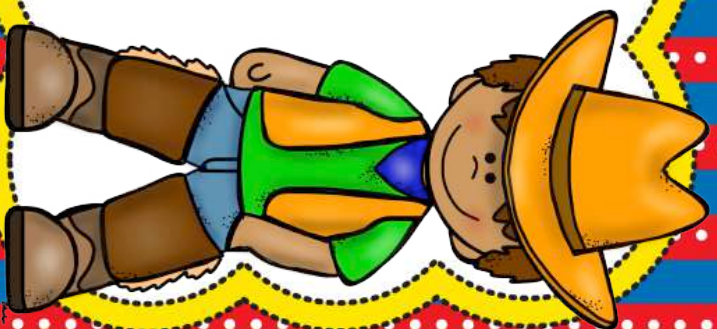
COWBOY AND GIRL RODEO



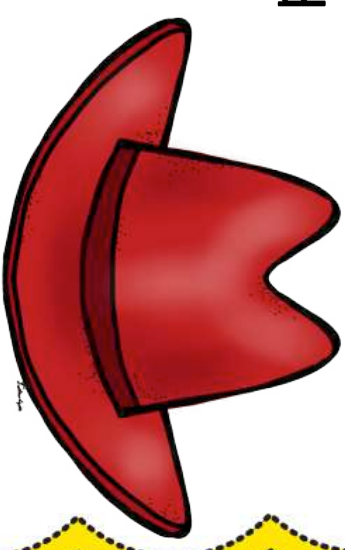
DR. MELINDA BOSSENMEYER

Cowboy & Girl Rodeo Brain Breaks

By Melinda
Bossemeyer, Ed.D.



Jog around
the
cowboy
hat



Wanted

How many
words can you
make out of
“wanted”
Plus your
name i.e.
“Sue”

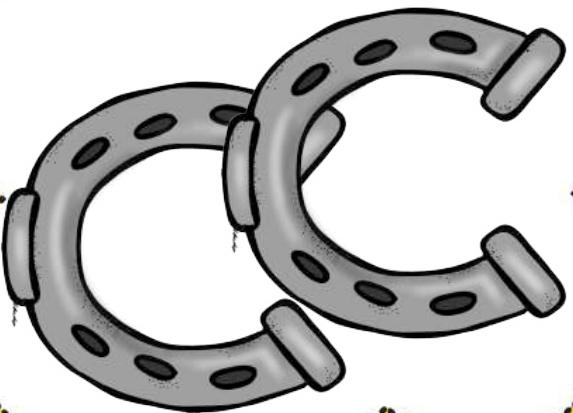
Cowboy Rodeo

I should have been a cowboy.
Should've Been a Cowboy

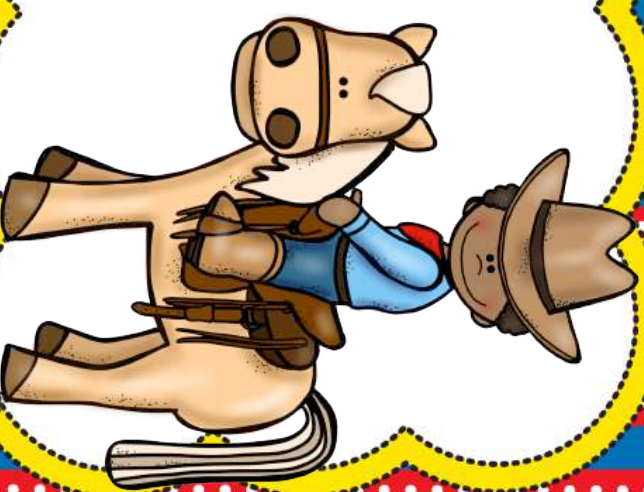
([Google Play](#) • [iTunes](#) • [AmazonMP3](#))
You Tube: <http://youtu.be/alq1LvzSlSk>

Please note:
At 1:41 minutes into the song is the word
“whiskey” to mute

Play horse
shoes



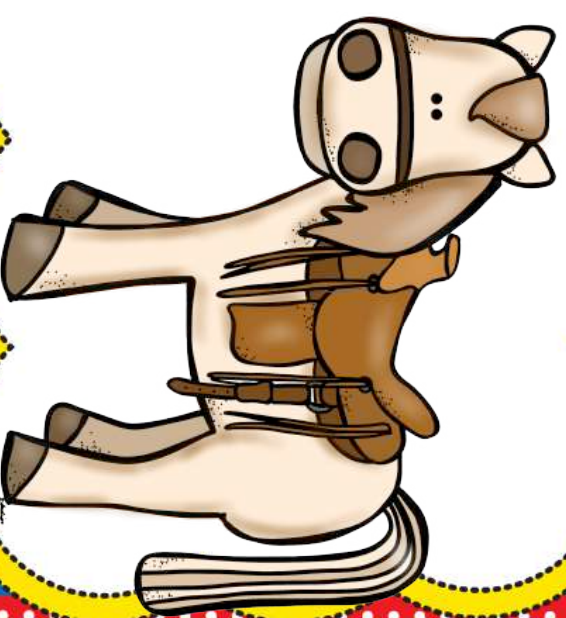
Ride a
bucking
bronco



Lasso a calf



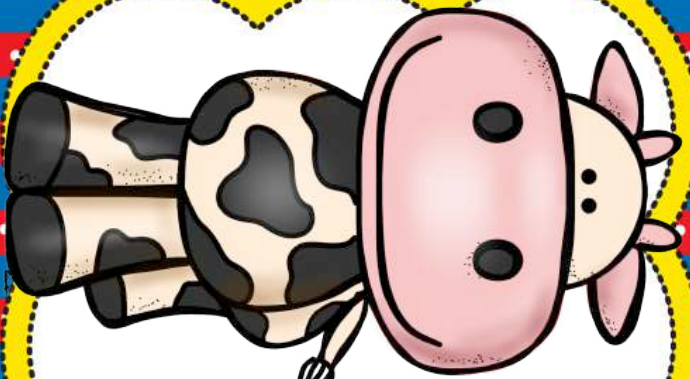
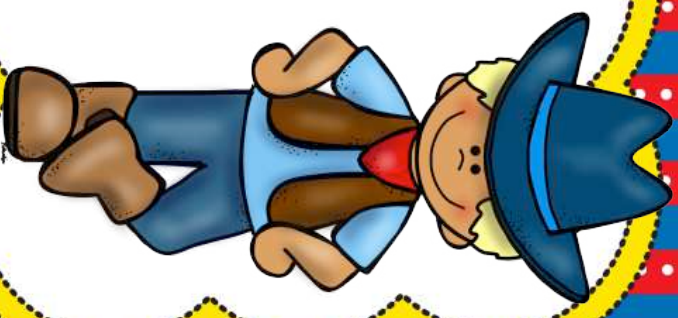
Gallop
around
the
room
like a
horse



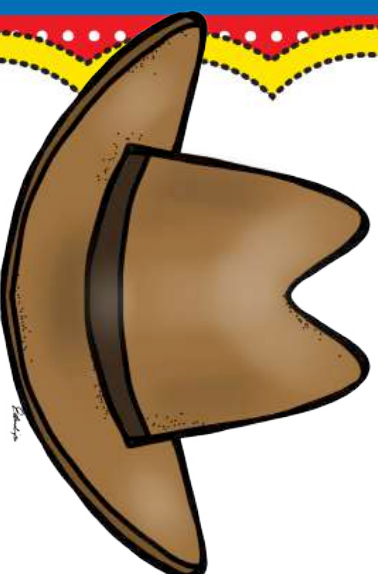
Howdy

Walk around classroom
and say "Howdy" to your
classmates

Do your best
line dance



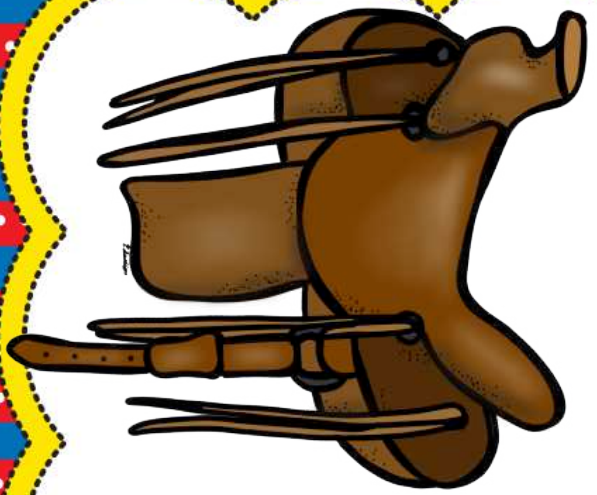
Lasso a cow and
then tie his feet



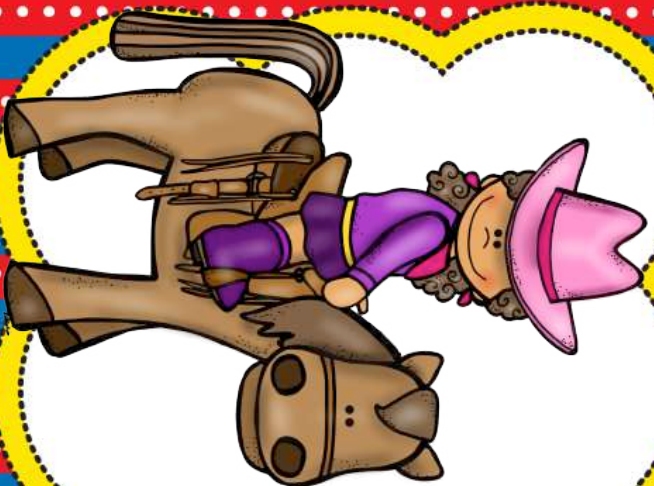
Throw
your hat
and catch
it on your
head 5x's



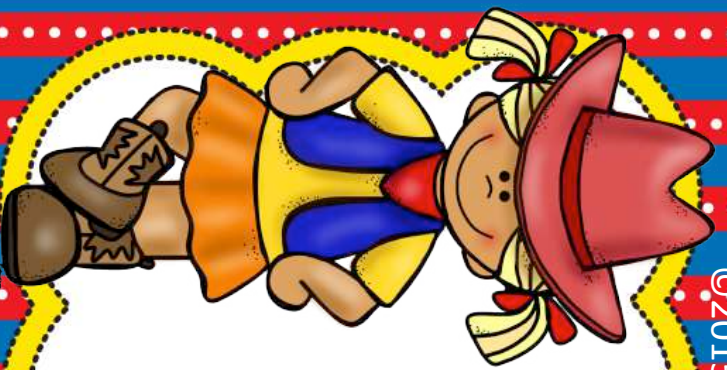
Stand back-to-back with a friend, take 3 steps, and turn and take aim



Practice putting the saddle on your horse



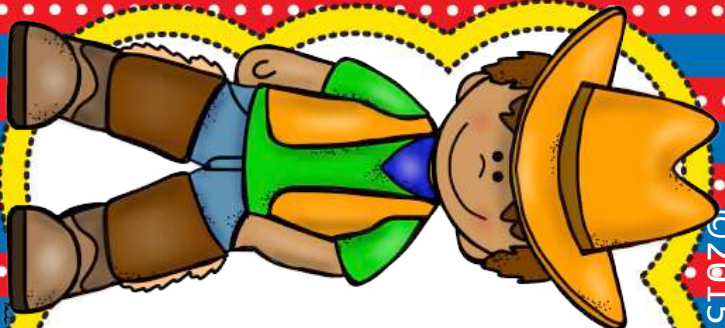
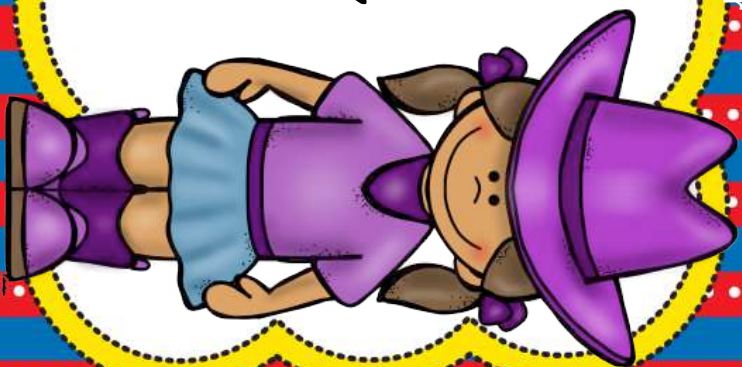
Wave like you're the rodeo King or Queen



Dance a country gig



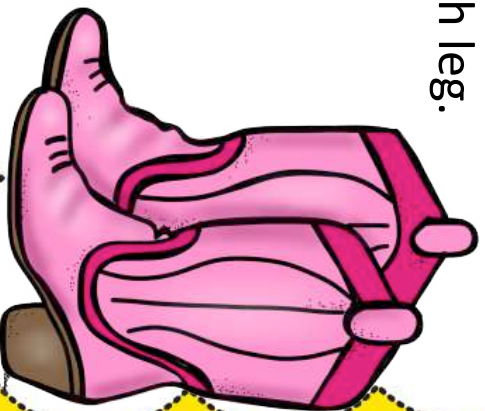
Do-Si-Do
with the
nearest
cowboy/girl,
(turn in a
circle back
to back)



Hook elbows
and swing a
partner



Put on your cowboy/girl boots &
do 10 kicks on each leg.



Directions:

Cut cards apart. Laminate. Punch a hole in the top left corner. Put task cards on a ring.

Have students perform movements to the directions for a few seconds or until the next card is read.

Active Alphabet

Dr. Melinda Bossenmeyer

Active

Alphabet

By Dr. Melinda Bossenmeyer



**Actions for
Active
Alphabet**

Active
Backwards Walking
Cycling
Dance
Exercise
Fit
Gallop
Hop
Ice Skating
Jump Rope
Kickball
Lunge
Move
Nap
Over
Press Up
Quick Steps
Run
Skip
Throw
Under Umbrella
Valentine
Walking
X ray
You
Zany

Directions

1. Print on cardstock
2. Laminate if you wish
3. Cut out cards
4. Have students pick a card and lead the class in acting out the exercise or movement. When one student finishes his/her turn he/she picks the next leader and activity continues.

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Peaceful Playgrounds, Inc.

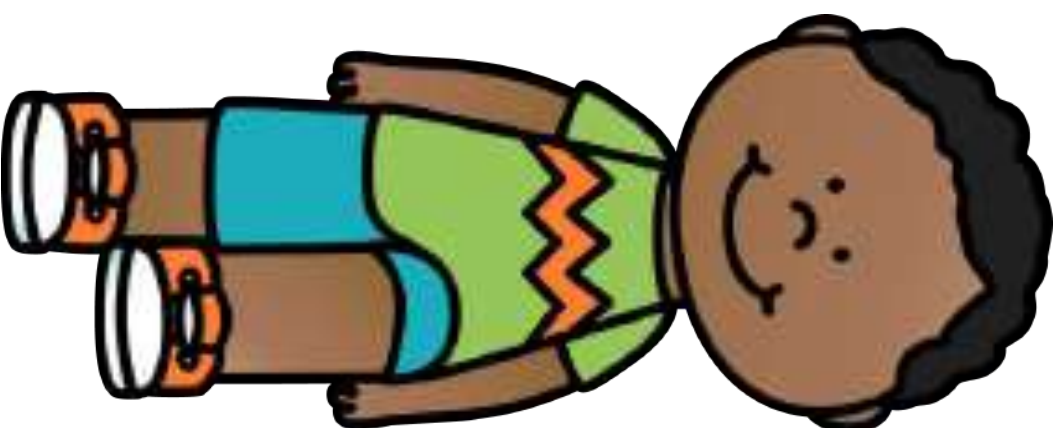
Actions for Active Alphabet

Active	Throw
Backwards Walking	Under Umbrella
Cycling	Valentine
Dance	Walking
Exercise	X ray
Fit	You
Gallop	Zany
Hop	
Ice Skating	
Jump Rope	
Kickball	
Lunge	
Move	
Nap	
Over	
Press Up	
Quick Steps	
Run	
Skip	

Active



Backwards
Walking



Cycling



Dance



Exercise



Fit



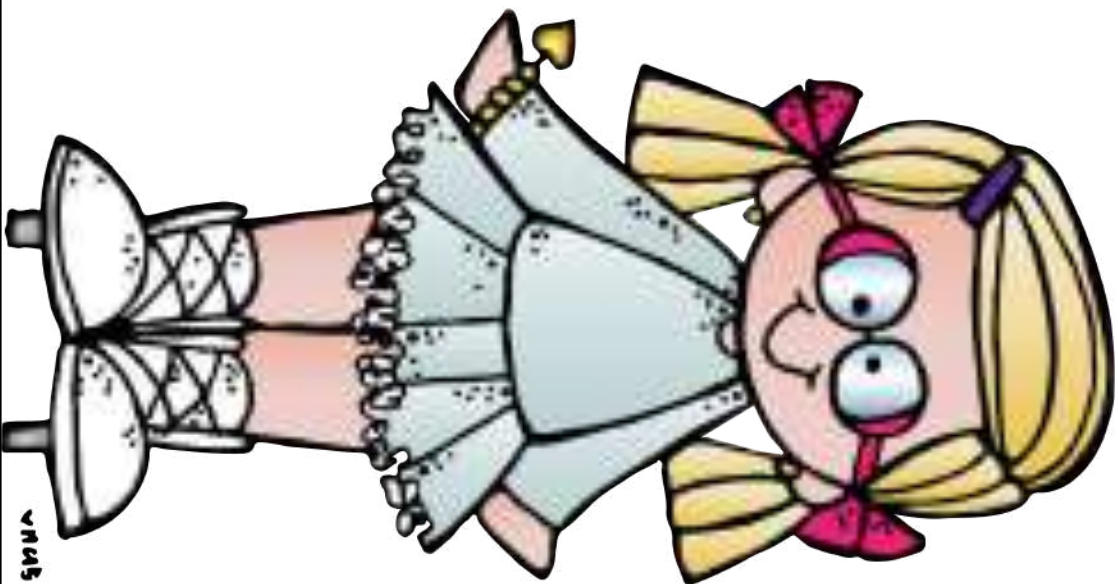
Gallop



Hop



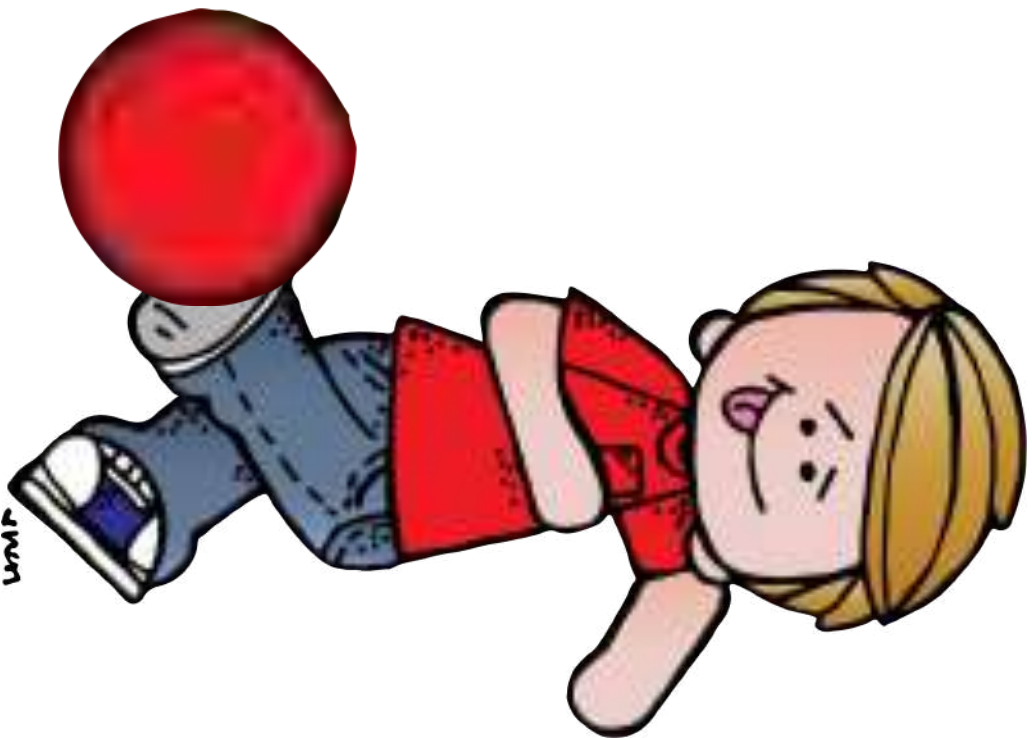
Ice Skating



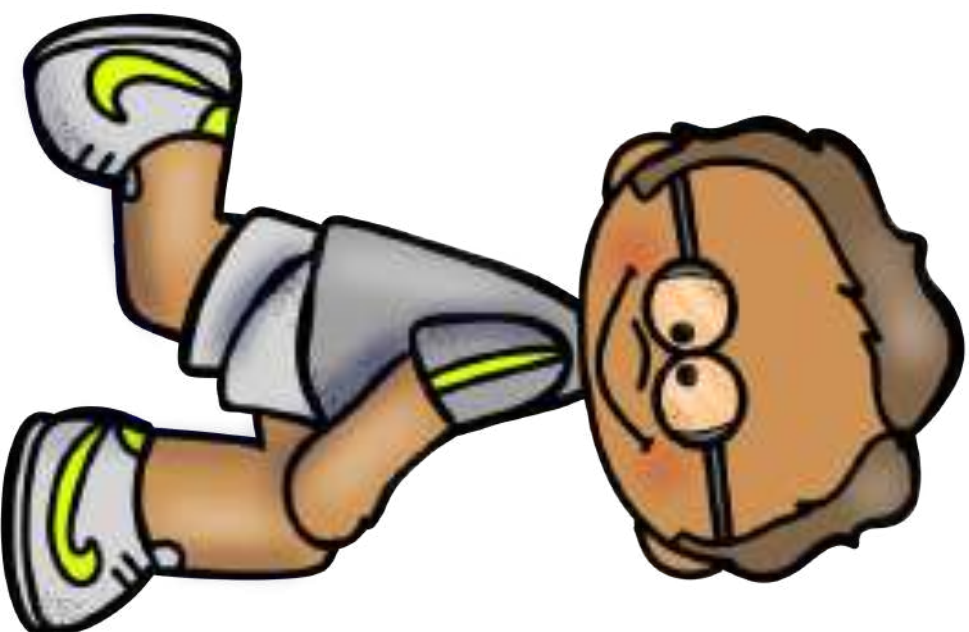
Jumping Rope



Kickball



Lunge



Move



Nap



Bend “Over”



Press Ups



Quick Steps



Run



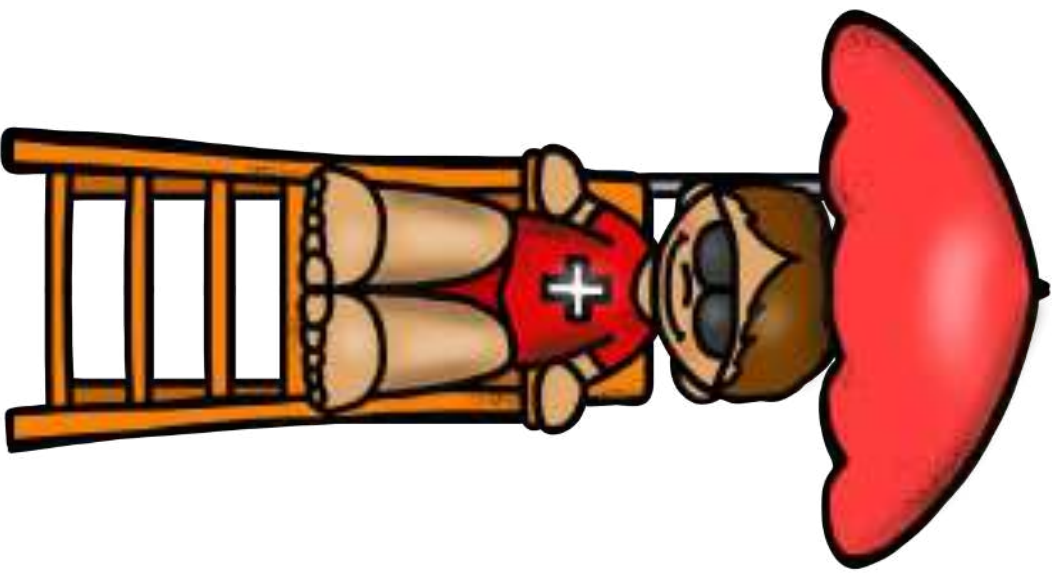
Skip



Throw



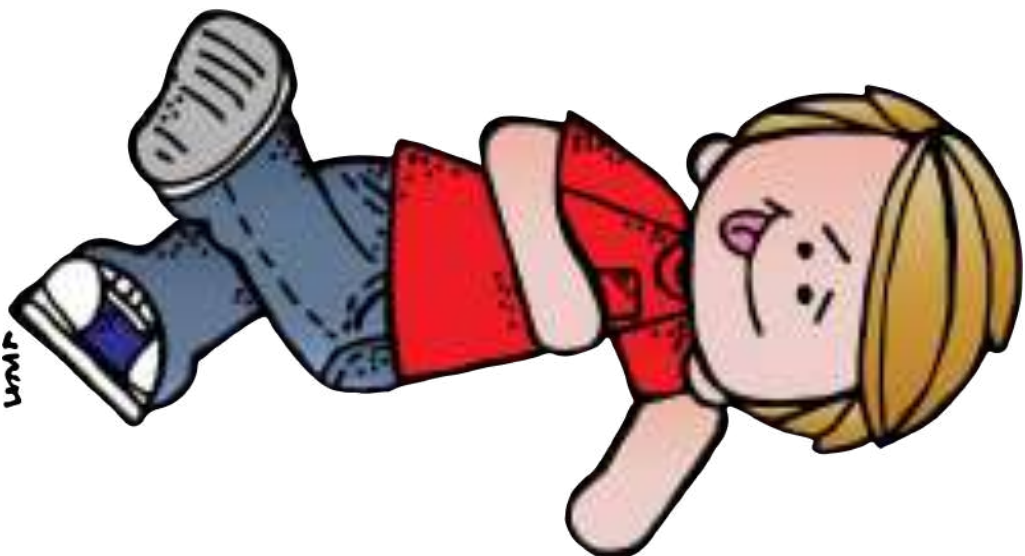
Under Umbrella



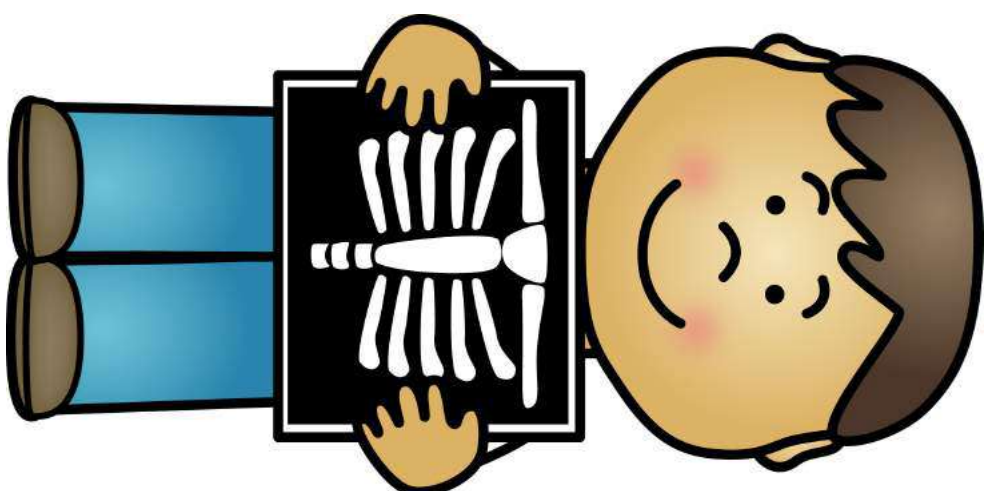
Very



Walking



Xray



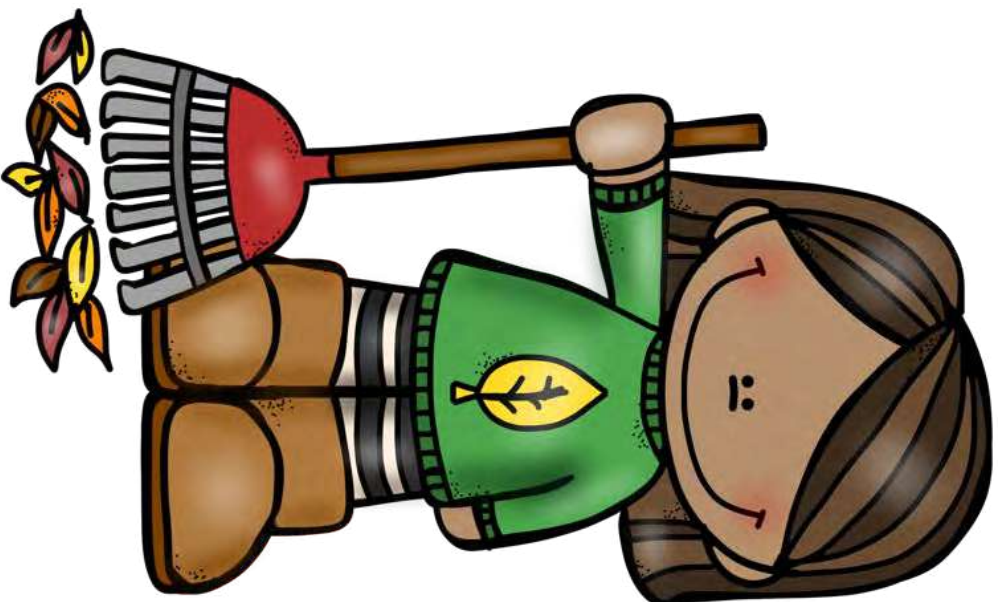
You



Zany



MOVEMENT CARDS



32 FALL CARDS

M. BOSSEMEYER, ED.D.

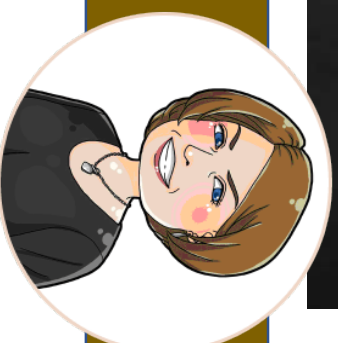


Table of Contents

Movement Cards

Pg. 5-12

Terms of Use

Pg. 13

Favorite Designers

Pg. 14

FREE Downloads

Pg. 15

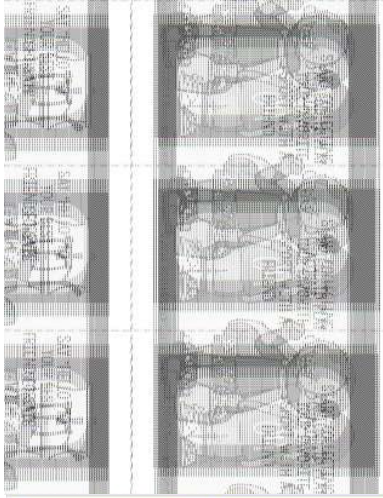
Similar Products

Pg. 16

Directions

1. Print cards in color.
2. Laminate if you wish.
3. Cut cards apart.
4. Put on a 1" ring for ease of use.
5. Get a 9 x 12 White envelope and laminate front cover of this product on to the front.
6. Add finished cards. Put sideways in a file cabinet for easy storage.

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MOVEMENT CARDS

32 FALL CARDS

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Simple

MOVEMENT CARDS

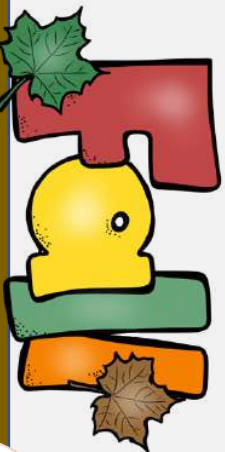
32 FALL CARDS

M. BOSSENMEYER, ED.D.

WRITE AS MANY WORDS AS YOU CAN OUT OF FALL FESTIVAL

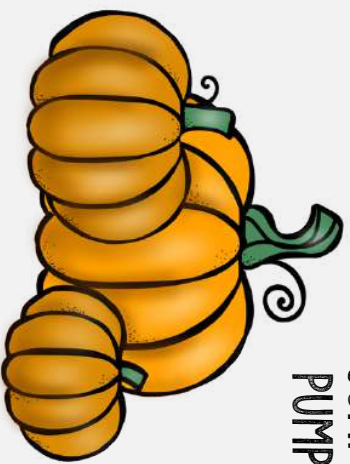
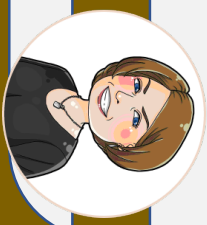
RAKE THE LEAVES

Movement CARDS



32 FALL CARDS

M. Bossemeyer, Ed.D.



JUMP OVER
PUMPKINS

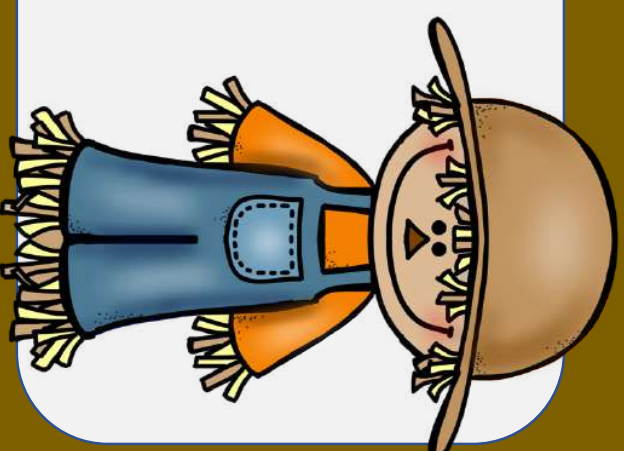
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RAKE THE
LEAVES



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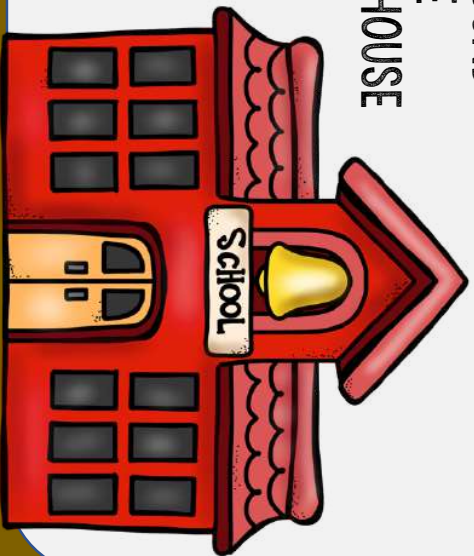
STAND LIKE
A SCARE CROW



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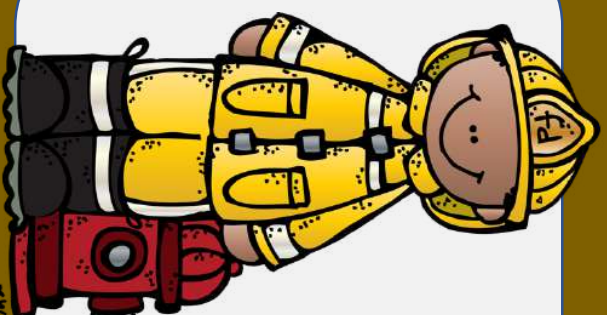
JOG AROUND
THE

SCHOOL HOUSE



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PUT OUT
A FIRE
LIKE A
FIREMAN



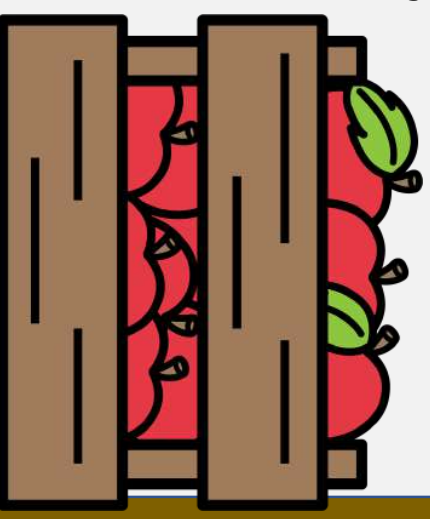
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FOLLOW THE
DIRECTIONS OF
THE CROSSING
GUARD AND CROSS
THE STREET



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PICK SOME
APPLES



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START COLLECTING
ACORNS



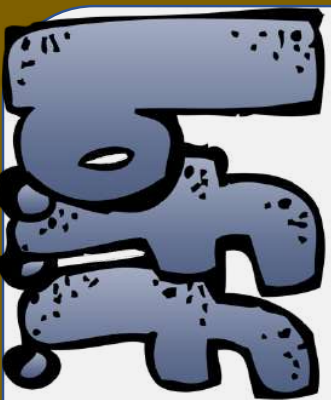
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PRETEND TO PLAY
YOUR FAVORITE
SPORT WITH A
FRIEND



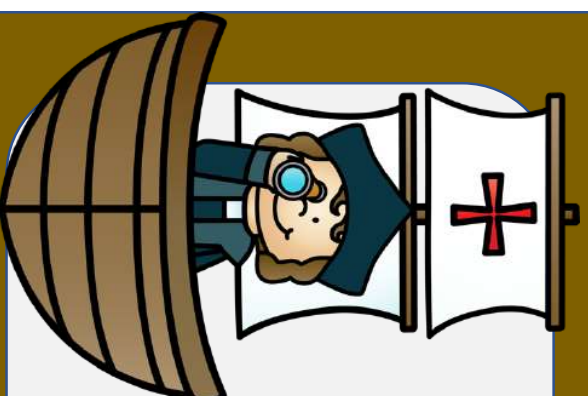
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my



SAY "HELLO" TO
YOUR BEST
FRIEND FOREVER

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SET SAIL
WITH
COLUMBUS

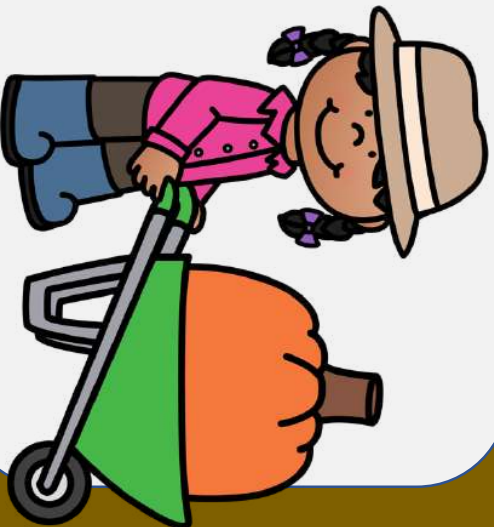
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PICK SOME
FALL
SUNFLOWERS



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USE A WHEEL
BARROW TO
BRING
IN THE
PUMPKINS



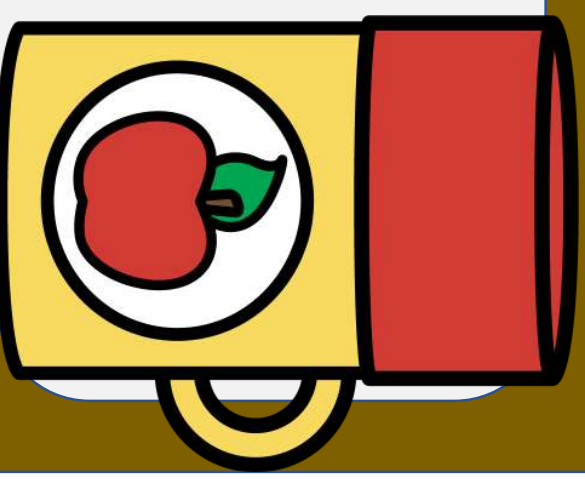
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WRITE AS MANY
WORDS AS YOU
CAN OUT OF
"FALL FESTIVAL"



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SIT DOWN AND
DRINK SOME APPLE
CIDER



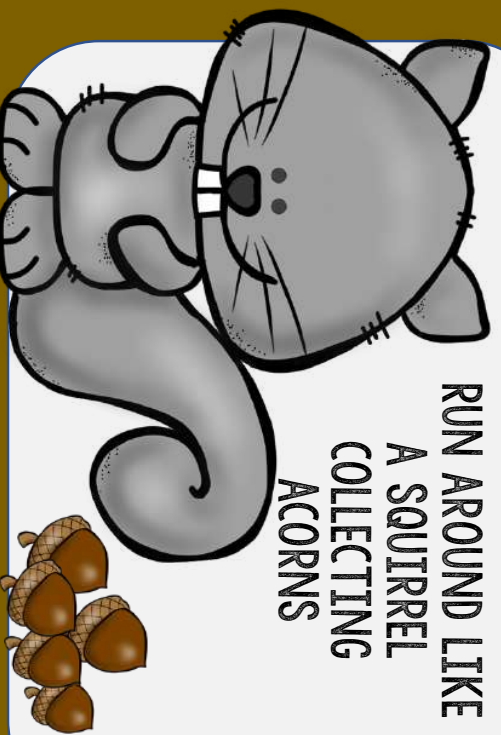
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GO COLLECT
LEAVES



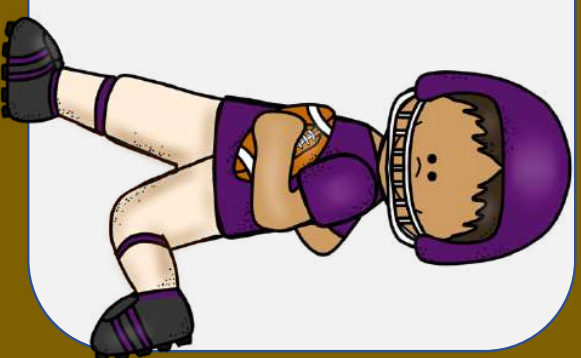
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RUN AROUND LIKE
A SQUIRREL
COLLECTING
ACORNS



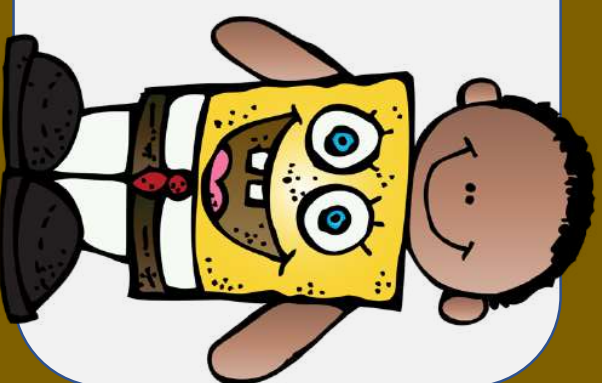
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GO OUT FOR A
FOOTBALL
PASS



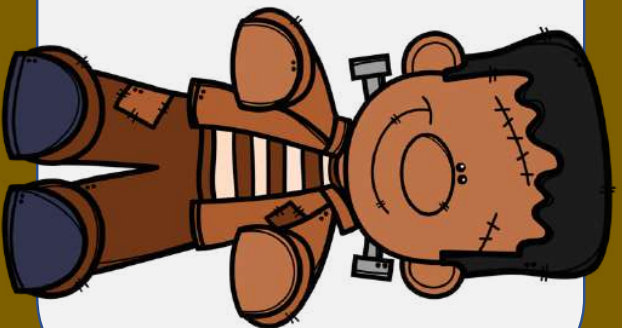
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ACT OUT YOUR
HALLOWEEN
COSTUME
CHARACTER



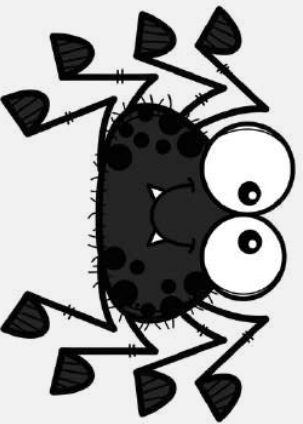
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WALK LIKE
FRANKENSTEIN



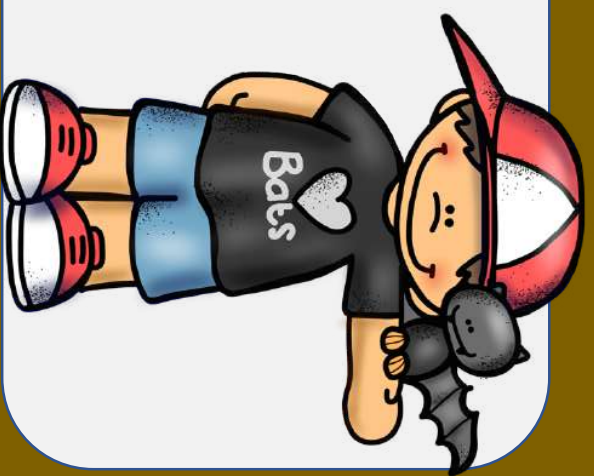
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CRAWL ON
HANDS AND
FEET LIKE A
SPIDER



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FLY
AROUND
LIKE A
BAT



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PLAY
"THE
MONSTER
MASH"



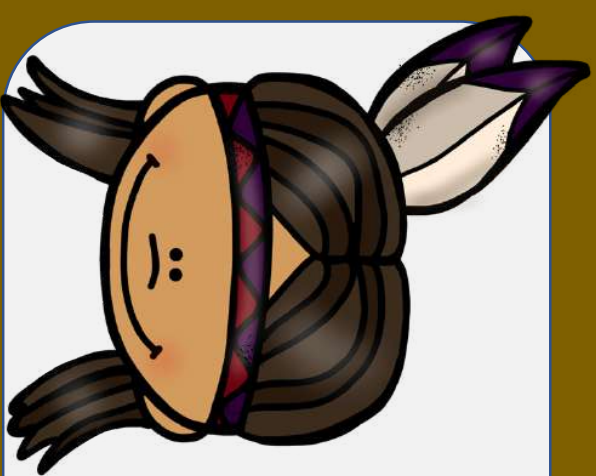
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WALK AROUND
SAYING



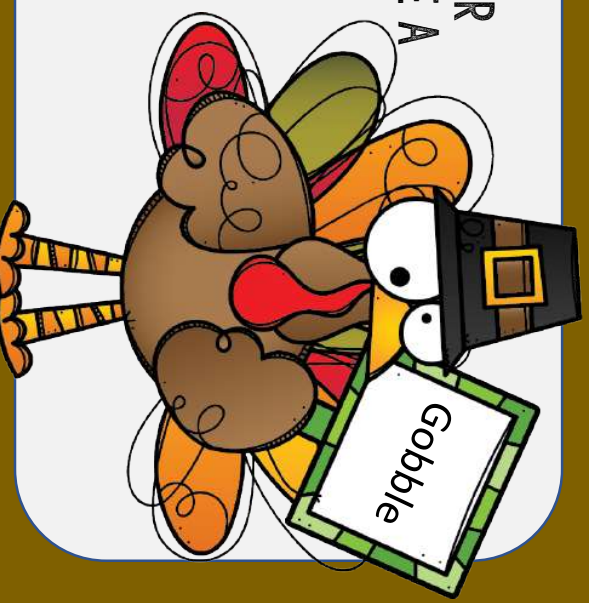
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GALLOP AND
SAY "HOW"



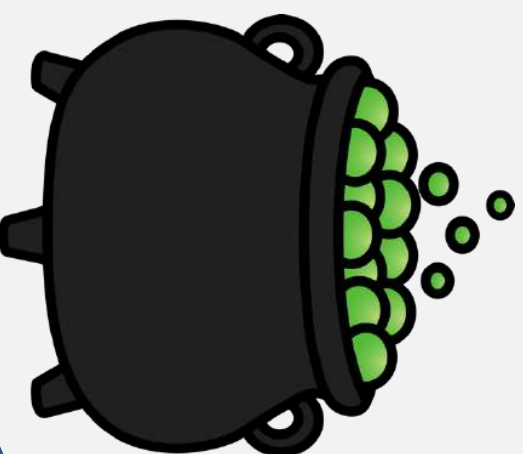
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FLAP YOUR
ARMS LIKE A
TURKEY



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STIR THE
CAULDRON
AND CAST
A SPELL



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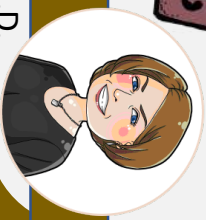
MOVEMENT CARDS



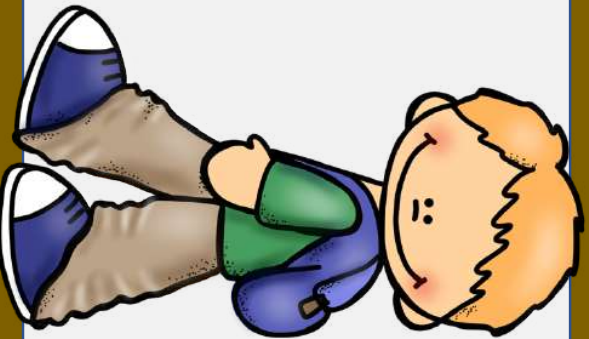
32 CARDS

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WALK
STRAIGHT
TO
SCHOOL



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MAKE WORDS OUT OF BACK TO
SCHOOL LETTERS

Back to School

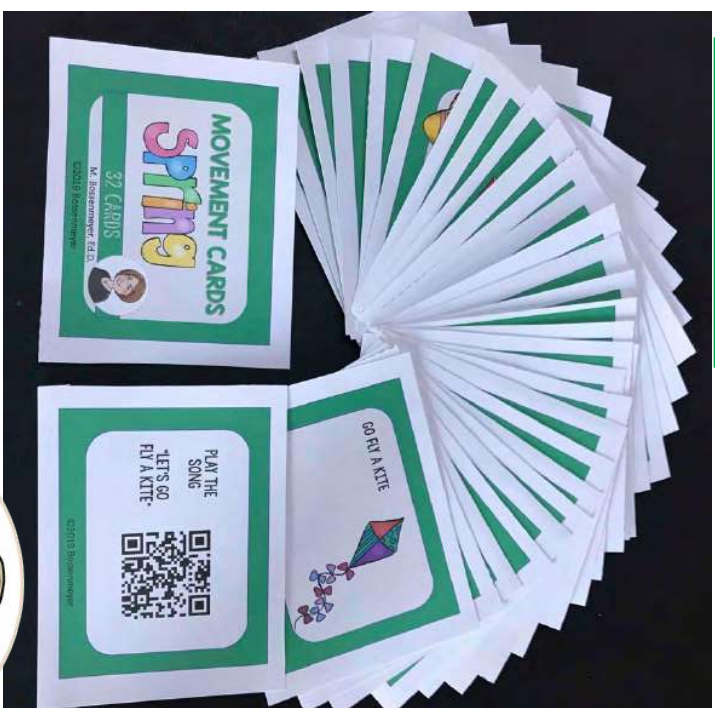
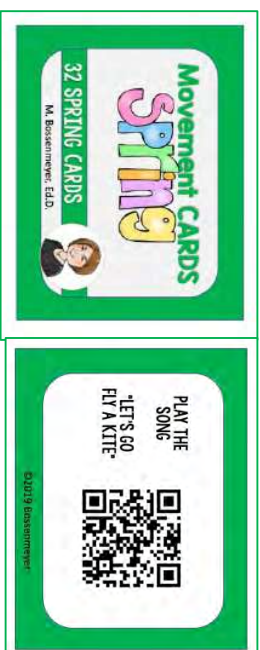
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WALK AROUND
BALANCING
BOOKS ON
YOUR HEAD

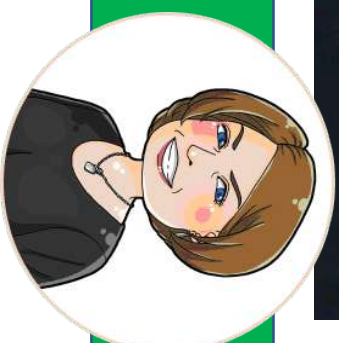


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MOVEMENT CARDS



32 SPRING CARDS



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Table of Contents

Movement Cards

Pg. 3-9

Wild Card Exercise Cards

Pg. 7

Terms of Use

Pg. 11

Favorite Designers

Pg. 12

Similar Products

Pg. 14

Directions

1. Print cards in color.
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3. Cut cards apart.
4. Put on a 1" ring for ease of use.
5. Get a 9 x 12 White envelope and laminate front cover of this product on to the front.
6. Add finished cards. Put sideways in a file cabinet for easy storage.

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Movement CARDS
32 SPRING CARDS
By Bossenmeyer, Ed.D.

STRETCH UP ON YOUR TOES AND TOUCH THE RAINBOW TO TITTS

PIT ON SPRING CLOTHES
RAIN HAT
RAIN COAT
RAIN BOOTS

PLAY WITH WATER
BALLOONS

DO AN "S"

MAKE AS MANY WORDS AS YOU CAN OUT OF SPRING FLOWERS

DO THE HAT
THE HAT
SHAKE

PLAY A SONG WITH THE MARacas

CHOP DOWN A TREE FOR LINCOLN'S LOG CABIN

IT'S OK TO PICK FLOWERS

GO FOR A JOG

HIT LIKE A BOTTLE

FLA RESIDE

PLANT FLOWERS IN THE SPRING

HOP LIKE A BUNNY

SWAY IN THE WIND LIKE A DANCING

JUMP AROUND

GO OUTSIDE AND FEEL SPRING AND SEE HOW MANY SHOES YOU CAN STEP ON

SEEP AROUND THE ROOM

PRETEND TO PLANT A GARDEN

MAKE AS MANY WORDS AS YOU CAN OUT OF "VALENTINE'S DAY"

WALK AROUND AND SAY VALENTINE'S DAY

SAY ALL THE WORDS THAT THINK OF SPRING

PLAY THE SONG "LET'S GO FLY A KITE"

SHOW YOUR EXCITEMENT IT'S SPRING

IT'S TIME FOR BASEBALL SHOW YOUR BEST SWING

Movement CARDS
32 SPRING CARDS
By Bossenmeyer, Ed.D.

GO FLY A KITE

WRITE THE PLANIS

PRETEND TO BE AN ASTRONAUT AND BLAST OFF

MOVE LIKE A TORTOISE

DANCE WITH AN UMBRELLA

Movement CARDS
32 SPRING CARDS
By Bossenmeyer, Ed.D.

PLAY THE SONG
"LET'S GO FLY A KITE"

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Movement CARDS

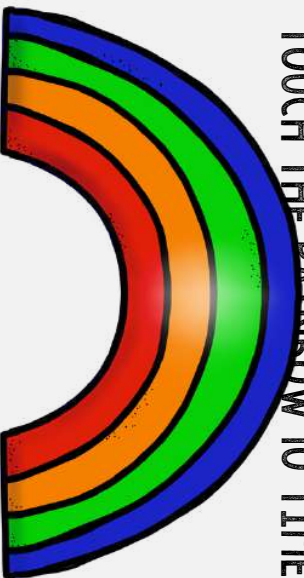
SPRINGS



M. Bossemeyer, Ed.D.

32 SPRING CARDS

STRETCH UP ON YOUR TOES AND
TOUCH THE DAINBROW 10 TIMES



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DO AN IRISH
JIG

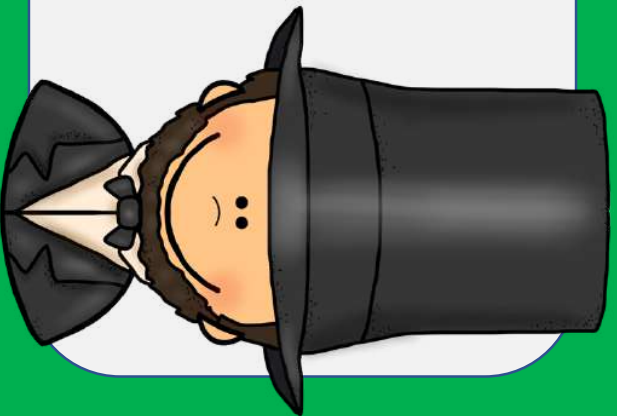
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MAKE AS MANY
WORDS AS YOU CAN OUT
OF "SPRING FLOWERS"



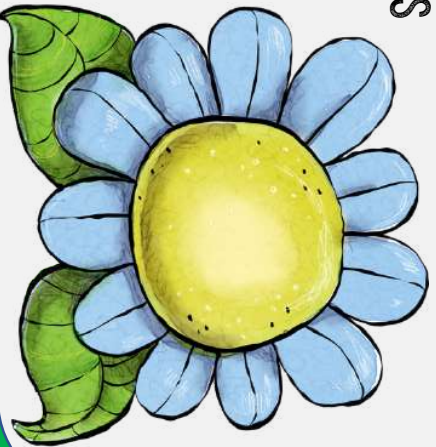
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CHOP DOWN A TREE
FOR LINCOLN'S
LOG CABIN



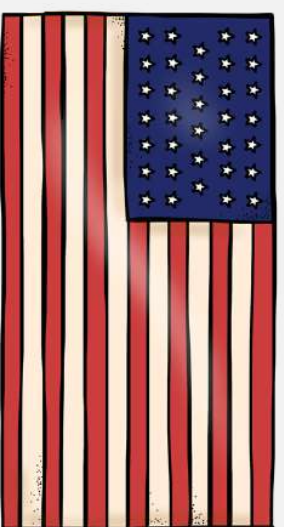
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IT'S OK TO PICK
FLOWERS



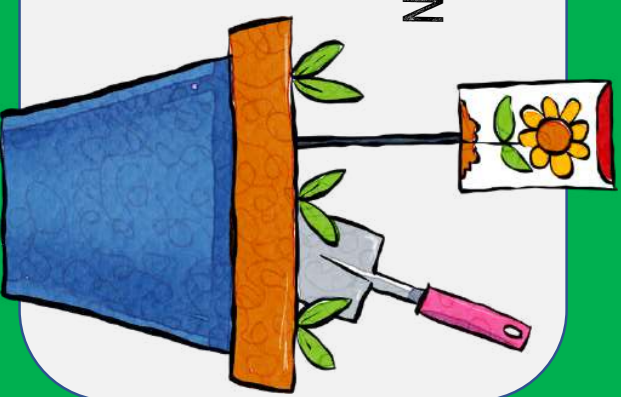
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WAVE THE U.S.
FLAG FOR
PRESIDENT'S DAY



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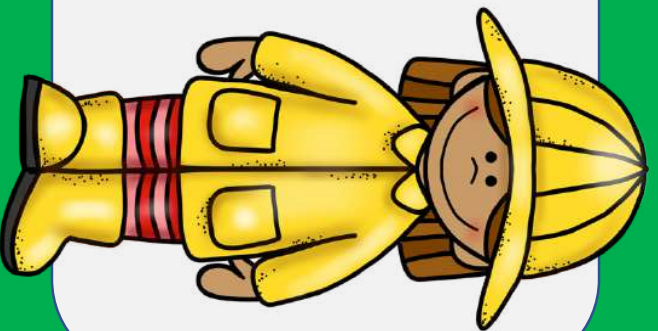
PLANT FLOWERS IN
THE SPRING



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PUT ON SPRING
CLOTHES

RAIN HAT
RAIN JACKET
BOOTS



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PLAY WITH WATER
BALLOONS



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DO THE
MEXICAN HAT
DANCE



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PLAY A SONG
WITH THE MARACAS.



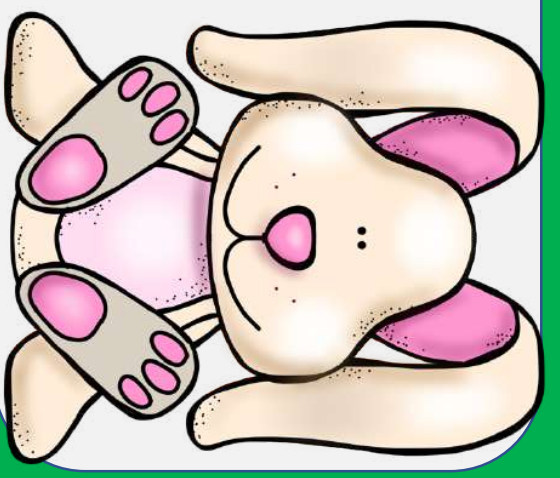
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GO FOR A JOG



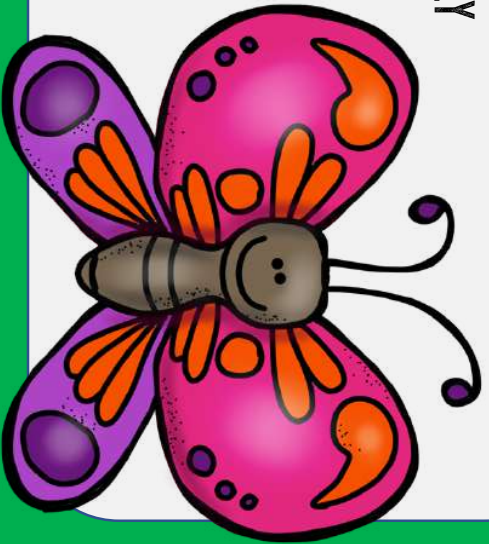
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HOP LIKE A BUNNY



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FLY LIKE A BUTTERFLY



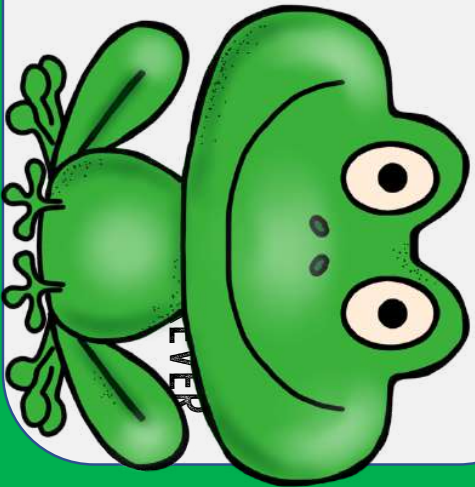
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SWAY IN THE WIND LIKE A DAFFODIL



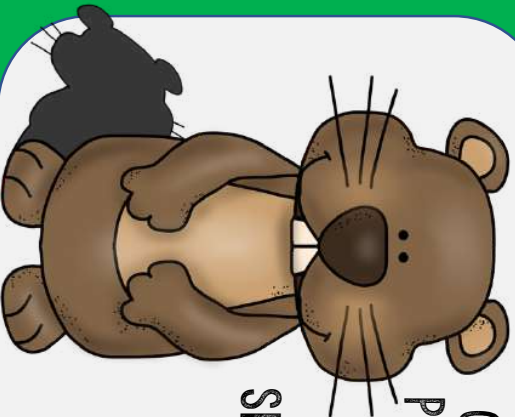
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JUMP AROUND
LIKE
A FROG



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GO OUTSIDE AND
PLAY SHADOW TAG
AND SEE HOW
MANY
SHADOWS YOU CAN
STEP ON



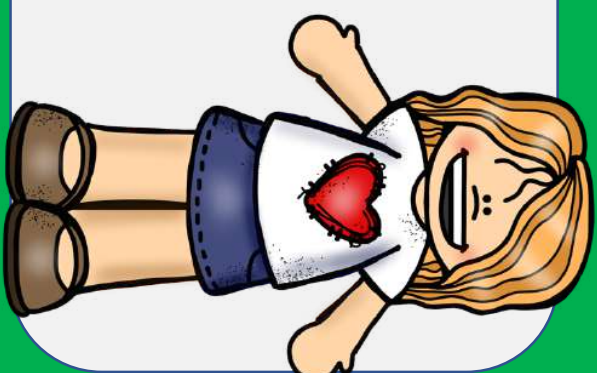
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MAKE AS MANY
WORDS AS YOU
CAN OUT OF
"VALENTINE'S DAY"



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WALK AROUND
AND SAY
HAPPY
VALENTINE'S
DAY



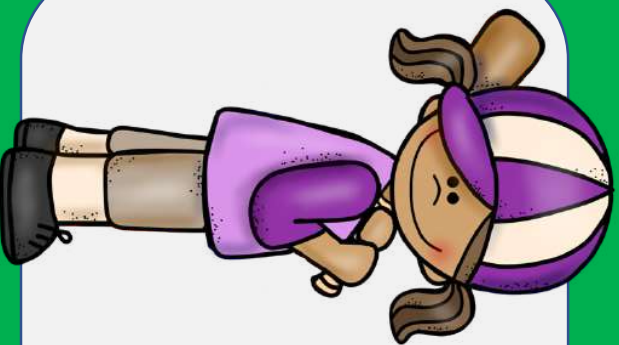
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SHOW YOUR
EXCITEMENT
IT'S SPRING



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IT'S TIME FOR
BASEBALL
SHOW YOUR
BEST SWING



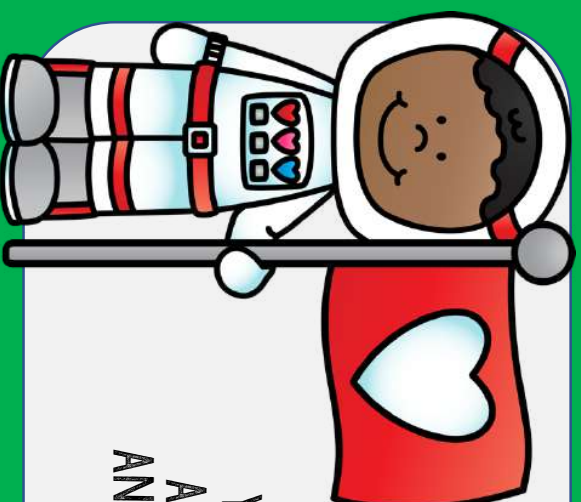
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WATER THE
PLANTS

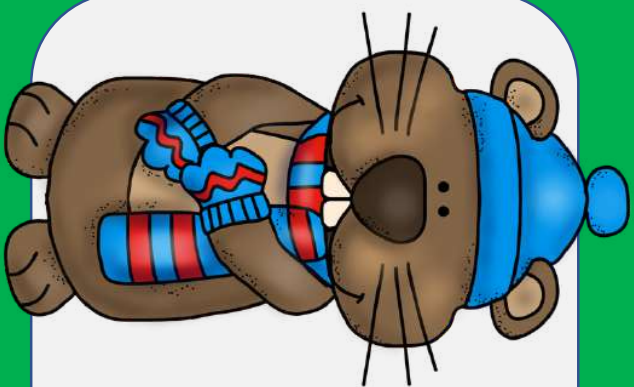


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PRETEND
YOU'RE AN
ASTRONAUT
AND BLAST OFF



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SKIP
AROUND
THE ROOM

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SAY ALL THE
WORDS THAT
MAKE YOU
THINK OF
SPRING

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PRETEND TO
PLANT A
GARDEN

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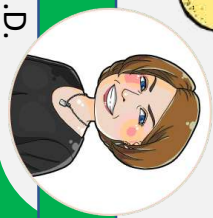
PLAY THE
SONG
"LET'S GO
FLY A KITE"

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MOVEMENT CARDS

SPRING

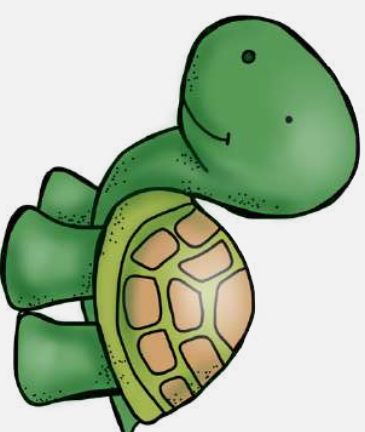


32 CARDS

M. Bossemeyer, Ed.D.

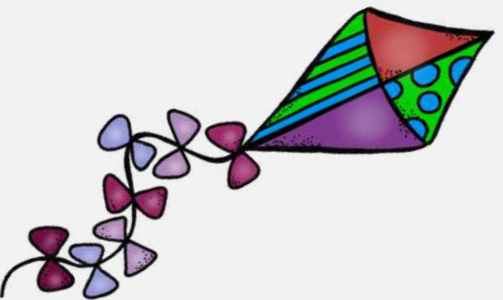
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MOVE LIKE A TORTOISE



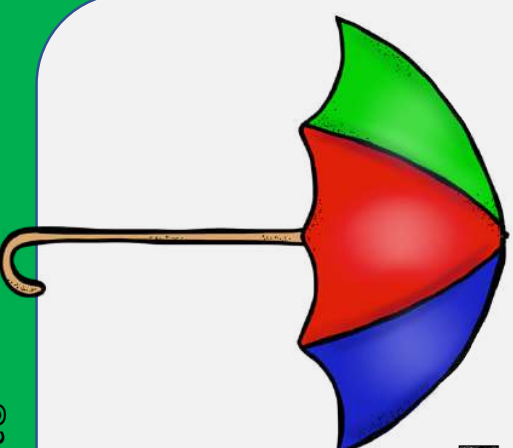
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GO FLY A KITE



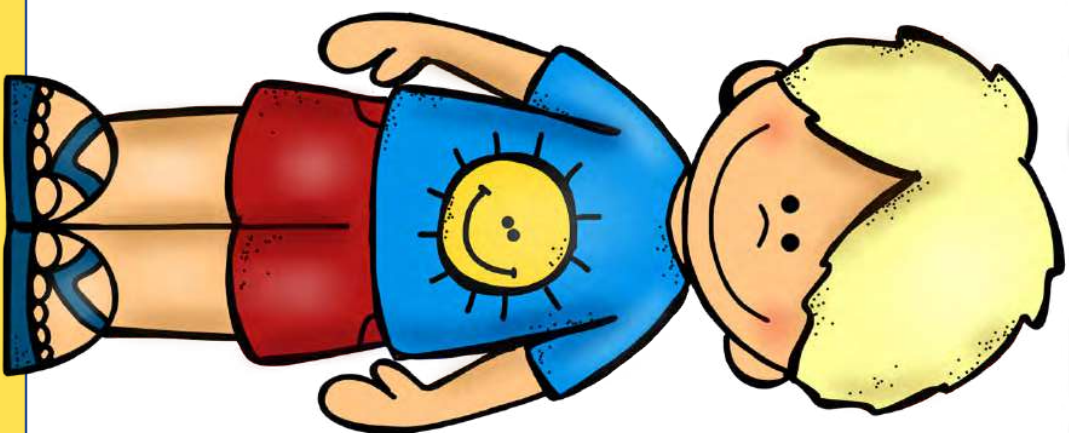
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DANCE WITH
A UMBRELLA



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MOVEMENT CARDS



32 SUMMER CARDS

M. BOSSENMEYER, ED.D.



TABLE OF CONTENTS

PG. 2

MOVEMENT CARDS

PG. 5-12

TERMS OF USE

PG. 13

FAVORITE DESIGNERS

PG. 14

FREE FRIDAY DOWNLOADS

PG. 15

SIMILAR PRODUCTS

PG. 16

Directions

1. Print cards in color.
2. Laminate if you wish.
3. Cut cards apart.
4. Put on a 1" ring for ease of use.
5. Get a 9 x 12 White envelope and laminate front cover of this product on to the front.
6. Add finished cards. Put sideways in a file cabinet for easy storage.

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MOVEMENT CARDS
Summer
32 SUMMER CARDS
M. Bossemeyer, Ed.D.

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TAKE A BREAK
OF A CLASS IN THE

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USE A BUCKET
AND BUILD
A SAND
CASTLE

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KEEP THE BEACH
BALL IN THE

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YOUR ICE CREAM
IS MELTING.
HURRY
AND EAT IT!

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PUT ON
SUNGLASSES
AND A
HAT

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LOOK FOR
SHELLS

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REMEMBER TO
SUNSCREEN

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GO SWIMMING
FREE STYLE
BREAST
BUTTERFLY
BREAST STROKE

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PLAY HIPSQUATCH

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SLOW HIGGLES

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GO FOR A
SIDE POKE

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EAT WATERMELON
SHRIMP
PIZZA

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POSE FOR A
PICTURE

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FEED THE BIRDS
IN THE PARK

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RUN AROUND

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DRIVE TO THE
PARK
MOW THE
LAWNS

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GO HIKING

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GO HIKING

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GO HIKING

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SWING A
TENNIS
RACKET

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PLAY BALL

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JUMP ROPE

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PLAY REACH
SONGS THE
SONGS OF
SUMMER

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POLOE THE
CANOE ON
THE LAKE
CAMP

©2019 Bossemeyer

CAMP
AND
THE
CAMPFIRE

©2019 Bossemeyer

SLEEP
UNDER
THE STARS

©2019 Bossemeyer

GO
SNORKLING

MOVEMENT CARDS
Summer
32 SUMMER CARDS
M. Bossemeyer, Ed.D.

©2019 Bossemeyer

GO BOB SURFING

©2019 Bossemeyer

GO SURFING

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PLAY BASEBALL

MOVEMENT CARDS
Summer
32 SUMMER CARDS
M. Bossemeyer, Ed.D.

YOUR ICE CREAM
IS MELTING.
HURRY
AND EAT IT.

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Summer
Winter

MOVEMENT CARDS

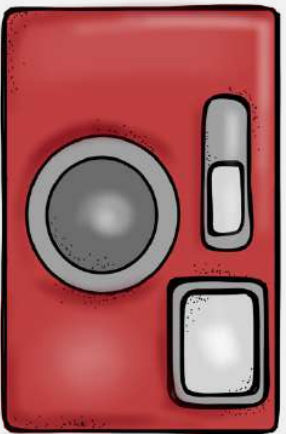
Summer

32 SUMMER CARDS

M. Bossemeyer, Ed.D.

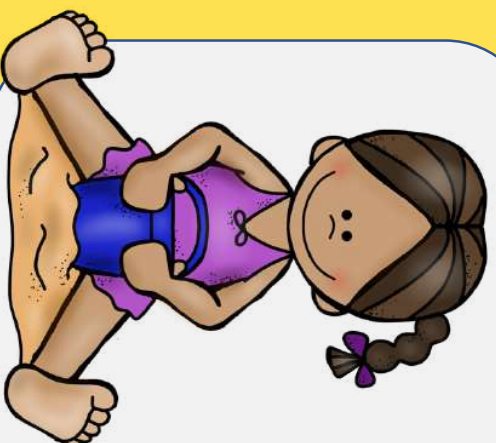


TAKE A PICTURE
OF A CLASSMATE



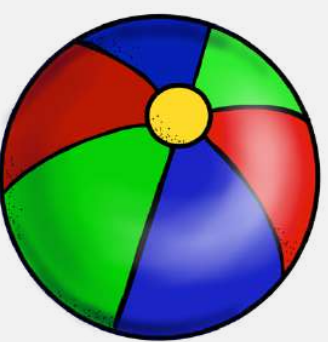
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USE A BUCKET
AND BUILD
A SAND
CASTLE.



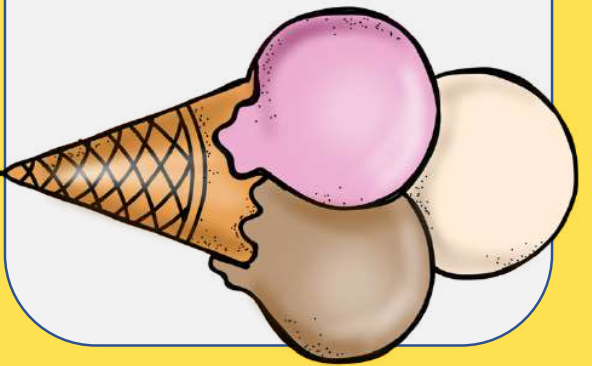
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KEEP THE BEACH
BALL FROM HITTING
THE FLOOR.



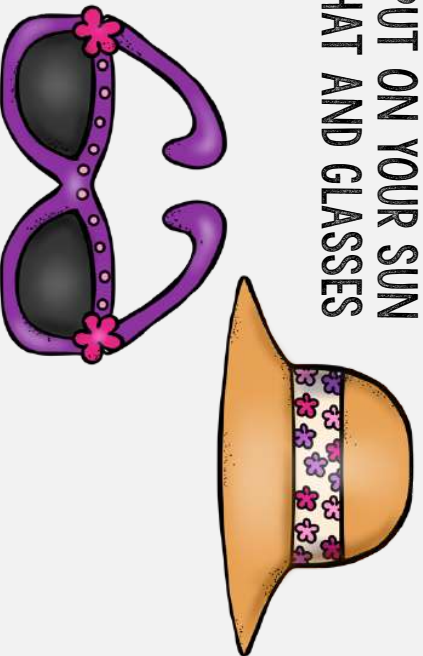
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**YOUR ICE CREAM
IS MELTING.
HURRY
AND EAT IT.**



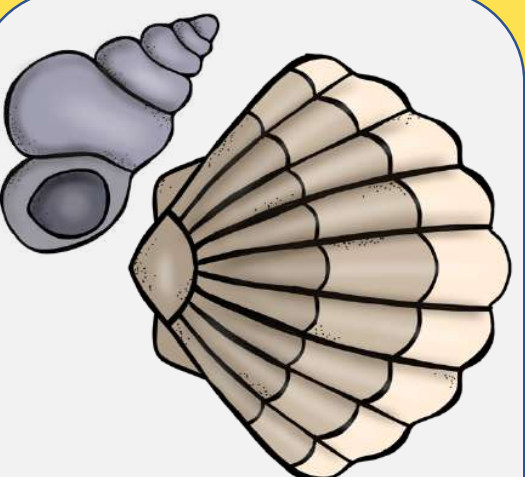
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**PUT ON YOUR SUN
HAT AND GLASSES**



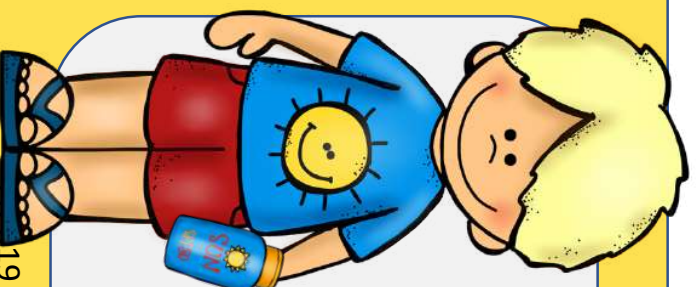
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**LOOK FOR
SHELLS**



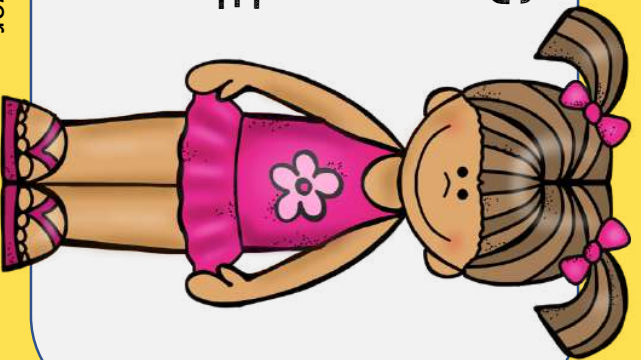
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**REMEMBER TO
ALWAYS USE
SUNSCREEN**



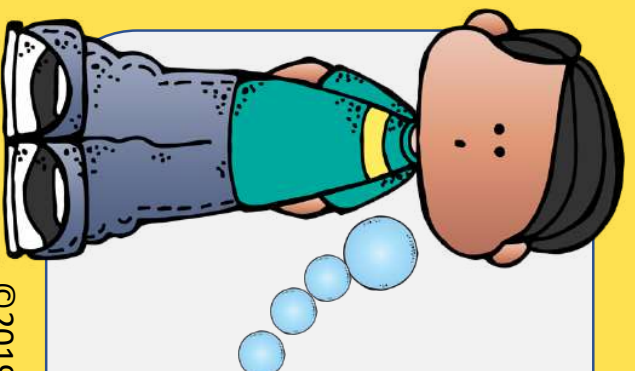
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GO SWIMMING
FREE STYLE
BACK STROKE
BUTTERFLY
BREAST STROKE



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BLOW BUBBLES



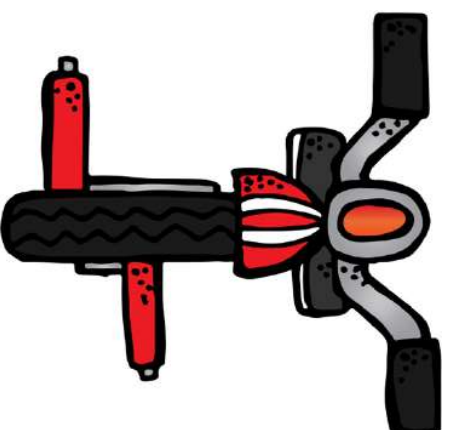
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PLAY HOPSCOTCH



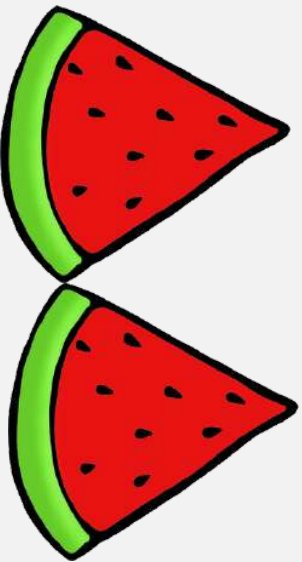
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GO FOR A
BIKE RIDE



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EAT WATERMELON
SPIT OUT SEEDS



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POSE FOR A
PICTURE



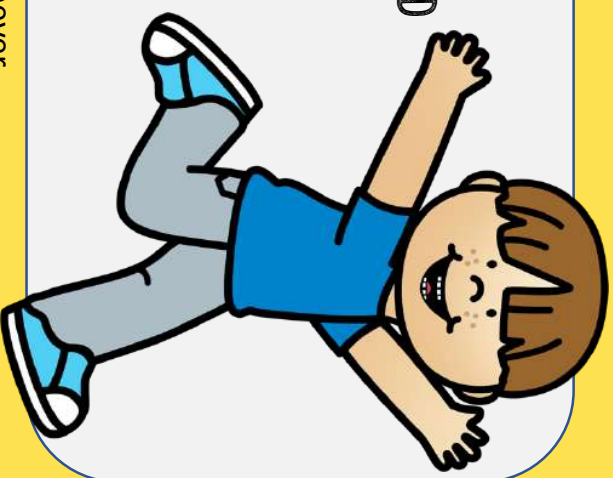
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FEED THE DUCKS
AT THE PARK



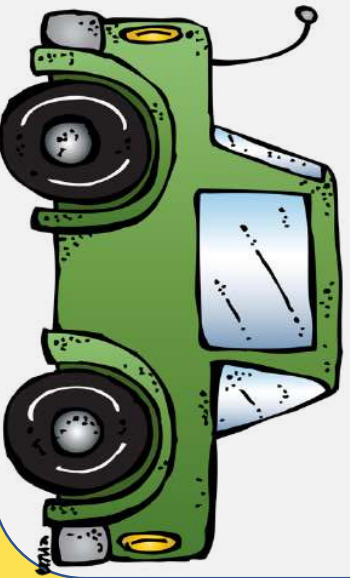
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RUN AROUND



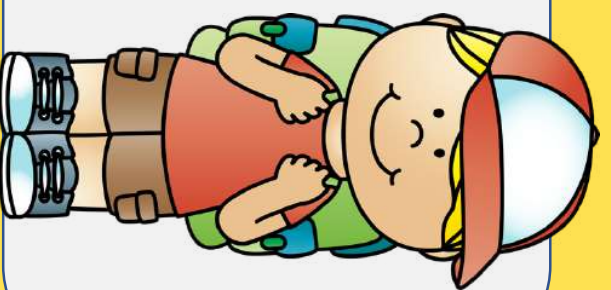
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DRIVE TO THE
PARK



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GO HIKING



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ROAST
MARSHMALLOWS



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PUT UP
A TENT



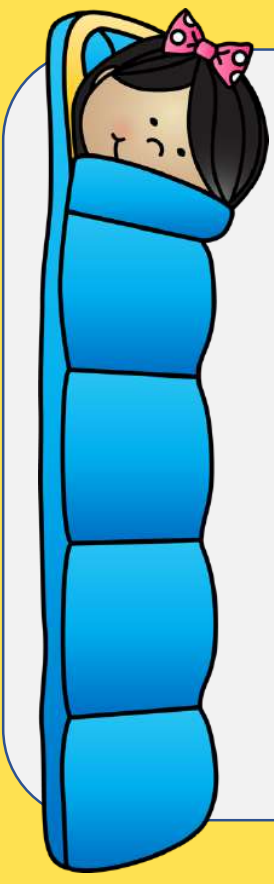
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PADDLE THE
CANOE ON
THE LAKE



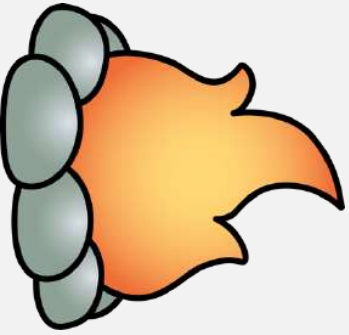
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SLEEP
UNDER
THE STARS



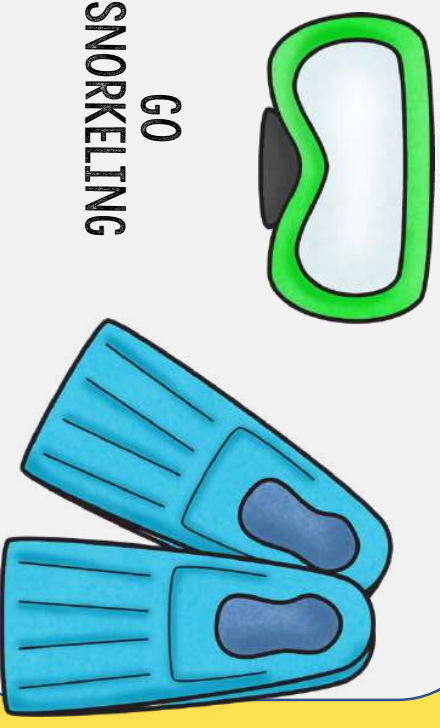
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GATHER
AROUND
THE
CAMPFIRE

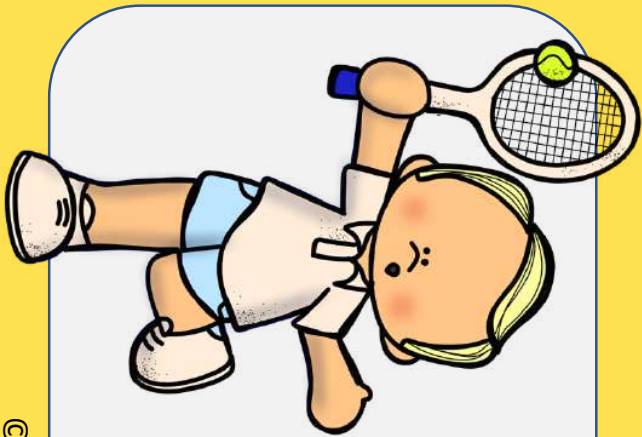


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GO
SNORKELING

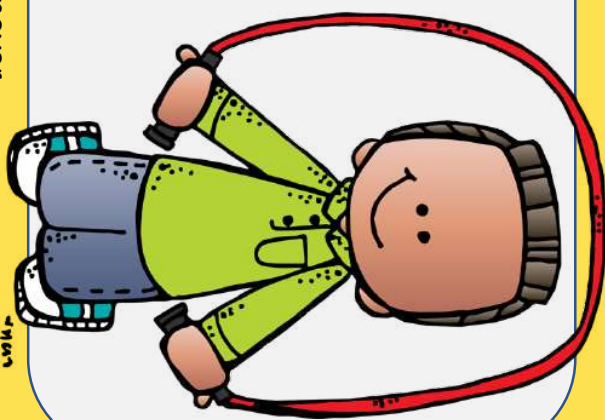


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SWING A
TENNIS
RACKET

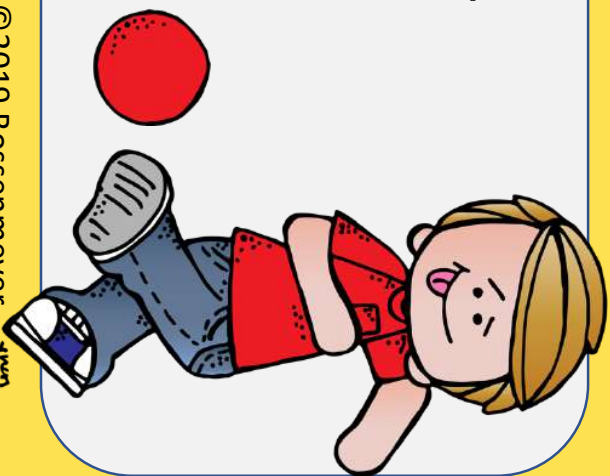
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JUMP ROPE

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PLAY KICKBALL



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PLAY BEACH
BOYS "THE
SOUNDS OF
SUMMER"



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MOVEMENT CARDS

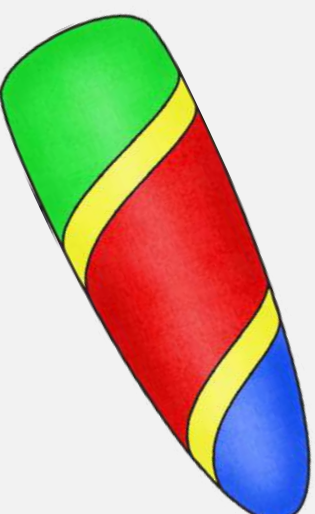
Summer



M. Bossemeyer, Ed.D.

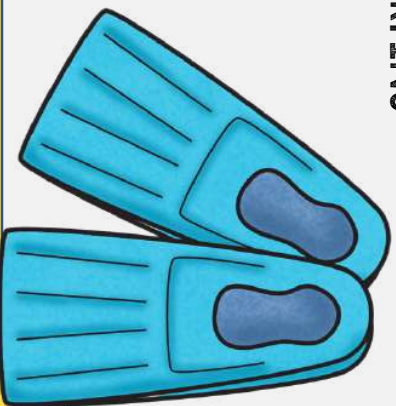
32 SUMMER CARDS

GO SURFING



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GO BODY SURFING



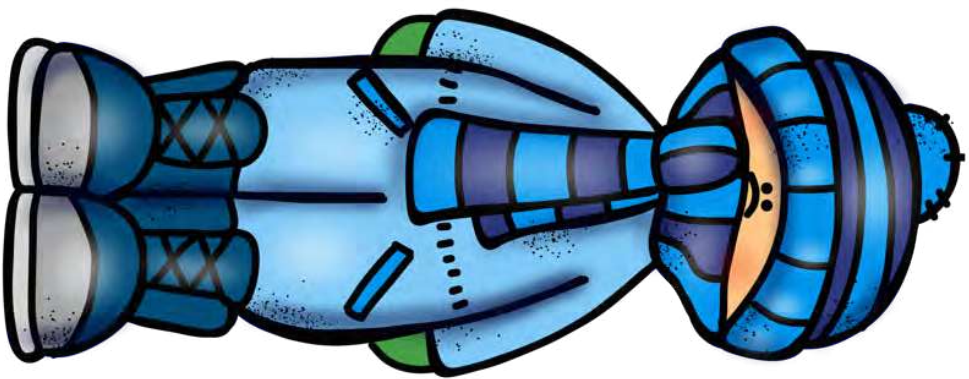
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PLAY BASEBALL



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MOVEMENT CARDS



32 WINTER CARDS



M. BOSSEMMEYER, ED.D.

Table of Contents

Movement Cards

Pg. 3-9

Wild Card Exercise Cards

Pg. 7

Terms of Use

Pg. 11

Favorite Designers

Pg. 12

Similar Products

Pg. 14

Directions

1. Print cards in color.
2. Laminate if you wish.
3. Cut cards apart.
4. Put on a 1" ring for ease of use.
5. Get a 9 x 12 White envelope and laminate front cover of this product on to the front.
6. Add finished cards. Put sideways in a file cabinet for easy storage.

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Movement CARDS
Let it
S N O W
32 WINTER CARDS
M. Bossemmeyer, Ed.D.

SWAY LIKE A TREE


PLAY LIKE A KEMMER



TAKE A BREAK AND GET A SORE HOT COCK


ICE SKATE AROUND THE PAPER
Get Your SKATES ON!


WALK AROUND ON YOUR HANDS AND FEET


GET UP! PAPER SKATE IN ROOM



GO DOWNHILL SKIING


PUT ON WINTER CLOTHES
BOOTS
GLOVES
SCARF
SHOES


TELLING PEOPLE SNOW WISHES
Magically wishes


WALK ROLLING
SLED


WALK AROUND SKIING THE SKIING BOARDS TO ANIMATE


BUILD A SNOWMAN WITH A FRIEND


GIVE A FRIEND A HIGH FIVE

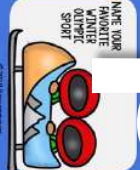

TAKE A FRIEND STANDING SNOW ANES



HAVE A FRIEND SNOWBALL FIGHT


PLAY IN THE SNOW


SIT DOWN LIKE YOUR SEATBELT


WALK LIKE A PENGUIN


HAVE YOUR OWN WINTER OLYMPIC SPORT


SHIVER LIKE YOUR OLD
SHIVER!


PLAY ICE HOCKEY


THE RED YOU TINK


DO YOU WANT TO BUILD A SNOWMAN?


GO ON A WINTER HIKE


SING LIKE A SNOW LOUD AND PROUD


MOVEMENT CARDS
WINTER
32 CARDS
M. Bossemmeyer, Ed.D.

WASH YOUR HANDS BY THE FIREPLACE


GO SNOW BOARDING


PLAY LET IT SNOW


GO ICE FISHING ON A FISH


SHOVEL SNOW


Movement CARDS
Let it
S N O W
32 WINTER CARDS
M. Bossemmeyer, Ed.D.


WALK AROUND ON YOUR HANDS AND FEET

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Movement CARDS

Let it

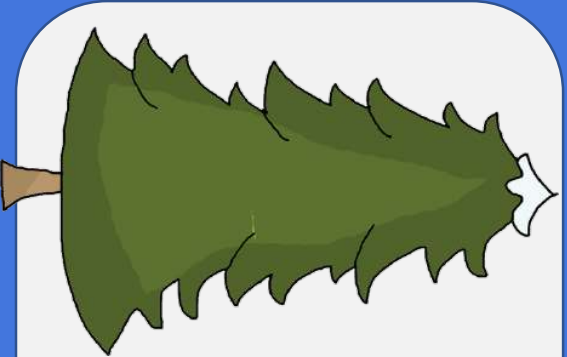
**S
N
O
W**

32 WINTER CARDS

M. Bossemeyer, Ed.D.



SWAY LIKE A
TREE



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ICE SKATE AROUND
THE ROOM ON
PAPER

Get Your
**SKATES
ON**



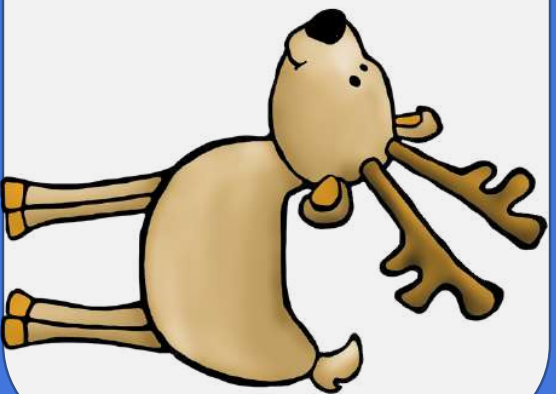
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WALK AROUND
ON YOUR
HANDS AND
FEET



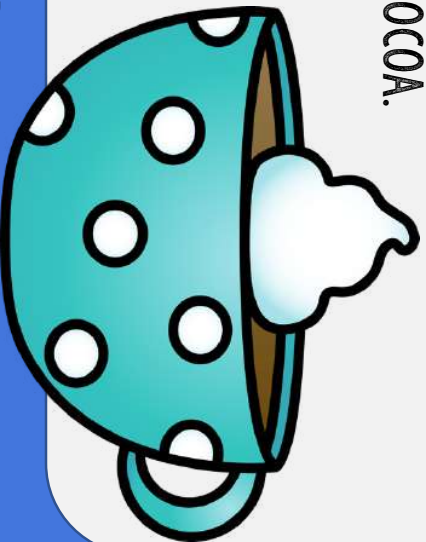
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RUN LIKE A
REINDEER



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TAKE A BREAK AND
GRAB SOME
HOT COCOA.



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GET WITH A
PARTNER AND
SKATE AROUND
ROOM



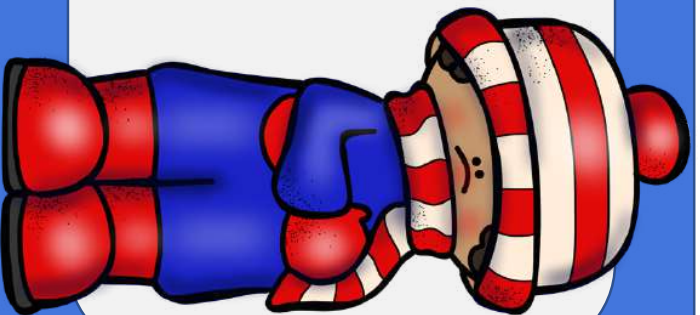
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GO DOWNHILL
SKIING



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PUT ON WINTER
CLOTHES



BOOTS
HAT
GLOVES
SCARF
SWEATER

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BUILD A
SNOW/MAN WITH
A FRIEND



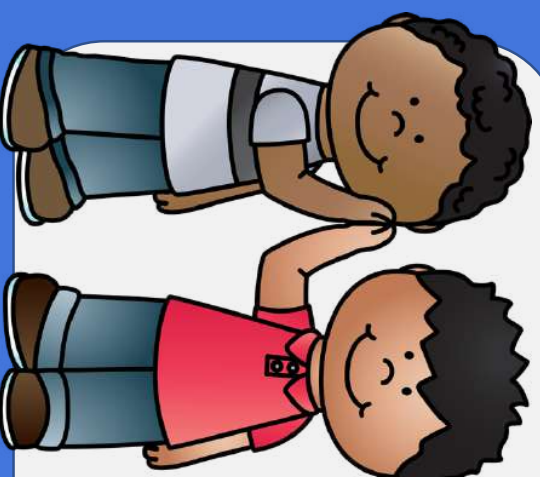
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WALK AROUND
TELLING PEOPLE
SNOWY WISHES

Snowy
wishes

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GIVE A FRIEND A
HIGH FIVE.



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WALK PULLING
A
SLED



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WALK AROUND
SAYING "THE
COLD NEVER
BOTHERED ME
ANYWAY"



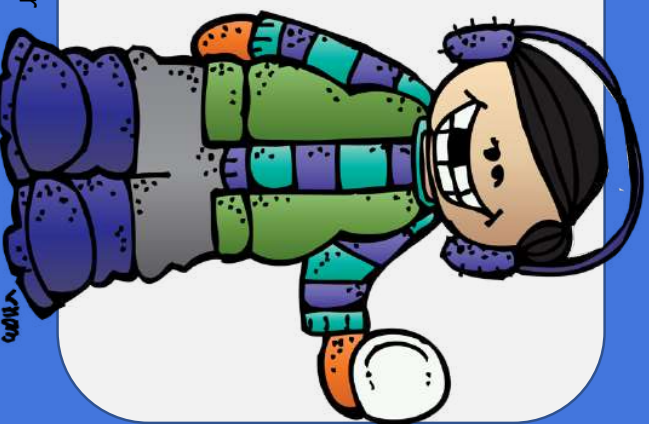
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MAKE A
STANDING
SNOW ANGEL



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HAVE A PRETEND
SNOWBALL
FIGHT

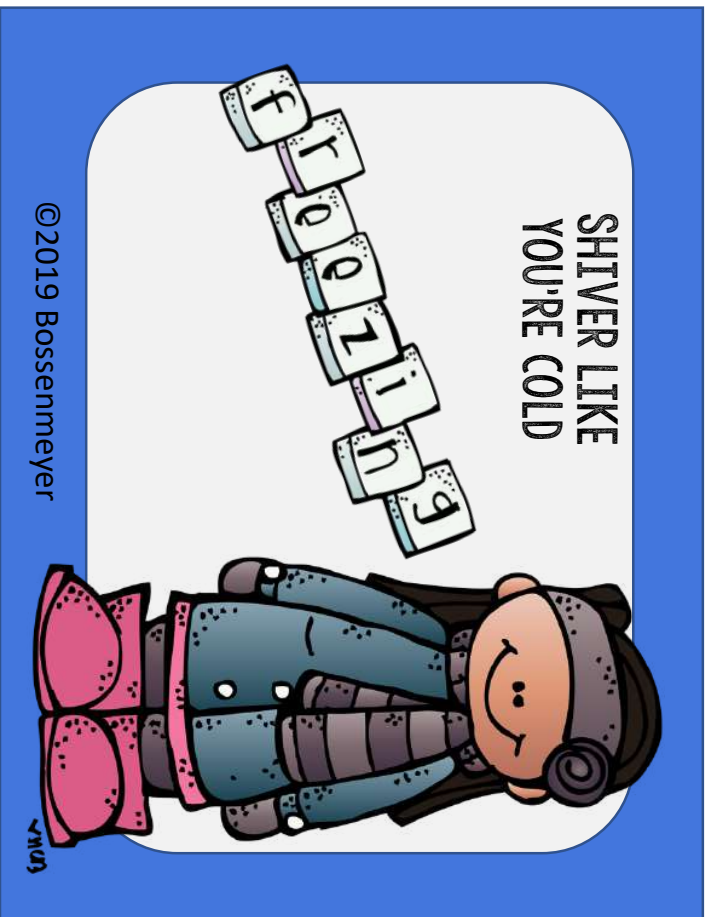


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PLAY IN THE
SNOW

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SHIVER LIKE
YOU'RE COLD

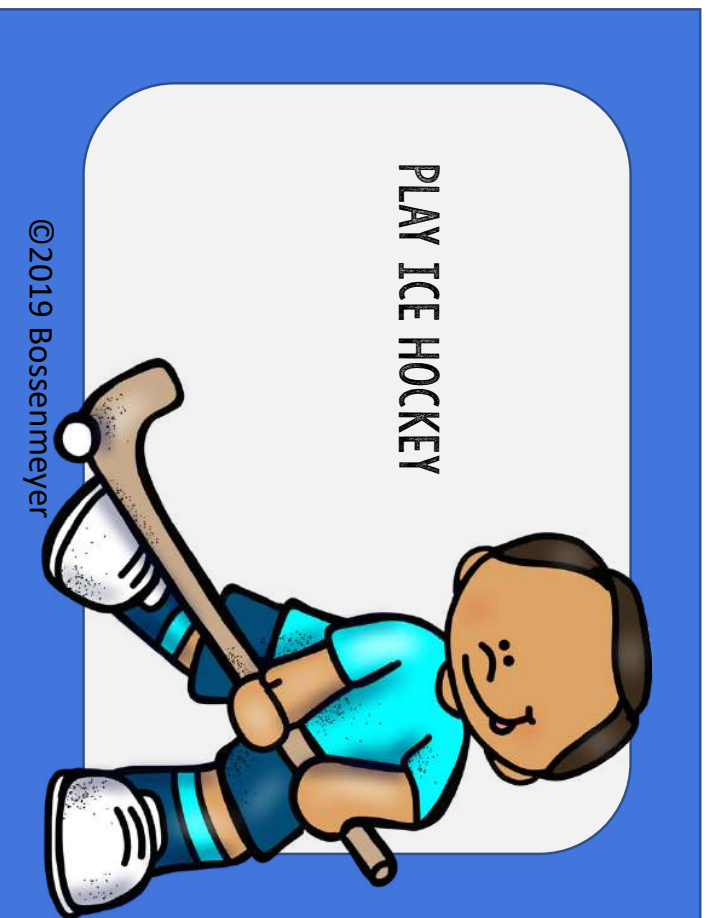
F
R
O
Z
I
N
G

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SIT DOWN LIKE
YOUR SLEDDING

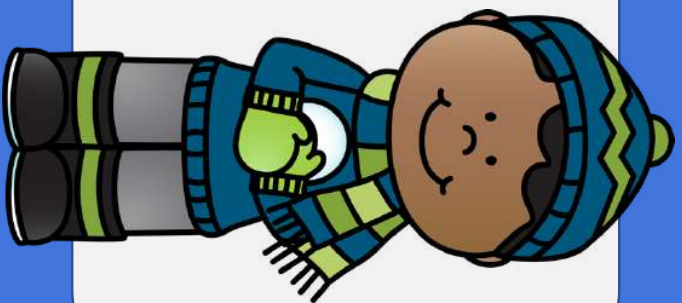
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PLAY ICE HOCKEY

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GO ON
A WINTER
HIKE



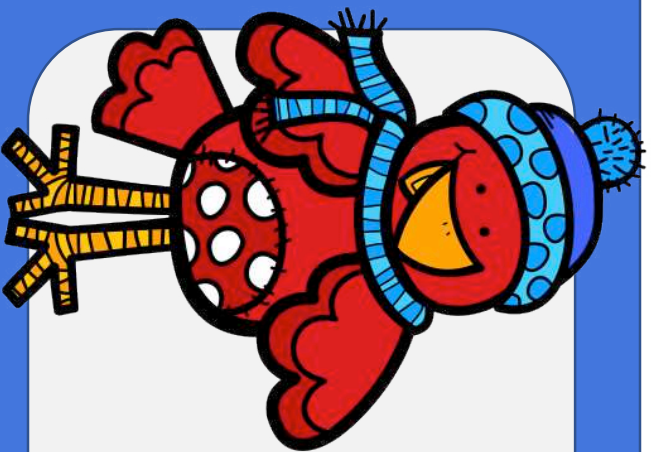
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GO SNOW
BOARDING



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SING LIKE
A SNOW
BIRD
LOUD AND
PROUD



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PLAY
LET
IT
SNOW



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WALK
LIKE A
PENGUIN

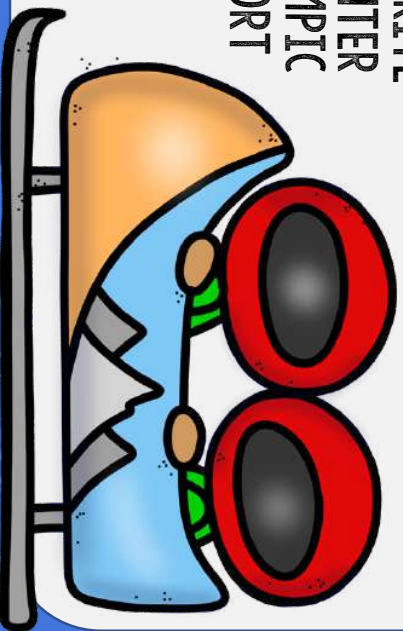
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SAY ALL THE
DECEMBER
WORDS YOU
CAN THINK
OF



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NAME YOUR
FAVORITE
WINTER
OLYMPIC
SPORT



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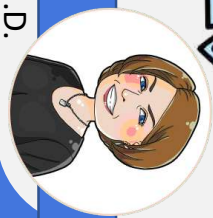
DO YOU
WANT TO
BUILD
A
SNOWMAN
?



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MOVEMENT CARDS

WINTER



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32 CARDS

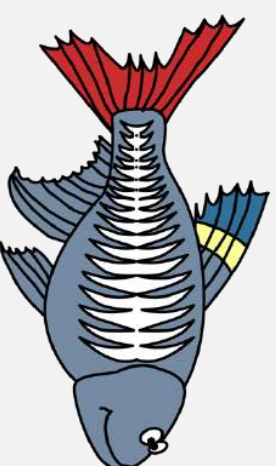
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WARM YOUR
HANDS BY
THE
FIREPLACE



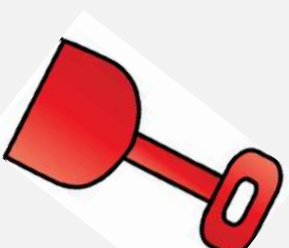
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GO ICE FISHING ON A POND



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SHOVEL SNOW



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ALPHABET ACTION CARDS



26 CARDS



M. BOSSEMAYER, ED.D.

Table of Contents

Cover Card

Pg. 3

Alphabet Cards

Pg. 3-9

Terms of Use

Pg. 10

Favorite Designers

Pg. 11

Similar Products

Pg. 13

ALPHABET ACTION CARDS

20 CARDS

M. Bossemeyer, Ed.D.



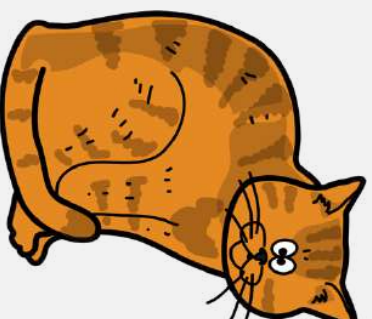
WALK ON HANDS
AND FEET LIKE A
BEAR.

b



SLITHER LIKE AN
ALLIGATOR

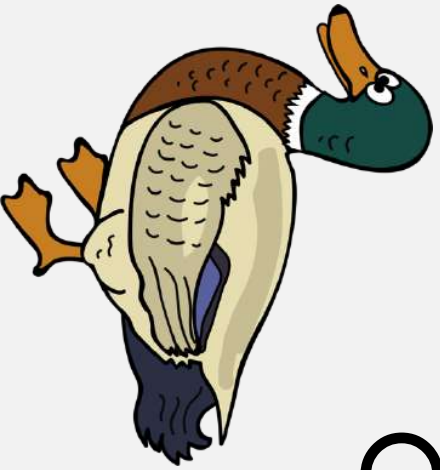
a



CRAWL LIKE A CAT

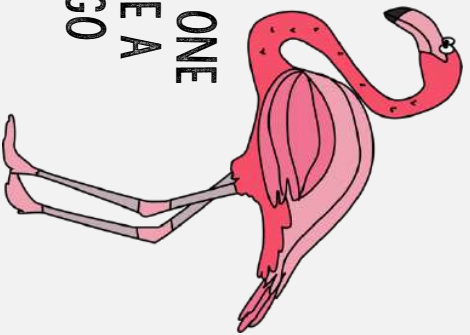
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WADDLE LIKE A DUCK



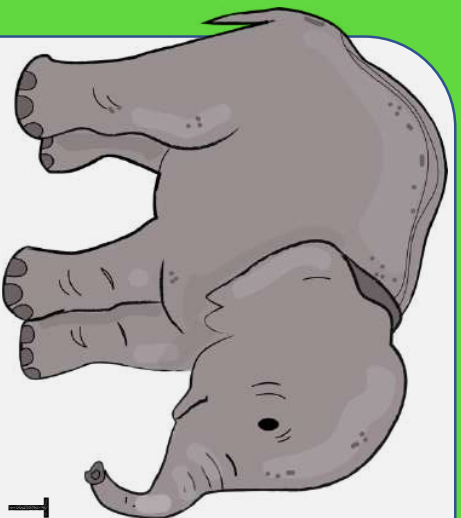
d

STAND ON ONE
FOOT LIKE A
FLAMINGO



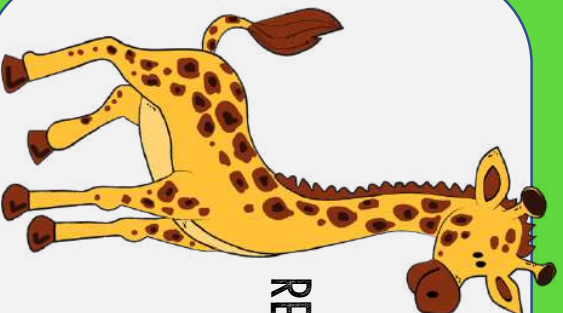
f

SWING YOUR
TRUNK LIKE AN
ELEPHANT



e

REACH AS HIGH AS YOU
CAN LIKE A TALL
GIRAFFE



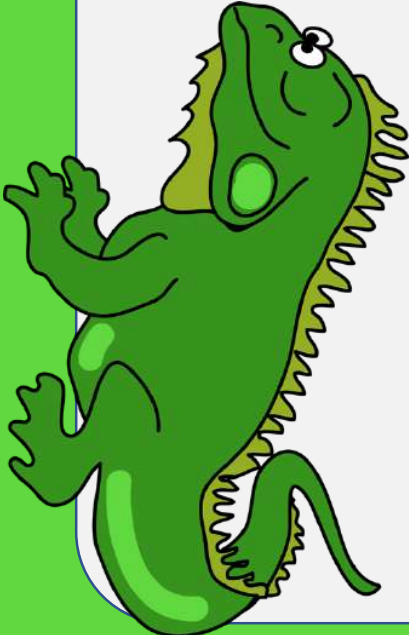
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HURRY ALONG
WITH THE HEDGE
HOG



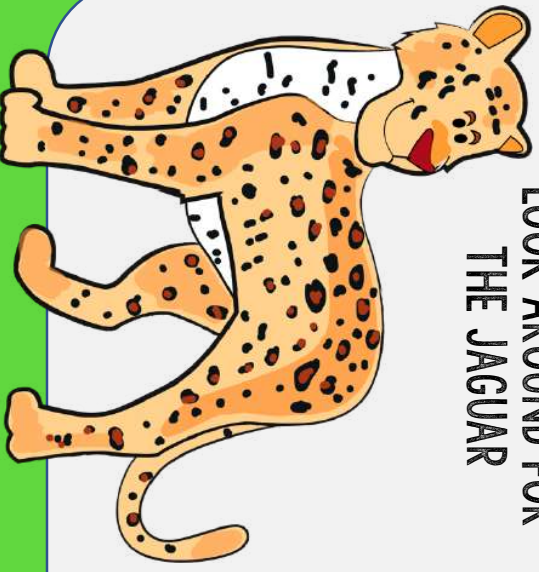
h

WALK ON ALL 4'S
LIKE AN IGUANA




i

LOOK AROUND FOR
THE JAGUAR



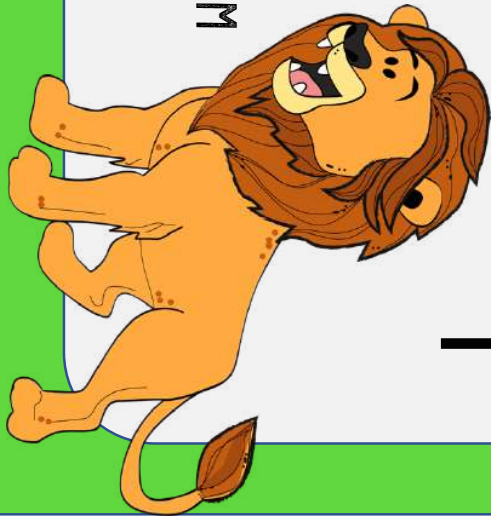
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CLIMB LIKE A KOALA



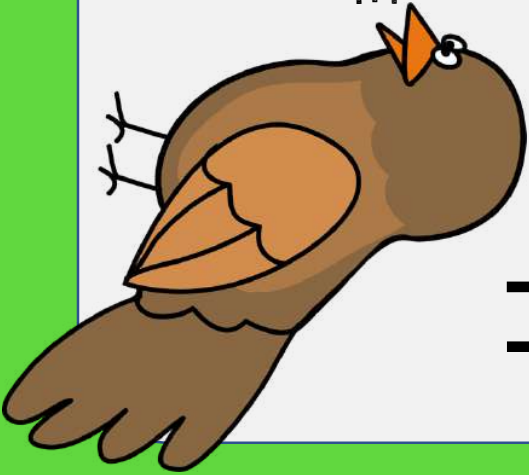
k

LEAP AWAY FROM
THE LION



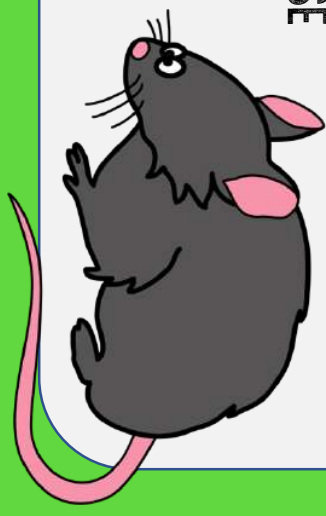
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SING LIKE A
NIGHTINGALE



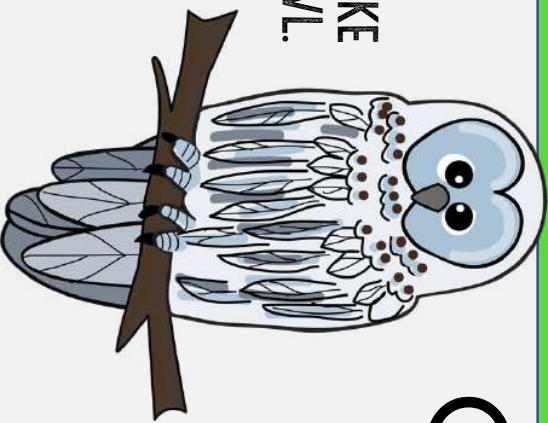
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SCURRY AROUND
LIKE A MOUSE



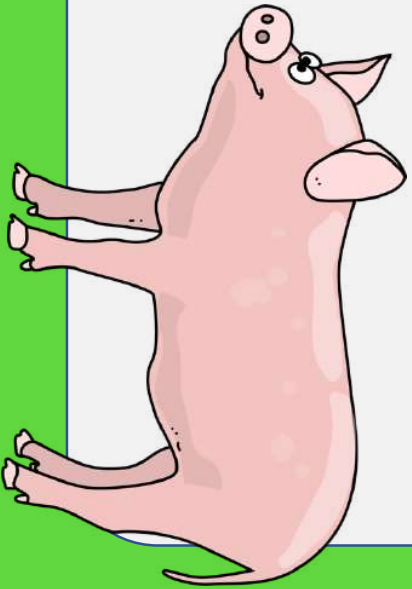
m

HOOD LIKE
AN OWL.



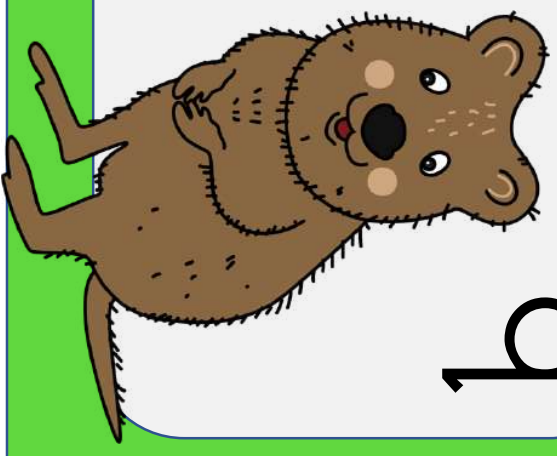
o

GO AHEAD AND
PHONE A PIG



p

QUIVER LIKE A
QUOKKA



q

RACE AROUND LIKE
A SLOW
RHINOCEROS



r

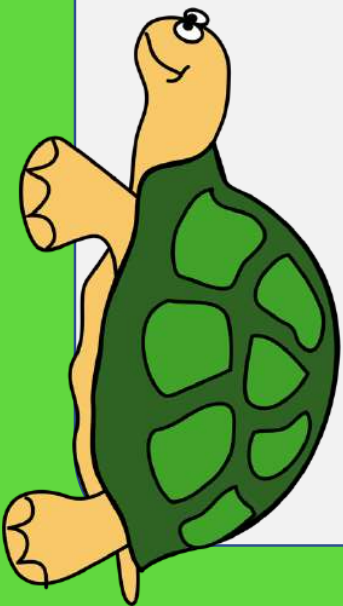
SKATE AROUND THE
SQUIRREL



s

+

TURN AROUND 5 TIMES LIKE A TURTLE



V

BALANCE IN PLACE 5
SECONDS
LIKE A VULTURE



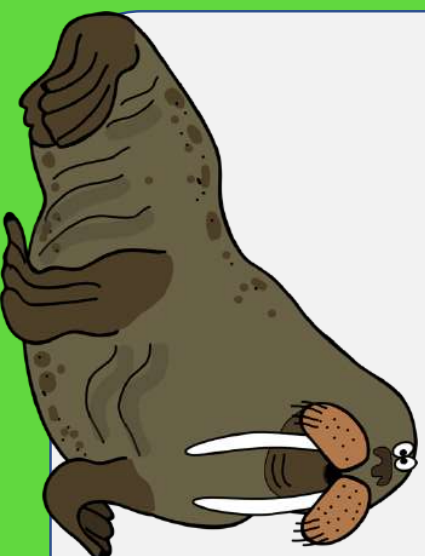
U

FLY AROUND LIKE
THE UMBRELLA
BIRD



W

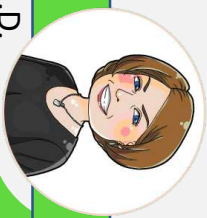
WADDLE LIKE A WALRUS



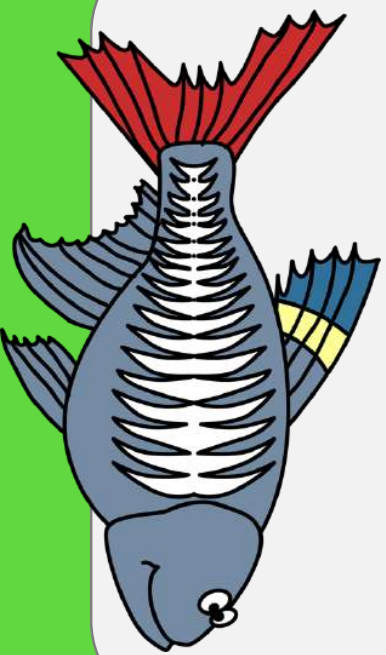
ALPHABET ACTION CARDS

26 CARDS

M. Bossenmeyer, Ed.D.



PUT YOUR HANDS TOGETHER
AND SWIM LIKE A FISH



X

SAY YAK THREE
TIMES TO A FRIEND



Y

JOG AROUND LIKE A
ZEBRA



Z



Community Helpers

MOVEMENT CARDS

By Melinda Bossenmeyer, Ed.D.

Preschool



125 Activities
22 cards



Firefighter Actions

1. Climb the ladder
2. Unwind the hose
3. Pull the hose 20 feet
4. Drive the fire engine
5. Ropes and knots
6. Slide down the pole
7. Cut down brush and weeds.
8. Shovel the dirt to put out fire.

Active Learning Community Workers



Movement Card Directions

1. Print on cardstock
2. Laminate if you wish
3. Cut out movement cards
4. Scramble card order
5. Select one card and have children act out.
6. You can also have a student select the card and lead the movement.

Example: Demonstrate movements for each Community Worker Card.

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Peaceful Playgrounds, Inc.

Indian Chief

1. Do an Indian dance
2. Say "Hi" (How)
3. Sit legs in circle
4. Shoot bow and arrow
5. Ride your horse



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Firefighter Actions

1. Climb the ladder
2. Unwind the hose
3. Pull the hose 20 feet
4. Drive the fire engine
5. Ropes and Knots
6. Slide down the pole
7. Cut down brush and weeds.
8. Shovel the dirt to put out fire.

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Crossing Guard



1. Motion walkers to stop
2. Motion walkers to come
3. Motion cars to stop
4. Motion cars to go
5. Walk to center to stop traffic holding sign

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Dentist

1. Show how to brush teeth
2. Show how to floss
3. Show mouthwash use
4. Show a big smile
5. Show how a dentist examines teeth.

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Baker

1. Mix ingredients
2. Roll dough
3. Put in a pan
4. Put in oven close oven door
5. Use spatula to remove cookies



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Detective

1. Use magnifying glasses for clues
2. Sneak around and quietly
3. Check records in folder
4. Sit on floor watch as if driving car & following
5. Talk with classmate about case

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Doctor

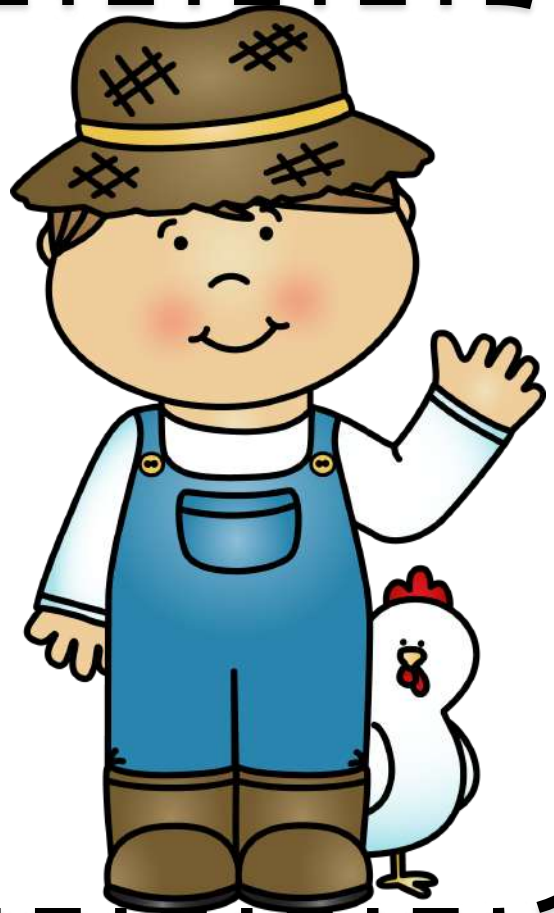
1. Listen to heart beat
2. Look in ears
3. Lay down
4. Look at light
5. Stick out tongue
*throat check"

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Farmer

1. Round up cows
2. Gather eggs
3. Feed horses
4. Plow fields
5. Drive tractor

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Janitor

1. Put out play equipment
2. Clean board
3. Clean desks
4. Empty trash
5. Mop floor



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Librarian

1. Read book to children
2. Put books on shelves
3. Help children find books
4. Scan to check out books
5. Put book plates in books

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Mail Carrier

1. Drive mail truck
2. Sort mail
3. Put mail in box
4. Deliver box
5. Say "hi" to neighbors

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Plumber

1. Fix pipe with wrench
2. Plunge toilet
3. Wrap pipes to stop leak
4. Knock on door to help
5. Write out bill for service

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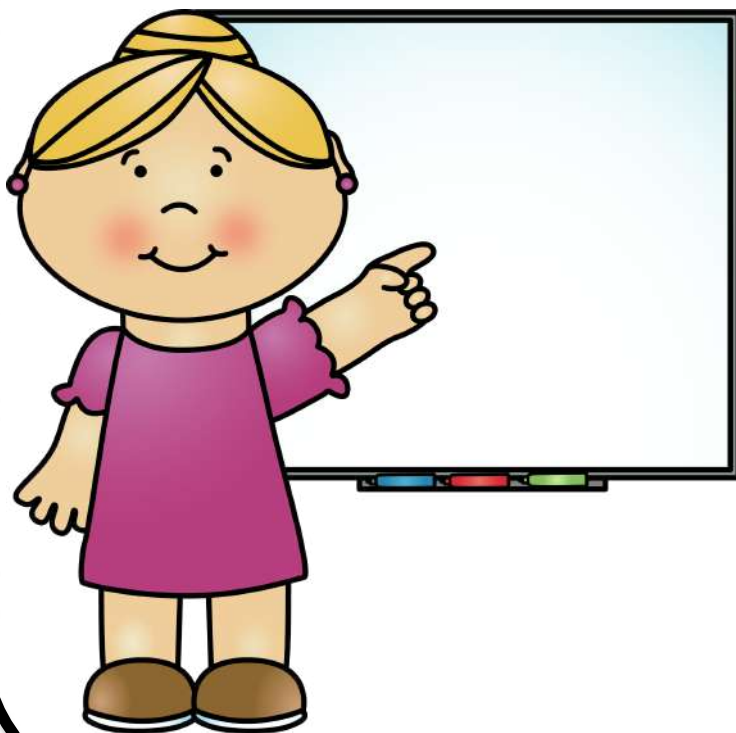


Police Officer

1. Direct traffic
2. Drive police car
3. Use flashlight to see better
4. Ask for drivers license
5. Help a lost child find parent



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Teacher

1. Say "do your best work"
2. Write on board
3. Pass out papers
4. Correct papers
5. Read a book to class

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Trash Collector

1. Drive trash truck
2. Dump trash cans
3. Wave to neighbors
4. Pick up litter
5. Use the truck lift to empty trash cans



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Veterinarian

1. Pet animals
2. Give animals shots
3. Scan animal for chips
4. Perform surgery
5. Bath and brush animals

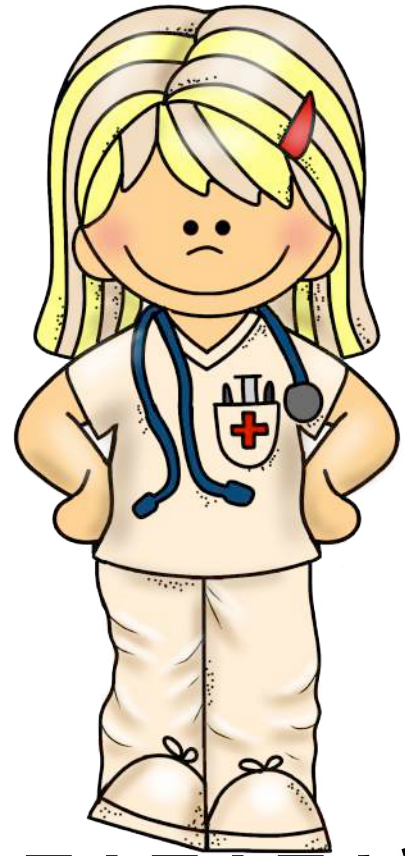


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Nurse

1. Carry clipboard ask questions
2. Weigh patients
3. Listen to heart rate
4. Take blood pressure
5. Put on gloves – wash hands

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Artist

1. Paint a picture
2. Put picture in frame
3. Draw a picture
4. Pose as a statue
5. Take a picture



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Reporter

1. Interview people
2. Take notes with pen and paper
3. Read reports
4. Read a newspaper
5. Use video camera

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Soldier

1. March up hill
2. Jog in place
3. Help injured
4. Use binoculars
5. Take cover/ lay low

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Waitress

1. Take order/Write it down
2. Bring drinks
3. Bring food
4. Clear away plates
5. Ask "do you need anything else"

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Kindergarten teacher

1. Walk students to class
2. Pass out papers
3. Teach a lesson
4. Write on board
5. Read a book

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Oil Worker

1. Clean equipment and dials
2. Drill down
3. Climb up on rig to check pipes
4. Ride boat to ocean oil rig
5. Put on full body uniform & hat



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Yoga Instructor

1. Sit like instructor
2. Stretch and hold position
3. Roll out yoga mat
4. Sit down and close eyes relax
5. Fold up yoga mat and exit class



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BRAIN BREAKS



ACTION ANIMALS

DR. MELINDA BOSSENMEYER



Action Animals Brain Break Cards



Action
Animals
Brain
Break
Cards

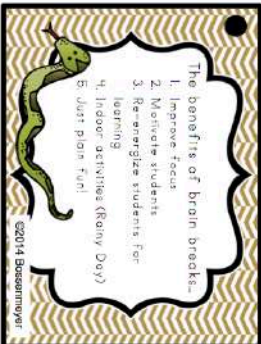


Set Includes:
Kangaroo
Rug, Tag with a Tiger
Zig Zag like a Zebra
Clasp like a Cheetah
Exercise with an Elephant
You lie on your back
Pretzel like a Python
Pier, Monkey, Sea
Shuffle like a peacock
Ride a reed
Swim like a shark
The Hops
The Hugs



Music Suggestions
Action Animals

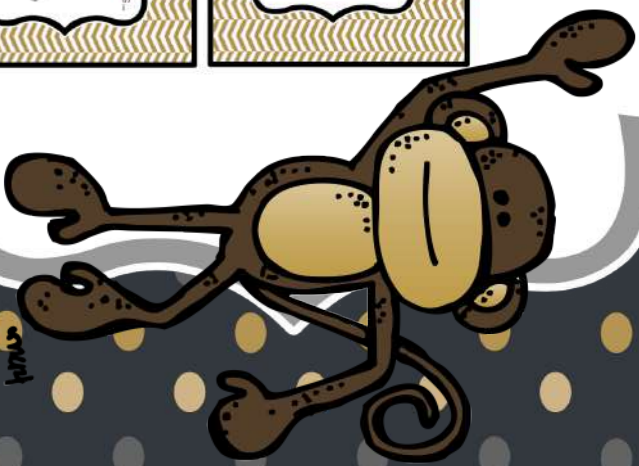
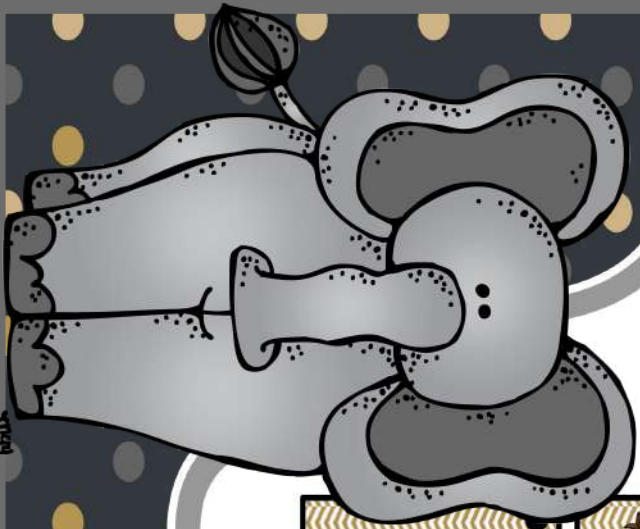
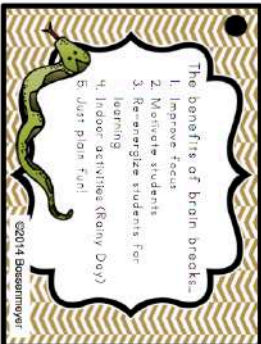
George of the Jungle
You Tube:
<http://youtu.be/1Pw6zVY1Y>
George of the Jungle
(Amazon.com)



The benefits of brain breaks:

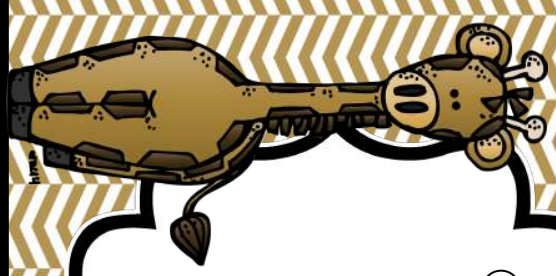
1. Improve focus
2. Motivate students
3. Re-energize students for learning
4. Indoor activities (Rainy Day)
5. Just plain Fun!

©2014 Bessamoyar





Kangaroo
Jump like a
kangaroo



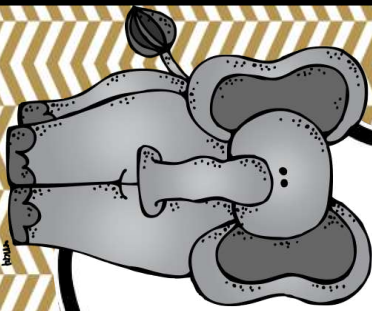
Giraffe
Gallop like a
giraffe
gallop



Tiger
Play Tug with
a Tiger
arms straight
out bend at
elbows



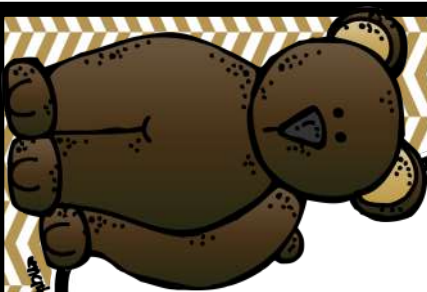
Zebra
Zig Zag like a
Zebra
jog around
changing
directions



Exercise with
an Elephant
of your choice
of exercise



Play Monkey
see, monkey do
play mirror me
with a partner



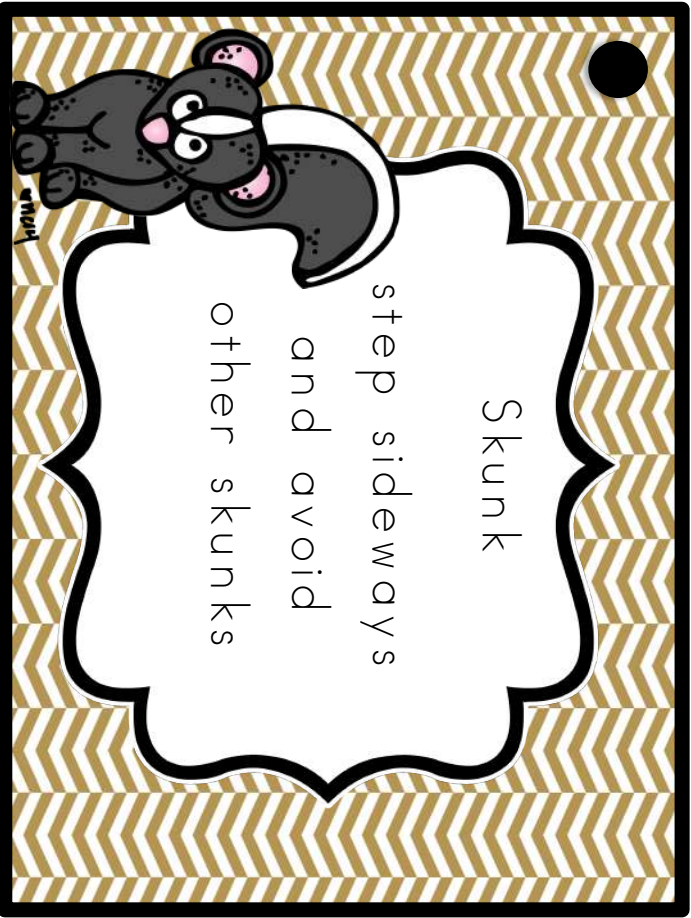
Walk like a
Bear
walk on your
hands and
feet



Lion
lunge like a
lion tamer



Rhino
Race around
the Rhino
(Run in a
small circle.)



Skunk
step sideways
and avoid
other skunks

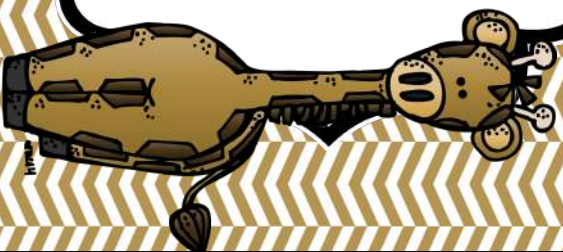


Cheetah
run in place like
a cheetah



Shuffle like a
Peacock
move arms
like flying
and walking

Action
Animals
Brain Break
Cards



Music Suggestions

Action Animals

George of the Jungle

You Tube:

<http://youtu.be/1PzwZgYIILY>

George of the Jungle
(Amazon.com)



Set Includes

Kangaroo

Play Tug with a Tiger

Zig Zag like a Zebra

Gallop like a Giraffe

Exercise with an Elephant

Run like a Cheetah

Walk like a Bear

Play Monkey See

Shuffle like a peacock

Race around the Rhino

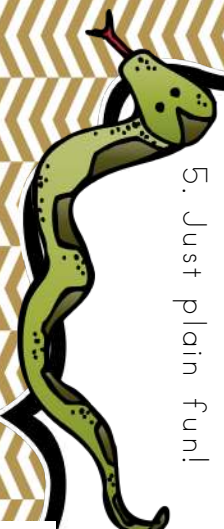
Skunk step sideway

Lion lunge



The benefits of brain breaks...

1. Improve focus
2. Motivate students
3. Re-energize students for learning
4. Indoor activities (Rainy Day)
5. Just plain fun!



Directions

- Print the pages on cardstock
- Laminate if you prefer
- Cutout cards
- Hole punch gray dot and put on ring
- Check our other Brain Break Activities in Virtual Store Catalog.



Brain Beaks by
Dr. Melinda Bossenmeyer
Founder President
Peaceful Playgrounds, Inc.

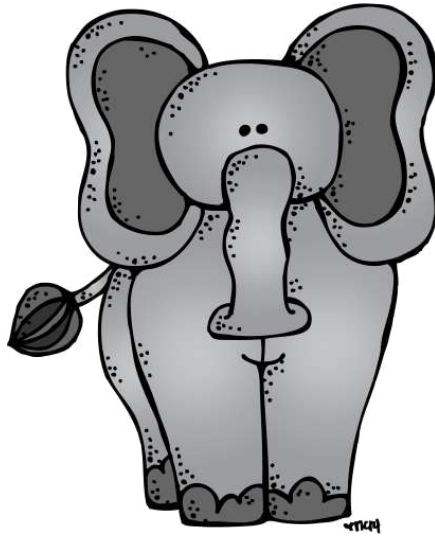
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single classroom use only. Do not duplicate.

A site license is available. Contact us
at: Sales@peacefulplaygrounds.com

Clipart by: [Melonheadz Illustrating](#)

Directions

- Print the pages on cardstock
 - Laminate the pages if you want to be able to use the printable over
 - Cutout- I like to cut my number cards and pattern cards so a little of the white shows around them
 - All purchases are for 1 classroom or 1 household (please do not share this file)
- Please check out my blog for additional ideas!



Clipart by [Melonheadz Doodles](#)

Printable made by [Preschool Printable](#)

I hope you enjoy this printable! Thank you for your purchase. Gwyn Rollins

GOOD CHOICES



16 CARDS

M. BOSSENMAYER, ED.D.

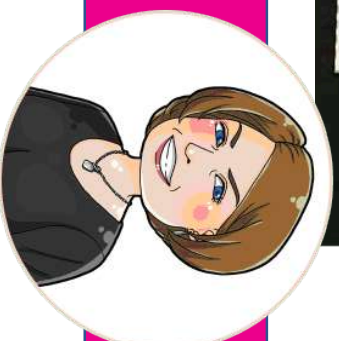


Table of Contents

Good Choices Cover Card

Pg. 3

Good Choices Cards

Pg. 3-6

Terms of Use

Pg. 7

Favorite Designers

Pg. 8

Similar Products

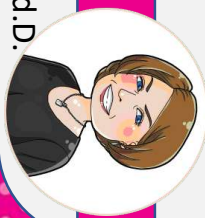
Pg. 10



GOOD CHOICE CARDS

16 CARDS

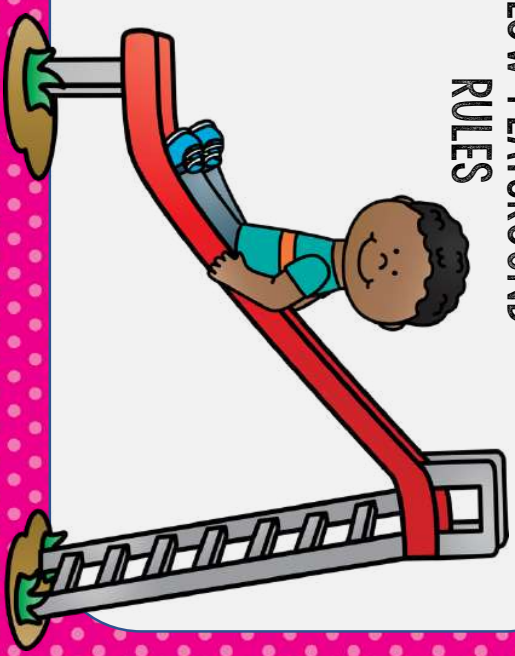
M. Bossenmeyer, Ed.D.



CLEANING UP IS THE RIGHT THING TO DO



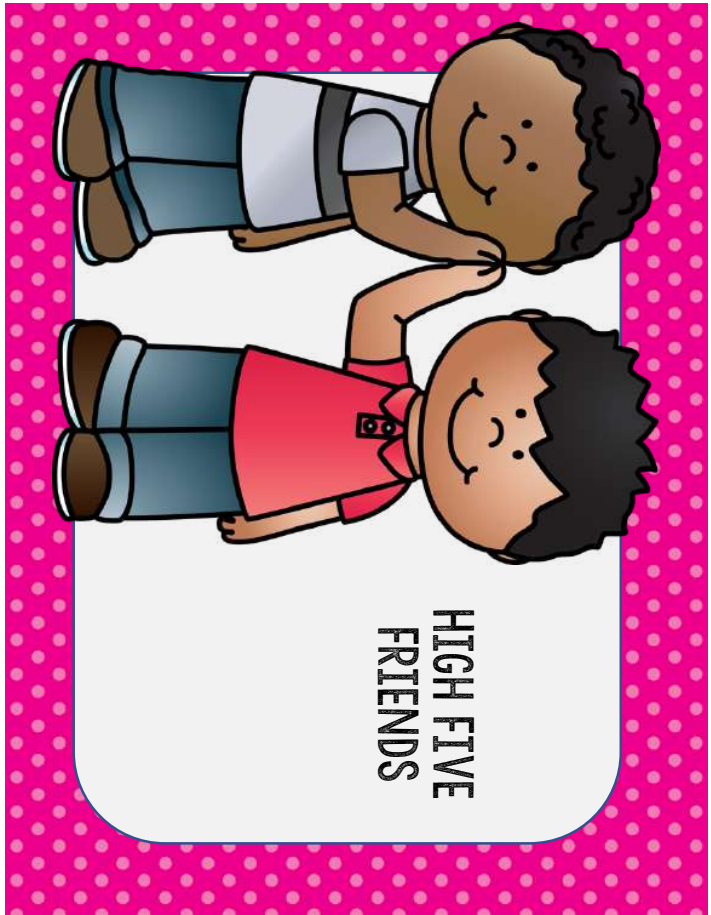
BE KIND AT ALL TIMES



FOLLOW PLAYGROUND RULES



RAISE YOUR HAND TO
SPEAK



HIGH FIVE
FRIENDS



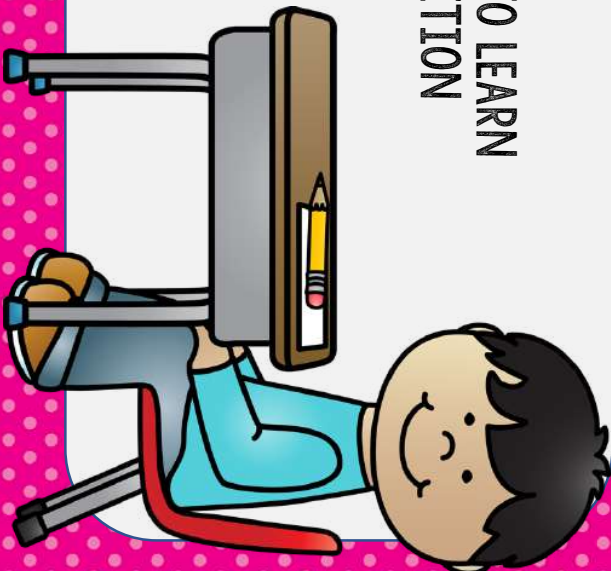
HELPING IS
HEALING



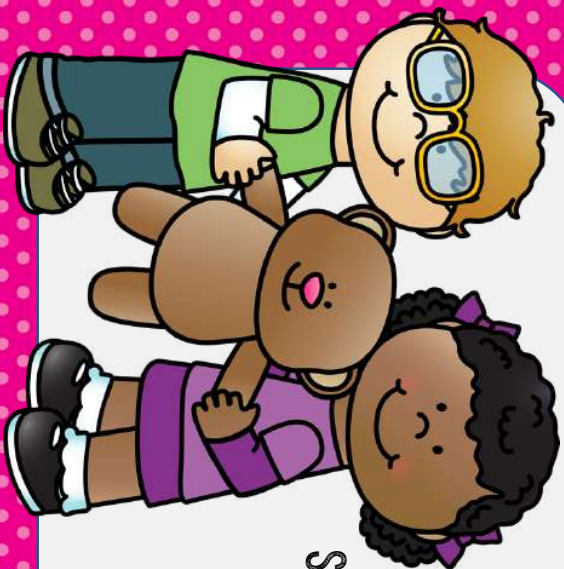
PLAY NICELY & SHARE



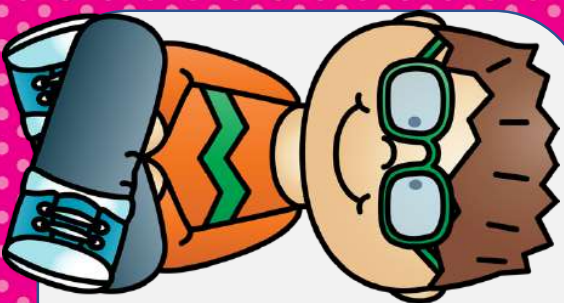
EVERYBODY LOVES
A SMILE



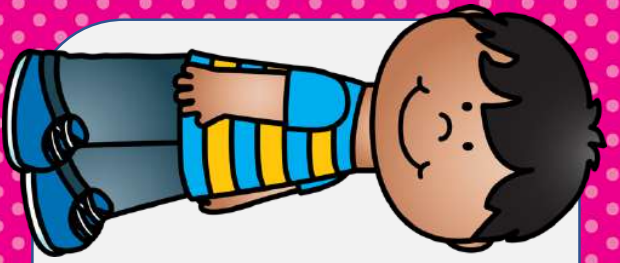
READY TO LEARN
POSITION



SHARING IS
CARING



WAITING QUIETLY



WAITING IN LINE



WAIT YOUR TURN



BE A
GOOD FRIEND



A KIND FRIEND
MAKES THINGS
BETTER

BAD CHOICES



16 CARDS

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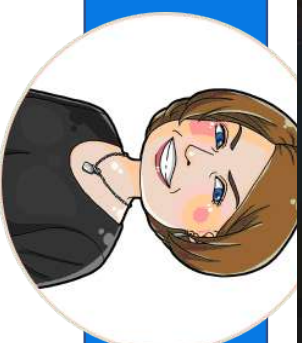


Table of Contents

Bad Choices Cover Card

Pg. 3

Bad Choices Cards

Pg. 3-6

Terms of Use

Pg. 7

Favorite Designers

Pg. 8


Similar Products

Pg. 10


BAD CHOICE CARDS

16 CARDS


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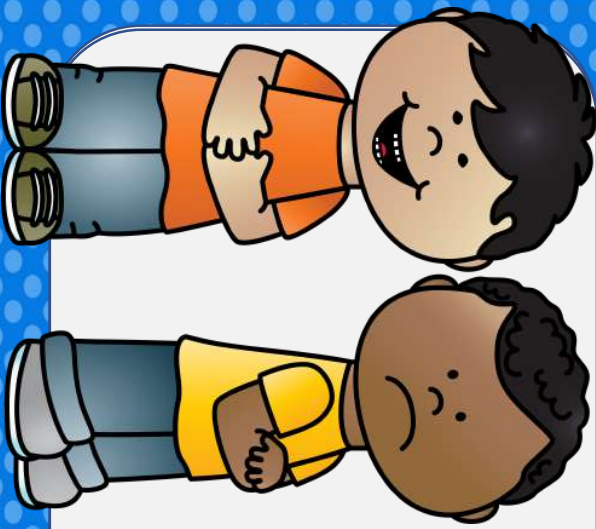
DON'T HIDE

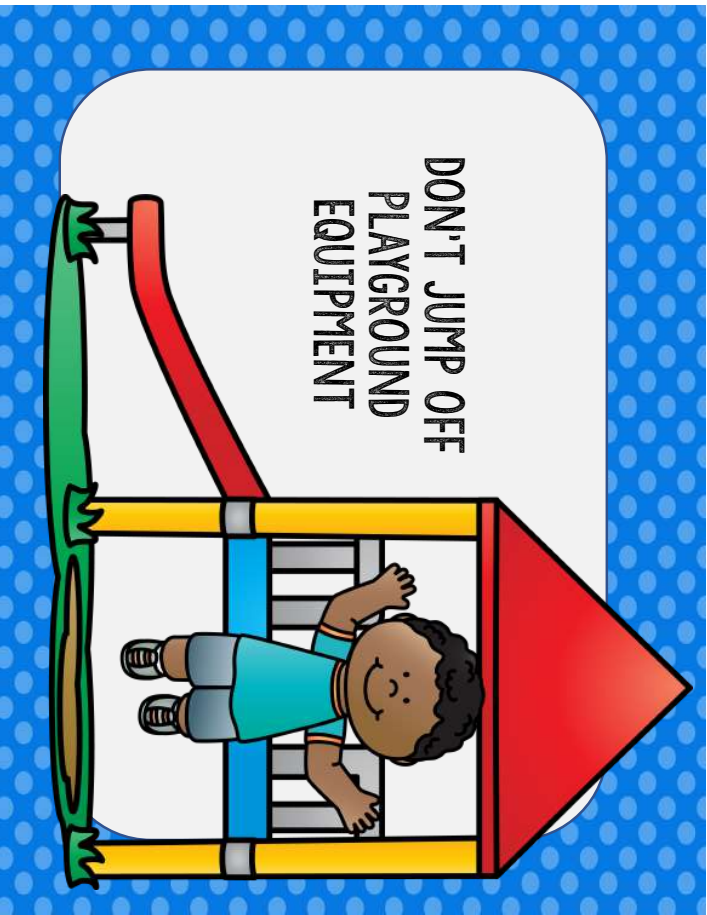


NO BITING



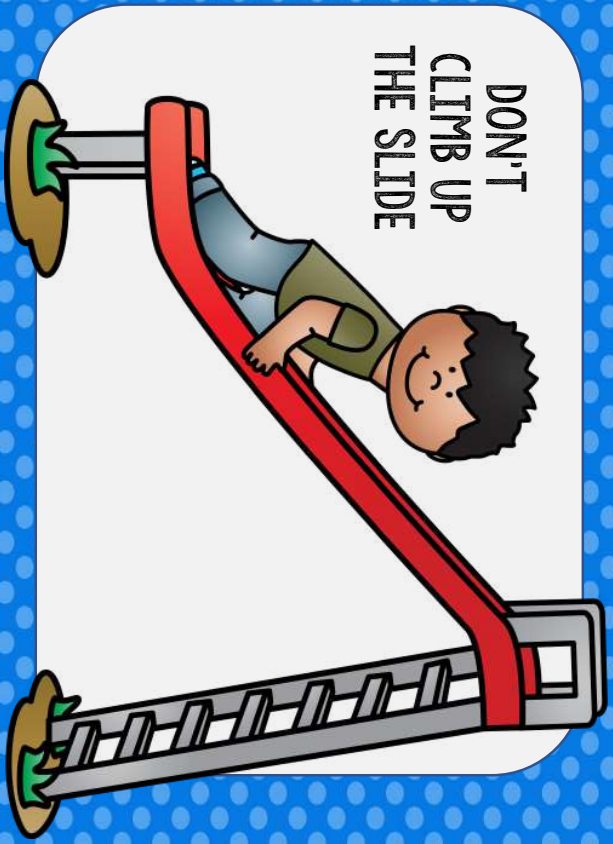
NEVER BULLY



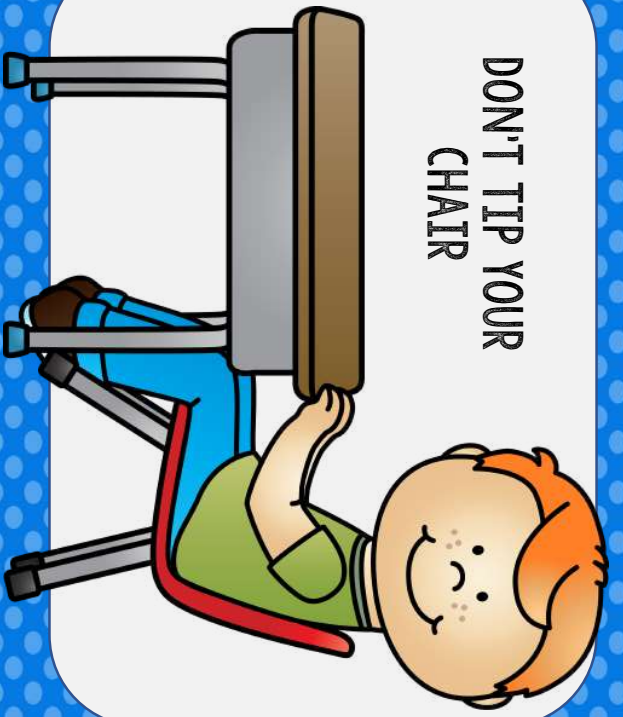




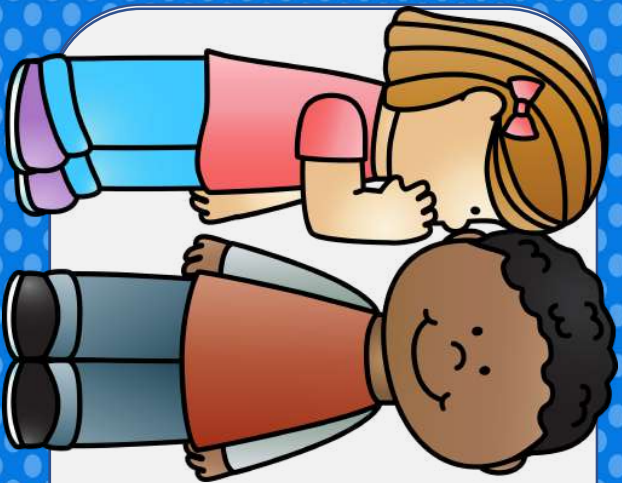
DON'T RUN IN
THE HALLS



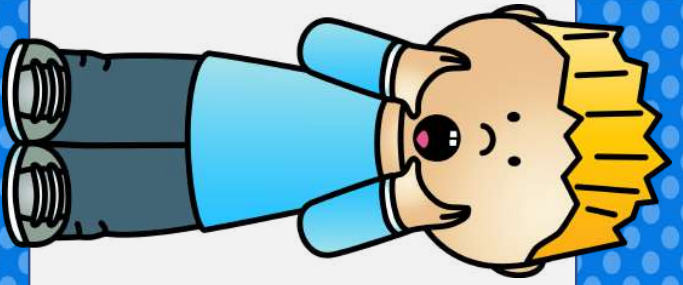
DON'T
CLIMB UP
THE SLIDE



DON'T TIP YOUR
CHAIR



DON'T TALK
WHEN THE
TEACHER IS
TALKING



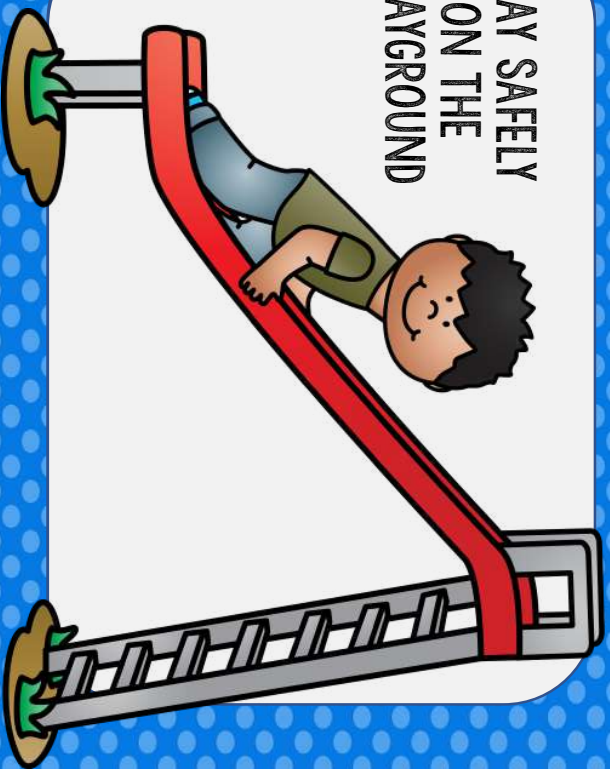
**NO YELLING
INSIDE**



**DON'T RUN ON
THE BLACKTOP**

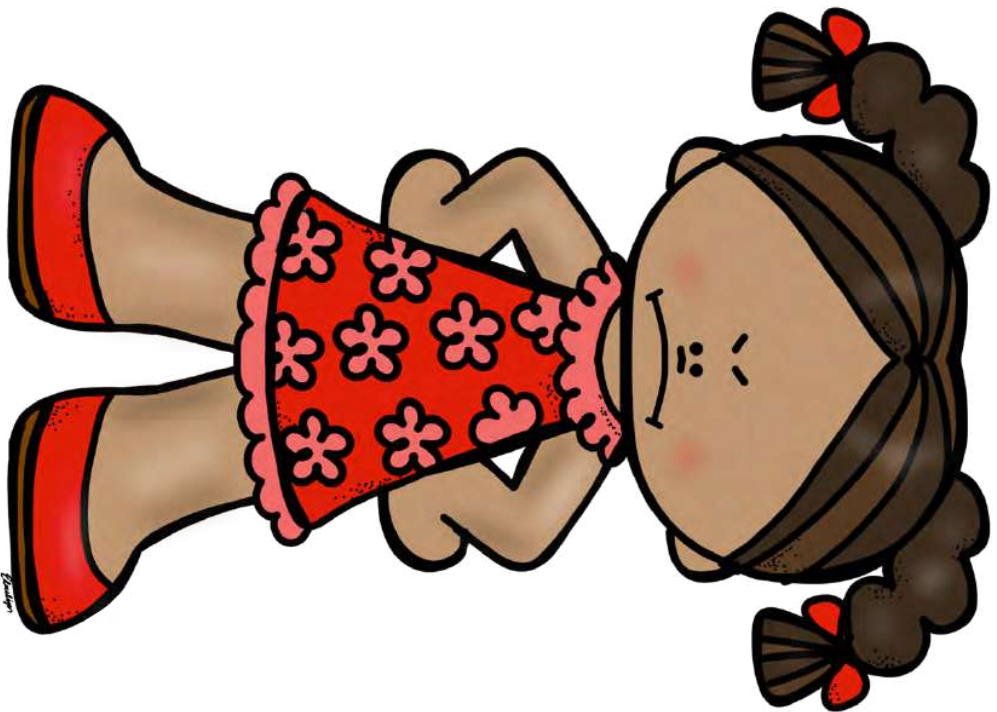


**DON'T TALK ABOUT
OTHER STUDENTS**



**PLAY SAFELY
ON THE
PLAYGROUND**

EMOTIONS CARDS



12 CARDS

M. BOSSENMEYER, ED.D.



Table of Contents

Good Choices Cover Card	Pg. 3
Good Choices Cards	Pg. 3-6
Terms of Use	Pg. 7
Favorite Designers	Pg. 8
Similar Products	Pg. 10



**EMOTIONS
CARDS**

12 CARDS

M. Bossenmeyer, Ed.D.

The cover features a cartoon girl with brown hair in pigtails, wearing a red dress with white floral patterns and red shoes. To the right is a circular portrait of a woman with brown hair, wearing a black top. The background is red with white polka dots.



CONFUSED

The card shows a cartoon girl with blonde hair in pigtails tied with blue bows. She has a confused expression with a furrowed brow and a small frown. She is wearing a blue top and blue shoes. The background is red with white polka dots.



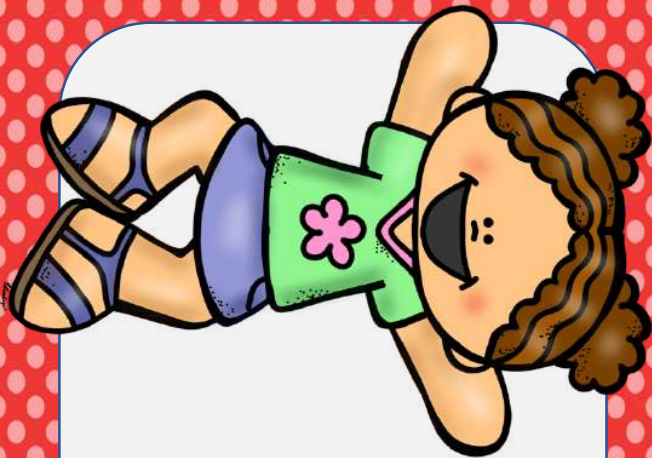
CONTENT

The card shows a cartoon girl with brown hair, wearing an orange dress and orange shoes. She has a content expression with a slight smile. The background is red with white polka dots.

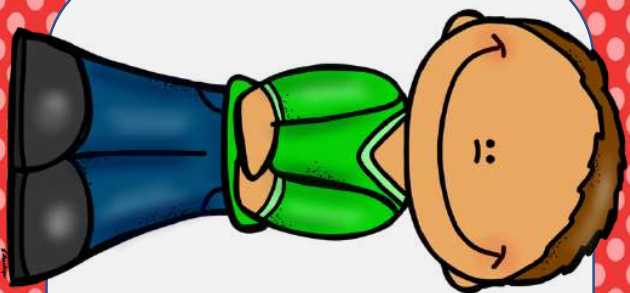


EMBARRASSED

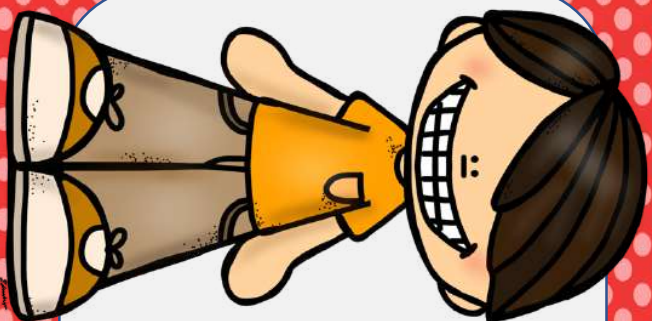
The card shows a cartoon girl with brown hair, wearing a pink dress and red shoes. She has an embarrassed expression with a wide-eyed, slightly open mouth. The background is red with white polka dots.



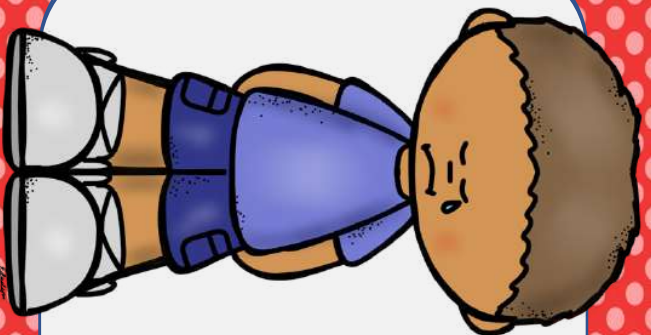
EXCITED



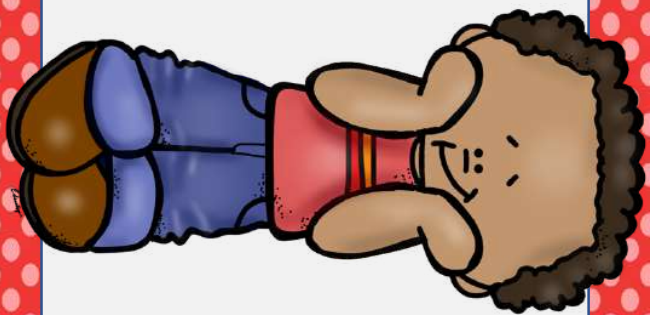
PROUD



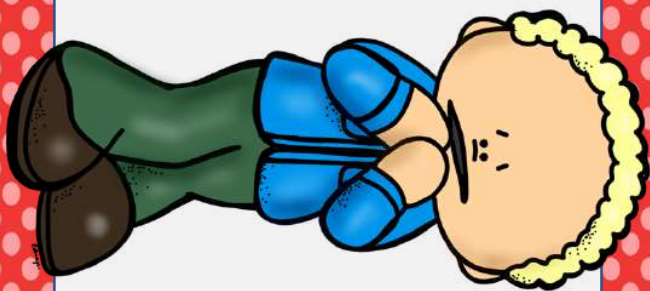
HAPPY



SAD



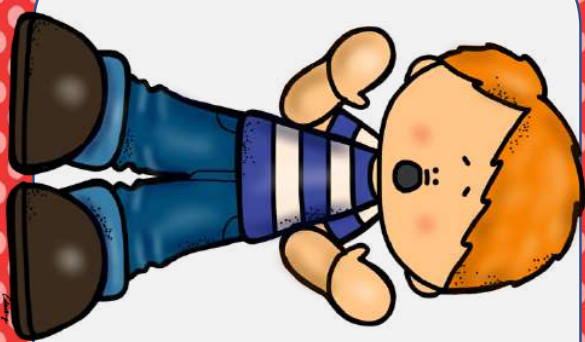
SHY



SCARED



WORRIED



SHOCKED

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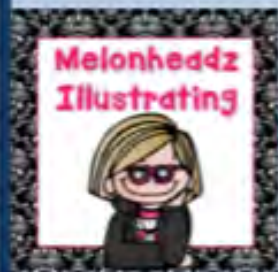
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DR. MELINDA BOSSENMEYER, ED.D.

Favorite Designers



DR. MELINDA BOSSENMEYER, ED.D.



ACTIVE
CHILDREN
MAKE BETTER
LEARNERS.
-PEACEFULPLAYGROUNDS-

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archive/](https://peacefulplaygrounds.com/newsletter-archive/)

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YOGA SET 1



30 CARDS-30 POSTERS-3 ACTIVITIES

DR. MELINDA BOSSENMEYER

YOGA SET 2



32 CARDS-32 POSTERS-3 GAMES

DR. MELINDA BOSSENMEYER

YOGA PARTNER ACTIVITIES



18 CARDS-18 POSTERS-3 ACTIVITIES

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EXERCISE CARDS



20 CARDS

DR. MELINDA BOSSENMEYER, ED.D.


Exercise Cards #2



22 CARDS

DR. MELINDA BOSSENMEYER

WORKOUT CARDS



12 EXERCISE & 4 WILD CARDS

DR. MELINDA BOSSENMEYER, ED.D.

Active Learning

Movement Cards, Story Enactment Props & Posters

Mouse loves cookies

By Dr. Melinda Bossenmeyer



15 cards, 15 Props & 15 posters

Active Learning

200 Station Cards PE Activities

By Melinda Bossenmeyer, Ed.D.



BRAIN BREAKS

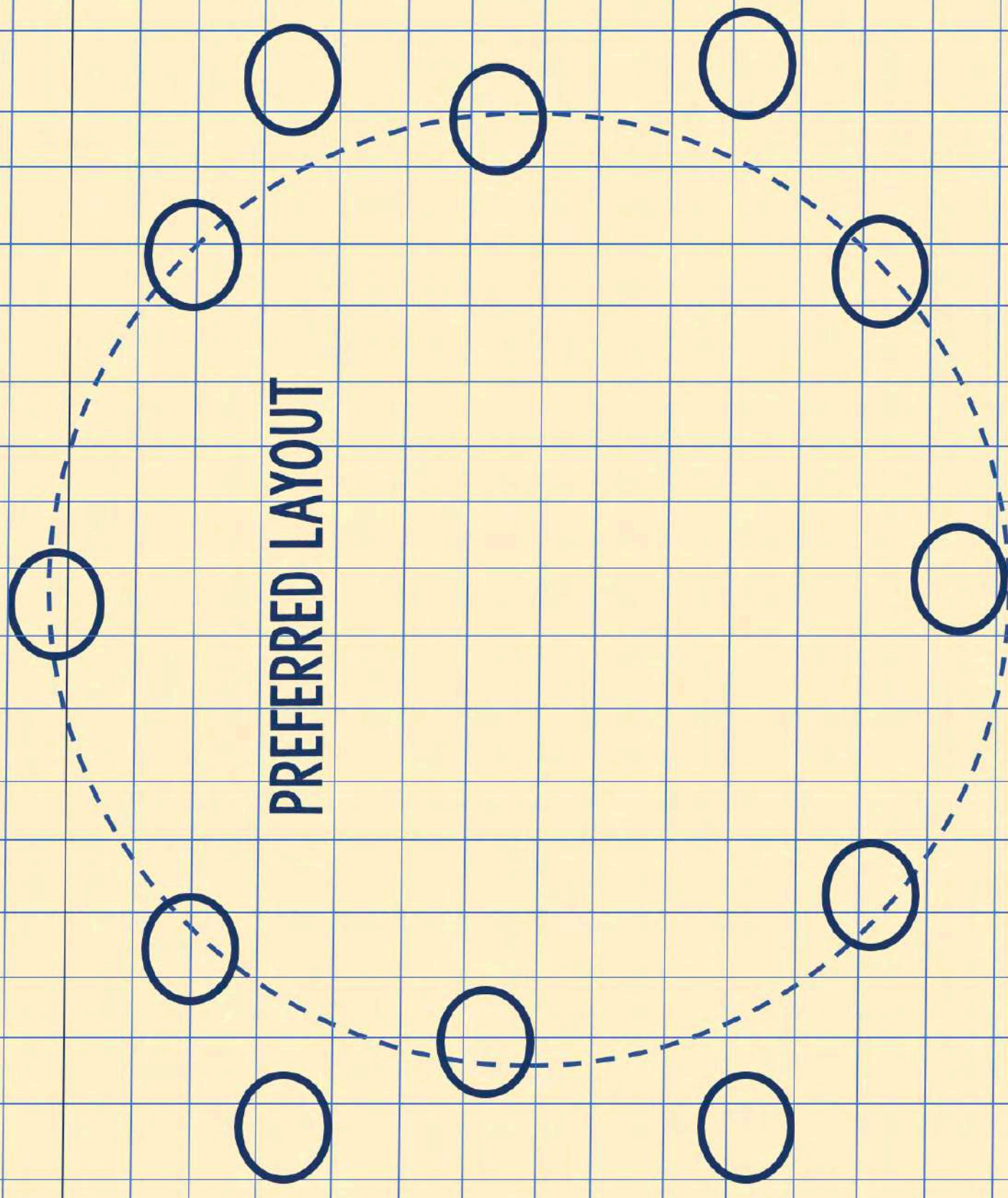


ACTIVE ALPHABET

DR. MELINDA BOSSENMEYER

DR. MELINDA BOSSENMEYER, ED.D.

PREFERRED LAYOUT



Small Distancing Playground 55' x 95' SCALE 1 Box=5'