Move and choose

Pack 3 - Look & Discover

Pick ONE picture. Read the action and show it together. Change it to suit your child.



Sneak like a fox

Take three tiny steps.



Flap like a butterfly

Open and close your arms.



Crawl like a ladybird

Move slowly, or wiggle fingers.



Walk like a turtle

Take three slow steps.



Hop like a frog

Hop once, or lift one hand.



Stretch into a star

Reach out wide.



Reach for the kite

Reach up, then lower your arms.



Tap a drum rhythm

Tap your knees gently twice.

Cut along the dashed lines, or point to a picture without cutting.

Adult guide: Move and choose

Pack 3 - Look & Discover

How to play

1. Show just two picture cards and let the child choose one.
2. Read the action aloud, then demonstrate it yourself.
3. Try the action together for a few seconds.
4. Offer a seated or smaller version if preferred.
5. Stop, swap cards or take a break whenever needed.

Example: Jump like a frog

Point to the frog. Say: "Can we jump like a frog?"
Show a little jump yourself. The child can jump,
raise their hands, watch, or choose something else.
There is no correct speed, number of jumps or score.

Make sure there is space to move. Supervise play and cutting. These activities are optional play ideas, not ADHD treatment.