

Movement Card Game: Get Moving and Learning!

Staying active is essential for growing bodies and minds! Physical activity helps build strong muscles and bones, supports mental well-being, reduces stress, and even improves sleep. This fun, family-friendly game is a great way to get everyone moving—while also sneaking in a bit of early reading and math practice!

What You'll Need:

- 20 index cards or small pieces of paper (about playing card size)
 - Markers or pens
-

Let's Play:

1. **Create your cards:**
 - On **10 cards**, write a different movement (e.g., jumping jacks, spin in a circle, hop on one foot, touch your toes, reach for the sky).
 - On the **other 10 cards**, write the numbers **1 to 10** (one number per card).
 2. **Set up the game:**
 - Shuffle each set of cards separately and place them face down in two piles—one for **movements**, one for **numbers**.
 3. **Time to move!**
 - A player picks one card from each pile and reads them aloud (e.g., “5 jumping jacks”).
 - Everyone joins in and completes the movement the number of times shown.
 4. **Keep it going:**
 - Take turns drawing cards and leading the group.
 - Continue until all cards have been used at least once.
-

Fun Variations:

- **Beat the Clock:** Use a timer to see how many repetitions each player can do in 30 seconds.
 - **Mix It Up:** Add silly movements like “wiggle like a worm” or “march like a robot” for extra giggles.
-

This simple game is a great way to bond as a family, burn off energy, and build early learning skills—all while having a blast!