Move and choose

Pack 4 - Play Together

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



Tap a drum together

Take turns tapping your knees.



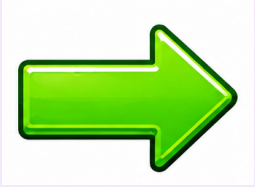
Roll a ball together

Roll a ball back and forth.



Stop and freeze

Pause in a comfy position.



Point to a direction

Point right, or choose another way.



Rest like a cat

Curl up or sit comfortably.



Stomp together

Make two soft stomps.



Flutter together

Wave arms with a partner.



March together

Take four steps side by side.

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

Adult guide: Move and choose

Pack 4 - Play Together

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.