

Movers & Shakers

The Sound of Music Expansion Set



This full color 72 card set includes:
18 basic moves cards, 18 silly moves cards, 27 music & dance cards,
and 9 shakers cards that change the rules

designed and arranged by: **Andrew Frinkle**

Movers &



Shakers

A Little Song & Dance

**Brain Breaks
Physical Activity
Game**

Expansion Set

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.

Movers &



Shakers

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Shakers

FREE SAMPLE

Touch the Stars

Reach both hands up as high as you can. Up, down, repeat!

5 times

Right Bicep

Flex your right arm. Look at those muscles!

3 seconds

Left Bicep

Flex your left arm. Look at those muscles!

3 seconds

Kneeling

Kneel down. Get up.

3 times

Hold for 5

Hold your breath!

5 seconds

Hold for 10

Hold your breath!

10 seconds

Squats

Put your arms out straight in front of you. Bend at the knees. Keep your bottom back.

5 times

Curls

Pump your arms like you're lifting weights. Keep your elbows by your sides.

10 times

Left Leg Lifts

Put your hands on your hips. Lift your left leg out to the side, and keep it straight.

5 times

FREE SAMPLE

Right Leg Lifts

Put your hands on your hips. Lift your right leg out to the side, and keep it straight.

5 times

Knees & Elbows

Hold your arms out to the side at right angles. Lift one leg at a time. Try to touch your knee to your elbow.

3 times per side

Pop Your Back

Hold your arms up even with your shoulders. Then twist back and forth.

3 times per side

Double Stomp

Stomp both feet at the same time.

2 times

Choo Choo

Pump your right arm like you're pulling a train whistle and say, "CHOO CHOO!"

3 times

Morning Stretch

Do your best morning stretch and yawn!

1 time

Up-Downs

Roll from your heels up to your tip-toes and back down.

5 times

Wide Open

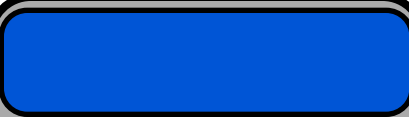


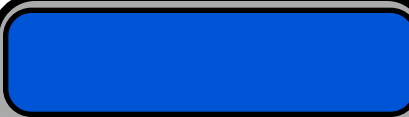


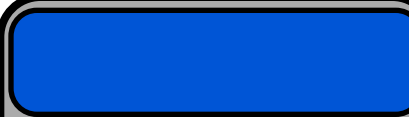


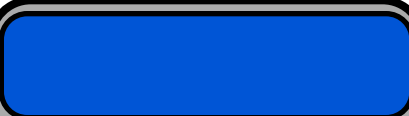


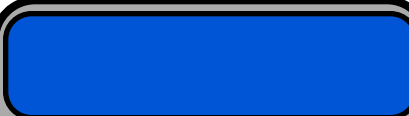


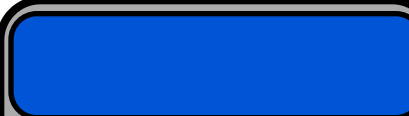











Stretch your mouth wide open.

3 seconds

Open Hands

Stretch your fingers wide apart.

3 seconds

FREE SAMPLE

Molasses

Move in super slow motion.

3 cookies

Shadowboxers

Give your shadow a left and a right! Careful about your neighbors!

4 punches

Scary Faces

Make your scariest faces!

5 seconds

Evil Laugh

Do your best evil laugh. Muahahaha!

2 laughs

Swimmers

Pretend to swim around the room.

10 seconds

Ladder Climb

Pretend you are climbing up a ladder.

5 seconds

Yoga Statues

Put your hands together high above your head. Place one foot against the inside of your opposite knee.

10 seconds

Team Chairs

Grab hands with a partner. Squat down so it looks like you're both sitting on chairs.

5 seconds

On Fire!

Stop. Drop. Roll. (Make sure you won't roll into anything)

3 seconds

Hop Skip Jump

Hop on both feet. Then skip on each foot. Then jump!
(Make sure you have room!)

1 time

So Not Funny

Do whatever you want to do...
JUST DON'T LAUGH

10 seconds

Heavy Lifting

Act like you're trying to lift something VERY heavy.

5 seconds

Fleas!

Act like you are crazy itchy!

3 seconds

Faint

Act like you're going to faint.
(Careful now!)

1 time

Crab Walk

Sit down. Then lift yourself up with your hands and feet. Crab walk around the room.

10 seconds

Speed Skater

Swing your arms side to side as you slide your feet. You're speed skating!

5 seconds

Play Cupid

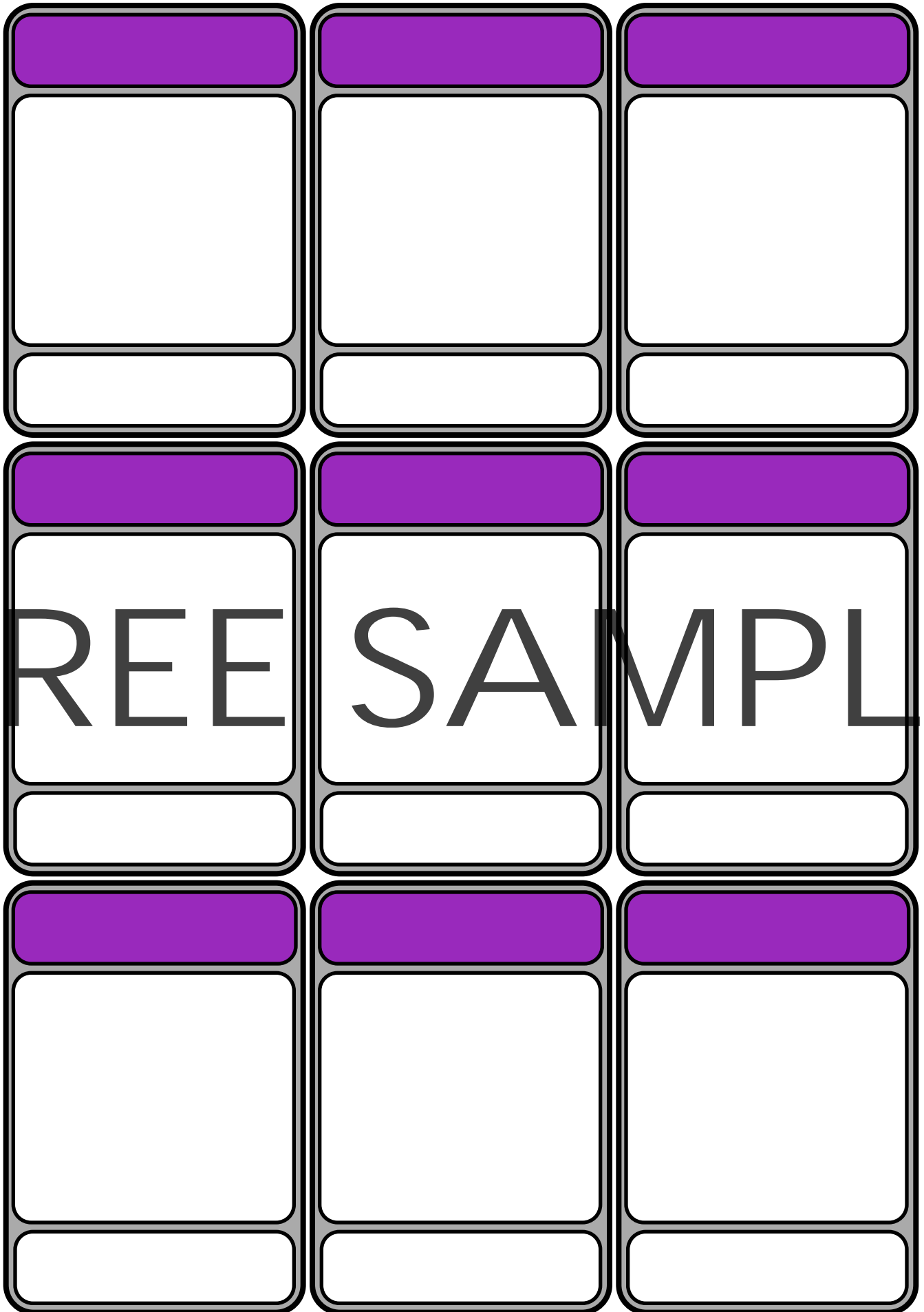
Pull back an imaginary arrow and shoot a friend with a friendship arrow!

1 shot

The Wolf Pack

Throw back your head and howl at the moon!

1 howl



FREE SAMPLE

Guitarist

Do your best
air guitar solo!

5 seconds

Drummer

You are a heavy
metal drummer!

10 seconds

Violinist

You are giving
a violin concert!

10 seconds

Flutist

Play an
imaginary
flute!

5 seconds

Trombonist

You're in a
marching band
playing a
trombone!

5 seconds

Saxophonist

Play that jazz
saxophone!

5 seconds

Cellist

You are playing
a cello concert.

10 seconds

Pianist

You are giving a
piano concert
for your class!

10 seconds

Tubaist

Play that tuba!
Wow!
It's heavy!

5 seconds

FREE SAMPLE

Marching Band

March in the marching band! Lift those knees and play an instrument!

20 steps

Backup Dancer

Bust out some dance moves! You are a backup dancer at a pop concert.

5 seconds

Headbangers

Bang your head! Swing that hair! You're at a heavy metal concert!

5 seconds

Idol Competition

Pretend (quietly) to sing your heart out. You're the next Idol winner!

5 seconds

Knee Slapper

Slap your hands on your desk or your knees.

10 times

Bongos

Pretend to play the bongo drums with your palms.

5 seconds

Irish Jig

Keep your upper body and arms stiff. Kick your legs and bend your knees!

5 seconds

Ballet

Dance gracefully in sweeping motions. You are a swan!

10 seconds

Rhyming

Say a word. Your neighbor has to say one that rhymes. Go back and forth.

4 words

Do-Re-Mi

Sing:
Do-Re-Mi-
Fa-So-La-
Ti-Do!

1 time

Maracas

Pretend to play
the Maracas!
Shake shake
shake!

5 seconds

Triangle

Pretend to play
the triangle!

5 seconds

Tap Dance

Tap dance!
Click those heels.

5 seconds

Rhythmic Dancer

Pretend to twirl a
ribbon or a baton.
You are a dancer!

5 seconds

Accordionist

Pretend you're
playing an
accordion.

5 seconds

Harmonicist

Pretend you're
playing the
harmonica!

5 seconds

Sing it to Me!

Sing or hum a little
of your favorite
song. See if your
friend knows it.
Their turn!


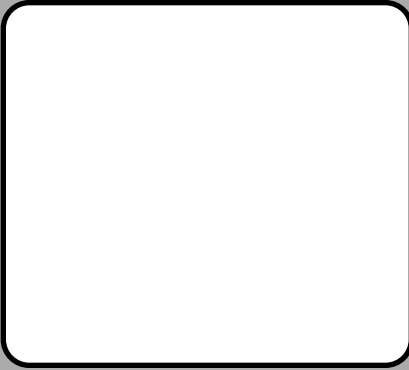


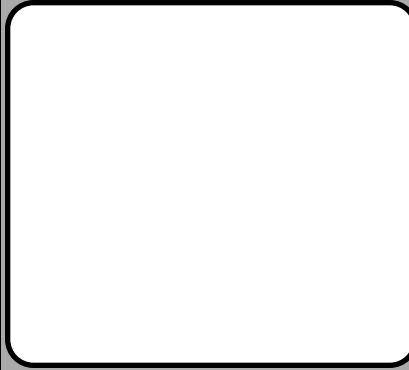


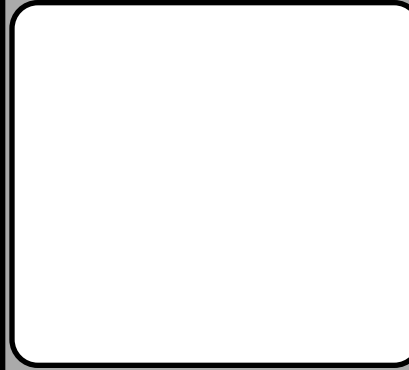








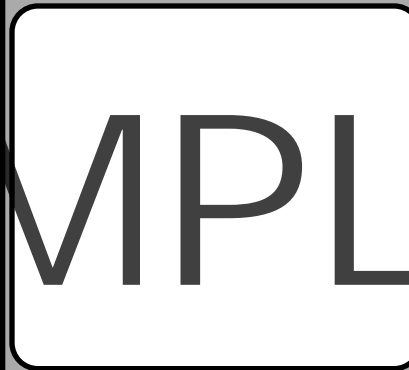


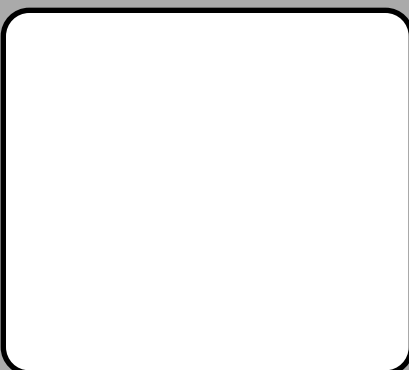







1 song each

Spanish Dancer

Do the Salsa,
Macarena,
Rumba,
or any other
Spanish Dance!

10 seconds

F R E E S A M P L E

FREE SAMPLE

Double Skipper

Draw 3 and skip 2 of them. As they come up, act disappointed! Awwwww!

draw 3 cards

Reshuffle

Reshuffle the deck, even the used cards!

draw 1 card

Bottom Out!

Grab the bottom card from the deck and do it.

draw 1 card

Silent Treatment

Do the next card in ABSOLUTE silence.

draw 1 card

Spring Fever

Only people born in March, April, or May do the next card.

draw 1 card

Summer Fever

Only people born in June, July, or August do the next card.

draw 1 card

Autumn Fever

Only people born in September, October, or November do the next card.

draw 1 card

Winter Fever

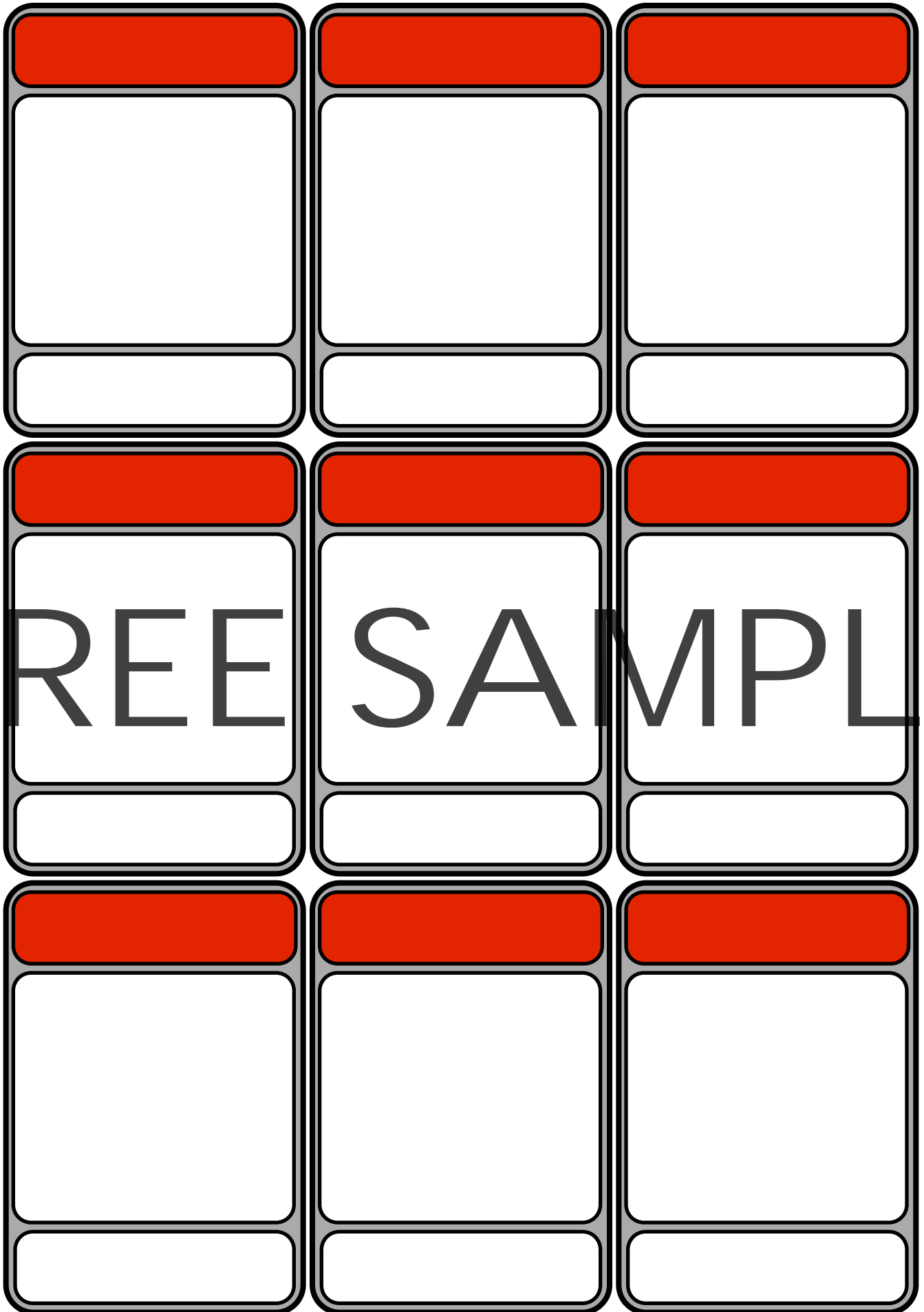
Only people born in December, January, or February do the next card.

draw 1 card

Freestyle

Everyone does what they want for 10 seconds. Then draw a card!

draw 1 card



FREE SAMPLE

BASIC MOVERS CARDS (18)

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

- Touch the Stars
- Right Bicep
- Left Bicep
- Kneeling
- Hold for 5
- Hold for 10
- Squats
- Curls
- Left Leg Lifts
- Right Leg Lifts
- Knees and Elbows
- Pop Your Back
- Double Stomp
- Choo Choo
- Morning Stretch
- Up-Downs
- Wide Open
- Open Hands

ADVANCED MOVERS CARDS (18)

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

- Molasses
- Shadowboxers
- Scary Faces
- Evil Laugh
- Swimmers
- Ladder Climb
- Yoga Statues
- Team Chairs
- On Fire!
- Hop Skip Jump
- So Not Funny
- Heavy Lifting
- Fleas!
- Faint
- Crab Walk
- Speed Skater
- Play Cupid
- The Wolf Pack

MUSIC & DANCE CARDS (27)

*These cards make you act out
different feelings. They can
be challenging to act out.*

- Guitarist
- Drummer
- Violinist
- Flutist
- Trombonist
- Saxophonist
- Cellist
- Pianist
- Tubaist
- Marching Band
- Backup Dancer
- Headbangers
- Idol Competition
- Knee Slapper
- Bongos
- Irish Jig
- Ballet
- Rhyming
- Do-Re-Mi
- Maracas
- Triangle
- Tap Dance
- Rhythmic Dancer
- Accordionist
- Harmonicist
- Sing it to Me!
- Spanish Dancer

SHAKERS CARDS (9)

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

- Double Skipper
- Reshuffle
- Bottom Out!
- Silent Treatment
- Spring Fever
- Summer Fever
- Autumn Fever
- Winter Fever
- Freestyle

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 many educational works include:

- 50 STEM Labs & 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 & Word Builders
- Weekly Sentence Strips
- Story Starters
- Movers and Shakers & the Expansion Sets
- Basic Skills Workbooks: Alphabet Skills, Number Sense, and Shapes
- Monster Zoo Math
- Dealing With Archetypical Children - A Classroom Management Resource
- How to Draw Comic Books
- *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

The Sound of Music Expansion Set

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. The **NEW Music & Dance Cards** have you act out playing instruments or dancing. The **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!

THIS IS THE SECOND EXPANSION SET FOR THE FUN CARD GAME!