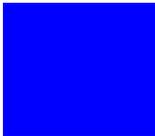


How To Easily Adapt Everyday Games To Include Movement

1. **CandyLand:** Add a movement to each color. When they draw this color they need to do the following. If they draw a picture they can choose a person and movement they need to do.



5 Jumping Jacks



Hop on 1 foot 5x



Do 5 Windmills



Spin in a circle 3x



Jump up and down 5x



Do 5 crab kicks

2. Deck of Cards:

Have them do a movement for each suit they draw. Whatever number they draw is how many times they need to do the movement.



Do 5 bunny hops



Do 5 push-ups



Do 5 sit-ups



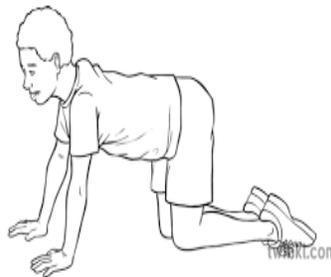
Do 5 toe raises

- Set some cards across the room and have your child run across the room grab a card do the activity and come back
- Hide the cards around the room and have them find a card and do the activity.
- Play card games in different positions:

**TALL
KNEEL**



**ONE-HALF
KNEEL**



Hands and knees

***highlighted words are just a few things Simon Says works on- this is a small example of how these simple activities work on SO many developmental skills

3. *Simon Says*

Work on body parts: (body awareness, body control, learning body parts, eye/hand coordination, following directions)

- Simon says point to your toes
- Simon says touch your eyebrows
- Simon says touch your elbows
- Simon says touch your ankle
- Simon says touch your tongue
- Simon says touch your left shoulder
- Simon says touch your back
- Simon says tickle your armpit
- Simon says touch your right knee
- Simon says touch your fingernail

Crossing midline: (helps the right side and left side of the brain communicate with each other- information in brains travel side/side needed for learning, vision, balance, body awareness and control, trunk rotation)

- Simon says hug yourself
- Simon says touch both elbows at the same time
- Simon says touch your right knee with your left hand
- Simon says fold your arms
- Simon says crisscross your legs
- Simon says high five the person next to you (this can be Simon if playing with only one child)
- Simon says dance for 10 seconds
- Simon says touch your left shoulder with your right hand
- Simon says wave your arms above your head
- Simon says twist from side to side

Gross motor skills: (strength, balance, body control and awareness, vestibular)

- Simon says run around in a circle really fast
- Simon says climb up the stairs (or on the couch or something nearby if you don't have stairs)
- Simon says roll over twice on the ground
- Simon says walk backwards in a straight line
- Simon says pretend to be a fish and swim around the room
- Simon says do a crazy dance for 15 seconds
- Simon says act like an elephant and swing your trunk around
- Simon says move like your favourite animal
- Simon says spin in a circle with your arms out
- Simon says jump up and down ten times

Listening skills/ multi step directives: (auditory, higher level thinking, memory, understanding concepts, memory recall)

- Simon says bend over to touch your toes three times
- Simon says clap five times in a row
- Simon says spin in a circle, stopping in the same spot you began
- Simon says solve this problem. Answer out loud as soon as you solve it. What is 5×3 ? (you can adapt this to fit their grade level and skills)
- Simon says do six jumping jacks as fast as you can
- Simon says touch each knee with the opposite hand
- Simon says count to ten in your head. Raise your hand when you're done
- Simon says close your eyes and balance on one foot. You can choose which foot
- Simon says pat yourself on the back because you are doing a great job!
- Simon says meow like a cat. Then, bark like a dog