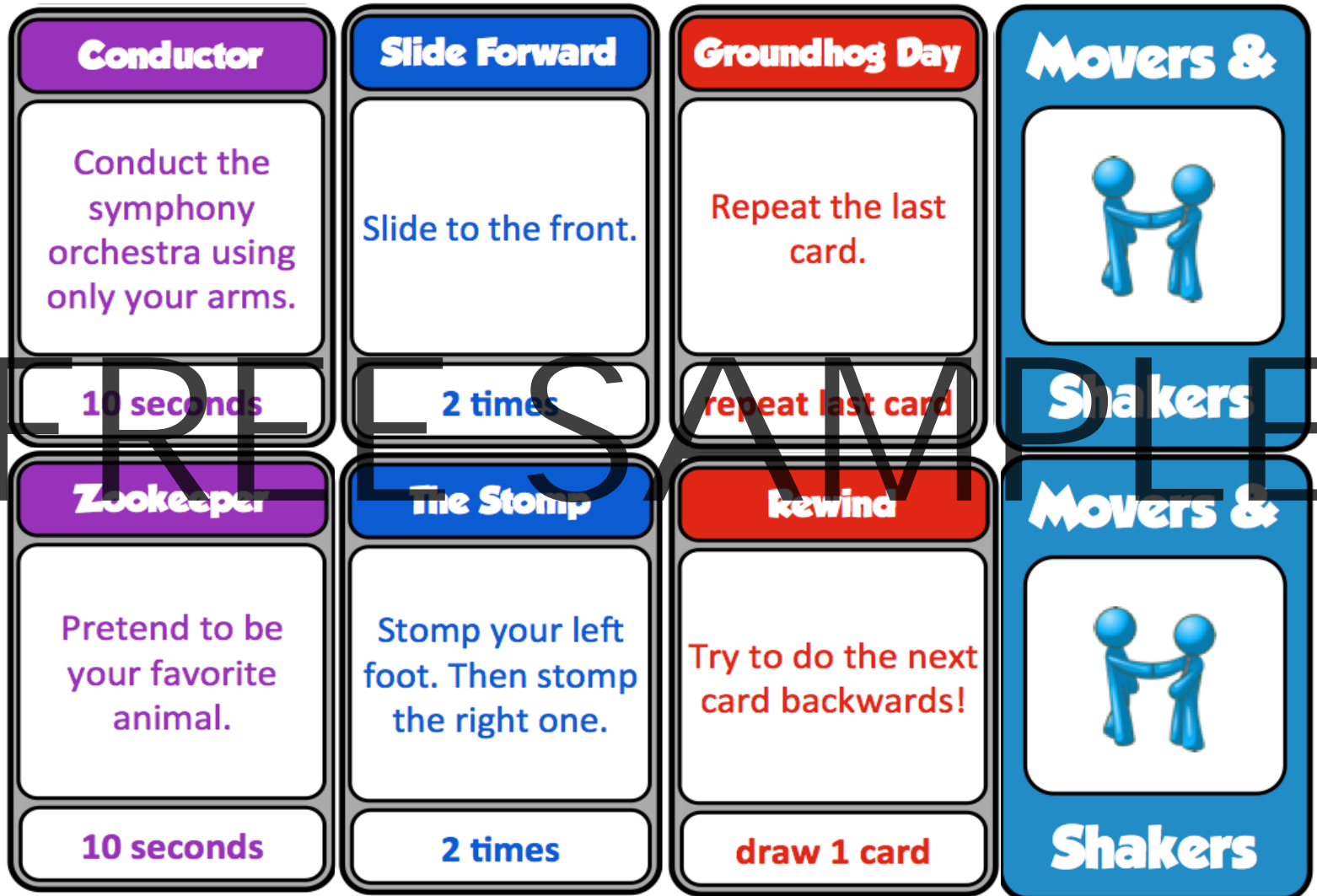


Movers & Shakers

Brain Breaks Physical Activity Game!



This full color 72 card set includes:
27 basic moves cards, 27 silly moves cards,
and 18 shakers cards that change the rules

designed and arranged by: **Andrew Frinkle**

Movers &



Shakers

**Brain Breaks
Physical Activity
Game**

HOW TO MAKE THESE CARDS:

Print these cards in color if possible. Laminating or printing on heavy gauge paper will prolong their usability. You can print using the backs if you want. Test a page or two first to see if margins line up.

Cut the individual cards out, shuffle.

GAMES TO PLAY:

- **TIMED PLAY:** Shuffle the cards, draw 1 at a time, unless otherwise indicated, and play as long as you have time.
- **ROUND PLAY:** Shuffle the cards, draw a card. Each person or team does 1 card in turns. Rotate play.
- **COUNT PLAY:** Shuffle the cards, draw a card. Play until you've gone through a set number of cards. Allow encores of a couple extra cards if everyone is having a blast!
- **EASY PLAY:** Remove the advanced movers cards for a simpler game. Some kids might not understand the harder ones.

FREE SAMPLE

Movers &



Shakers

Movers &



Shakers

Movers &



Shakers

Movers &



Shakers

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Shakers

Movers &



Shakers

Movers &



Shakers

Movers &



Shakers

FREE SAMPLE

Single Hopper

Hop on one foot.

5 times

Double Hopper

Hop on two feet.

5 times

Jumping Jacks

Do jumping jacks.

5 times

Sit Ups

Do Sit Ups

5 times

Turn Around

Do a 360 degree turn.

2 times

The Stomp

Stomp your left foot. Then stomp the right one.

2 times

Give Me a Hand

Clap your hands.

3 times

Toe Toucher

Touch your toes.

2 times

Nose Toucher

Touch your nose.

2 times

FREE SAMPLE

Knee Toucher

Touch your knees.

2 times

Shoulder Toucher

Touch your shoulders.

2 times

Getting Nowhere

Run in place.

10 seconds

Slide Left

Slide to the left.

2 times

Slide Right

Slide to the right.

2 times

Slide Forward

Slide to the front.

2 times

Slide Back

Slide to the back.

2 times

Sit Down

Sit down.
Get up.

2 times

Tiptoes

Stand on your tiptoes.

5 seconds

FREE SAMPLE

Cross My Heart

Cross your ankles while standing. Then cross your wrists. Uncross them.

3 times

Say Yes

Nod your head Yes.

5 times

Say No

Shake your head No.

5 times

Shrug It Out

Shrug your shoulders.

5 times

Freeze Frame

Don't move a muscle!

10 seconds

Good Job

Give someone 2 thumbs up!

2 times

March 2-3-4

March in place. Swing those arms! Lift those knees!

10 steps

H S K T

Touch your head, shoulders, knees, and toes.

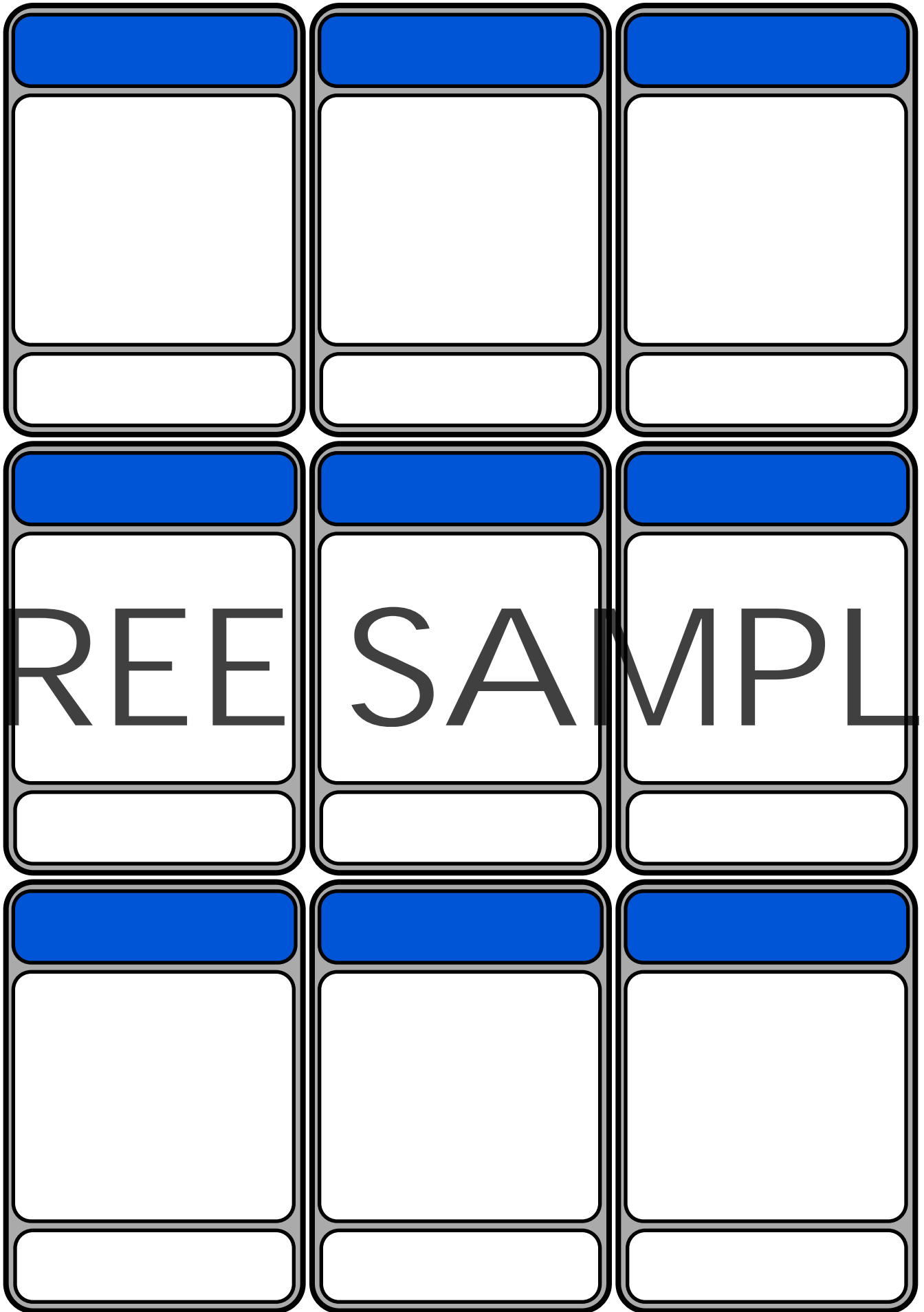
2 times

Jump!

Jump as high as you can.

3 times

F R E E S A M P L E E



FREE SAMPLE

Chicken Dance

Tuck your hands into your armpits and flap like a chicken!

5 times

Moose Ears

Put your thumbs against your head and wiggle your open hands.

3 times

Ice Dancer

Make a graceful pose like a figure skater.

10 seconds

Do the Limbo

How low can you go? Bend over backward without falling.

5 seconds

Waltz

Lift your arms up at right angles and glide around the room.

10 steps

Hip Hip Hooray!

Throw both arms up and declare, "Hooray!"

3 times

Prima Ballerina

Lift your arms up above your head, touch your palms, stand on your tiptoes. Turn.

2 times

I'm Like a Bird

Flap your wings like you are a beautiful and free bird!

5 times

Raise the Roof

Lift your palms up toward the ceiling. Pump your arms.

10 times

F R E E S A M P L E

FREE SAMPLE

Give Me Attitude

Put your hands on your hips and look fierce.

5 seconds

Egyptian Walk

Walk with your arms stiffly at right angles. Get hieroglyphic!

5 steps

Robot Dance

You have no human feelings, but you are a dance machine!

10 seconds

Conductor

Conduct the symphony orchestra using only your arms.

10 seconds

I Am Awesome

Pretend you just won the BIG GAME!

5 seconds

Moonwalk

Slide backward on the balls of your feet. Style matters!

5 steps

Santa Laugh

Put your hands on your hips, throw your head back, and give a belly laugh.

3 Ho-Ho-Ho's

Supermodel Strut

Walk like a supermodel.

10 steps

High 5!

Give out some high five's.

3 times

Self Hug

Hug yourself.

3 seconds

Criss Cross

Jump and cross your ankles and wrists. Jump again and uncross them.

3 times

Exploding Fist

Do an exploding fist pump with a neighbor.

2 times

Get Jurassic

Do your best T-Rex impression.

5 seconds

Top Gun

Do a high 5 up high, swing your arms down and finish with one more down low!

2 times

Air Orchestra

Pretend to play an instrument. You're a pro!

10 seconds

Belt It Out

Dramatically pretend to lip sync to your favorite song.

10 seconds

Zookeeper

Pretend to be your favorite animal.

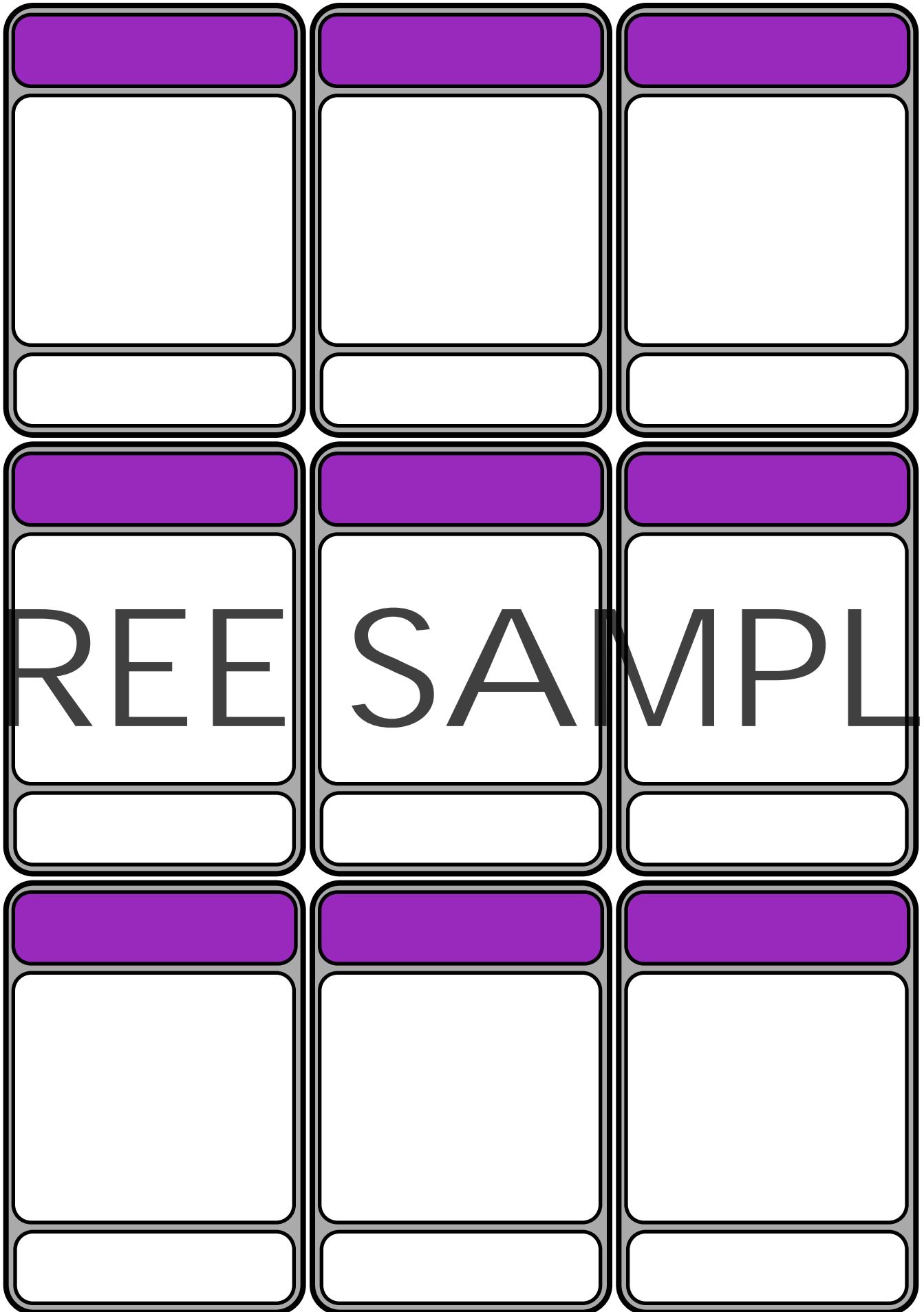
10 seconds

Snake Charmer

Move your body like a snake! Wave your arms and body.

10 seconds

FREE SAMPLE



FREE SAMPLE

Party of 2

Draw 2 cards and do them right in a row.

draw 2 cards

Party of 3

Draw 3 cards and do them right in a row.

draw 3 cards

Party of 4

Draw 4 cards and do them right in a row.

draw 4 cards

Double Time

Do the next card in fast mode.

draw 1 card

Slow-Mo

Do the next card in super slow motion.

draw 1 card

Groundhog Day

Repeat the last card.

repeat last card

Double Duty

Do 2 times the required moves on the next card!

draw 1 card

Working Overtime

Do 3 times the required moves on the next card!

draw 1 card

Yea or Nay?

Draw 2 cards. Everyone votes on which one to do and which one to skip.

draw 2 cards

FREE SAMPLE

Boys Don't Cry

Only BOYS do the next card.

draw 1 card

Girls Don't Cry

Only GIRLS do the next card.

draw 1 card

Teachers Don't Cry

Only TEACHERS do the next card.

draw 1 card

2 for 1

Try to do the next 2 cards at the same time!

draw 2 cards

3 for 1

Try to do the next 3 cards at the same time!

draw 3 cards

Survey Says?

Ask a random person what they want to do. Copy whatever they do.

ask a player

Rewind

Try to do the next card backwards!

draw 1 card

Switcharoo

Everyone moves to a different spot in the room and continues from there.

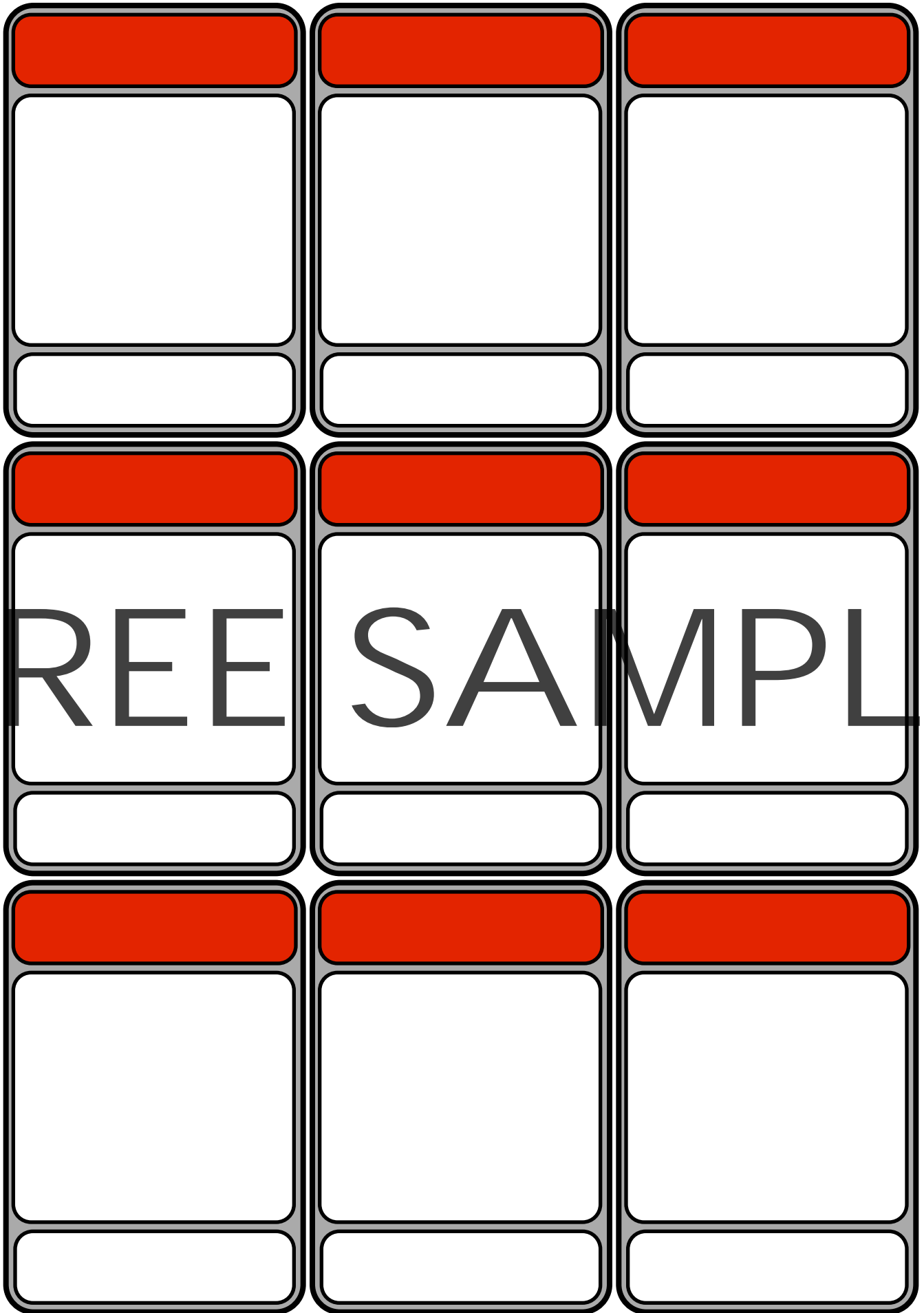
draw 1 card

Chair Shot

Try to do the next card while seated in your chair!

draw 1 card

F R E E S A M P L E



FREE SAMPLE

BASIC MOVERS CARDS (27)

*These are the basic moves.
They tell you how many times
to perform the action.*

- Single Hopper
- Double Hopper
- Jumping Jacks
- Sit Ups
- Turn Around
- The Stomp
- Give Me a Hand
- Toe Toucher
- Nose Toucher
- Knee Toucher
- Shoulder Toucher
- Getting Nowhere
- Slide Left
- Slide Right
- Slide Forward
- Slide Back
- Sit Down
- Tiptoes
- Cross My Heart
- Say Yes
- Say No
- Shrug It Out
- Freeze Frame
- Good Job
- March 2-3-4
- H S K T
- Jump!

ADVANCED MOVERS CARDS (27)

*These are the advanced moves.
They are sillier and/or more open
to interpretation.*

- Chicken Dance
- Moose Ears
- Ice Dancer
- Do the Limbo
- Waltz
- Hip Hip Hooray!
- Prima Ballerina
- I'm Like a Bird
- Raise the Roof
- Give Me Attitude
- Egyptian Walk
- Robot Dance
- Conductor
- I Am Awesome
- Moonwalk
- Santa Laugh
- Supermodel Strut
- High 5!
- Self Hug
- Criss Cross
- Exploding Fist
- Get Jurassic
- Top Gun
- Air Orchestra
- Belt It Out
- Zookeeper
- Snake Charmer

SHAKERS CARDS (18)

*These cards shake the game
up by adding extra rules!
Draw cards with these ones.*

- Party of 2
- Party of 3
- Party of 4
- Double Time
- Slow-Mo
- Groundhog Day
- Double Duty
- Working Overtime
- Yea or Nay?
- Boys Don't Cry
- Girls Don't Cry
- Teachers Don't Cry
- 2 for 1
- 3 for 1
- Survey Says?
- Rewind
- Switcharoo
- Chair Shot

FREE SAMPLE

Andrew Frinkle

Andrew Frinkle is an award-nominated teacher and writer with experience in America and overseas. He has taught PreK all the way up to adult classes, and has focused on ESOL and EFL techniques. With a young child at home now, he's been developing more and more teaching strategies and books aimed at helping young learners.

His educational works include:

- 50 STEM Labs - Science Experiments for Kids
- 50 More STEM Labs
- Common Core Assessment Templates
- Common Core Vocabulary Cards
- Graph Paper Math
- How to Draw with Basic Shapes
- Science Now!
- Sentence Builders
- Weekly Sentence Strips
- Story Starters
- Word Builders
- *Get this and other books on Amazon, Lulu, and other online booksellers!*



Read more about Andrew Frinkle at www.underspace.org. He also maintains the educational websites www.littlelearninglabs.com and www.common-core-assessments.com. He also works full time for www.havefunteaching.com and its affiliated sites, as well as writing fantasy and science fiction novels under the pen name Velerion Damarke.

Movers & Shakers

Movers & Shakers is a fun, simple game designed to get kids engaged and moving. Use it to stimulate minds and get blood pumping. Play a set amount of cards, play for set amount of time, or just play until everyone is energized and ready to continue the lesson!

This makes a great preschool and kindergarten activity, as well as a really fun rainy day P.E. game!

It's simple. Flip over a card, and follow the directions. **Movers Cards** get you moving doing easy or funny actions. **Shakers Cards** change the rules to make things more interesting! Have a student read the directions on the card, or get involved with them. The variety of cards makes playing again and again a great thing!