Move and choose

Pack 1 - Move & Explore

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



Jump like a frog

Bend and spring, or lift your hands.



Reach up like a kite

Stretch arms towards the sky.



Tiptoe like a fox

Take tiny quiet steps.



March like a train

Lift one foot, then the other.



Flutter like a butterfly

Gently flap your arms.



Crawl like a turtle

Move slowly on hands and knees.



Make a star shape

Stretch arms and legs wide.



Roll a ball

Roll it to a friend or wall.

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

Adult guide: Move and choose

Pack 1 - Move & Explore

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.