Move and choose

Pack 2 - Little Routines

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



Stretch to the sun

Reach both arms upwards.



Float like a cloud

Sway gently from side to side.



Stomp in your boots

Make two gentle stomps.



Curl up like a cat

Make yourself small, then relax.



Jump like a frog

Jump, or lift both hands.



Fly your pretend kite

Lift and move your arms.



Chug like a train

March slowly on the spot.



Pass a pretend ball

Move your hands to a partner.

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

Adult guide: Move and choose

Pack 2 - Little Routines

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.