

HOW TO USE THE ARMS IN MOTION CARDS

Use the QR code or watch the video here - <https://youtu.be/FONDtddaAu8>



These action cards are perfect for a seated or standing brain break anytime of day.

You can practice the motions using the flashcards or watch the video and complete the big arm movements along with the song.

Try pre-teaching the actions before you hit play on the song. Then hit play and move to the beat.

These are great active exercises to help with movement throughout the school day for all students. It is a great posture break too!

OPTIONS: Print and cut out the small cards, print the full page ones for a brain break in the hallway, or screen share the full page cards.

ARMS IN MOTION



March in place and clap your hands.



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ARMS IN MOTION



Move your arms like windshield wipers.



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ARMS IN MOTION



Move your arms in the shape of a rainbow.

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ARMS IN MOTION



Turn your arms side to side like a helicopter.

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ARMS IN MOTION



Open and close your arms wide.

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ARMS IN MOTION



March in place and clap your hands.

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ARMS IN MOTION



Move your arms back and forth like you are rowing a boat.

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ARMS IN MOTION



Put your hands together and pretend to stir with a spoon.

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ARMS IN MOTION



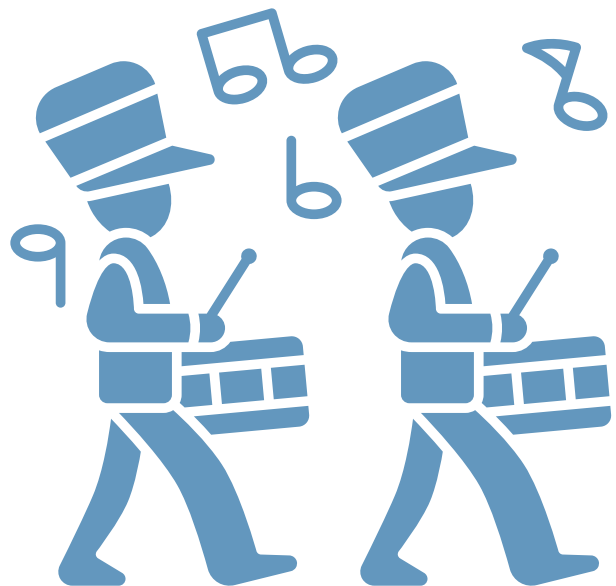
Pretend to toss and catch a big ball over your head.

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ARMS IN MOTION



**March in
place and
clap your
hands.**



ARMS IN MOTION



**Move your
arms like
windshield
wipers.**



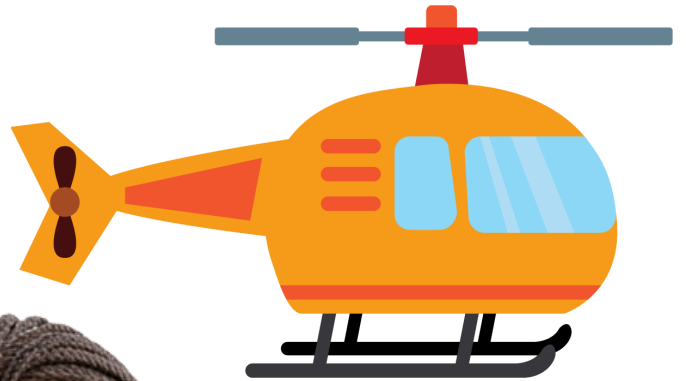
ARMS IN MOTION



**Move
your
arms in
the shape
of a
rainbow.**



ARMS IN MOTION



**Turn your
arms side
to side
like a
helicopter.**



ARMS IN MOTION



**Open and
close your
arms
wide.**



ARMS IN MOTION



**March in
place and
clap your
hands.**



ARMS IN MOTION



**Move your
arms back
and forth
like you are
rowing a
boat.**



ARMS IN MOTION



**Put your
hands
together
and pretend
to stir with
a spoon.**



ARMS IN MOTION

**Pretend
to toss
and
catch a
big ball
over
your
head.**



ARMS IN MOTION



**Pretend
your
arms
are a
clock.**

ARMS IN MOTION



**Pretend you
are
shoveling
dirt over
your
shoulder.**



ARMS IN MOTION



**Pretend you
are an
airplane in
the sky.**