Shape, circle

Description automatically generated

Let’s get…

Graphical user interface, application

Description automatically generatedLogo

Description automatically generated with medium confidence

moving

These prompt cards are ideas for movement activities.

As well as being good for the body, movement and exercise are also an important part of a healthy mind!

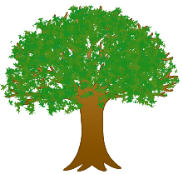
We hope this helps!

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Play a game at the park!

Let’s get…



Try some yoga!

moving

A picture containing doll, toy

Description automatically generatedA picture containing honeycomb, dome, soccer

Description automatically generatedA picture containing person, toy, doll

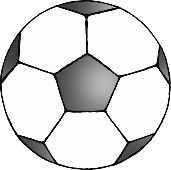
Description automatically generatedA picture containing doll

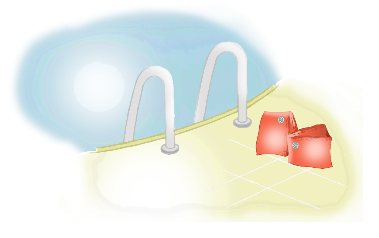
Description automatically generatedLogo

Description automatically generated with medium confidenceLogo

Description automatically generatedA picture containing text

Description automatically generatedA picture containing vector graphics, spectacles

Description automatically generatedShape

Description automatically generatedA picture containing toy, doll

Description automatically generatedBackground pattern

Description automatically generated with medium confidenceA picture containing watering can

Description automatically generatedA close-up of a fruit

Description automatically generated with low confidenceA picture containing transport, wheel

Description automatically generatedA picture containing vector graphics, light

Description automatically generatedA picture containing text

Description automatically generatedA picture containing text

Description automatically generatedA picture containing toy, doll

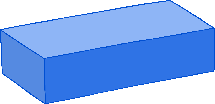
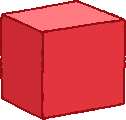
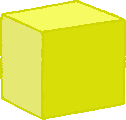
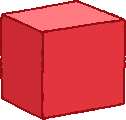
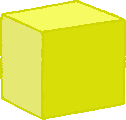
Description automatically generatedA picture containing logo

Description automatically generatedIcon

Description automatically generated with medium confidenceA close-up of a crescent moon

Description automatically generated with low confidenceIcon

Description automatically generated with medium confidence



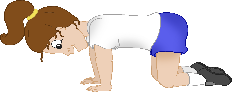
Bounce a ball!

Run a race!

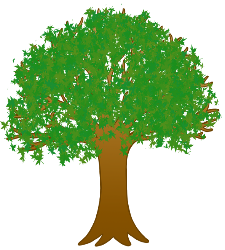
Help with chores!

Play on playground equipment!

Act out nursery rhymes!



Play hide and seek!



Treasure hunt!

Go for a swim!

Make an obstacle course!

Look for minibeasts!

Go for a walk!

Dance to some music!

Hula hooping!

Go on a maths hunt!

Play on ride-ons!

Build a den!

Role-play!

Do some gardening!

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Let’s get…

moving

