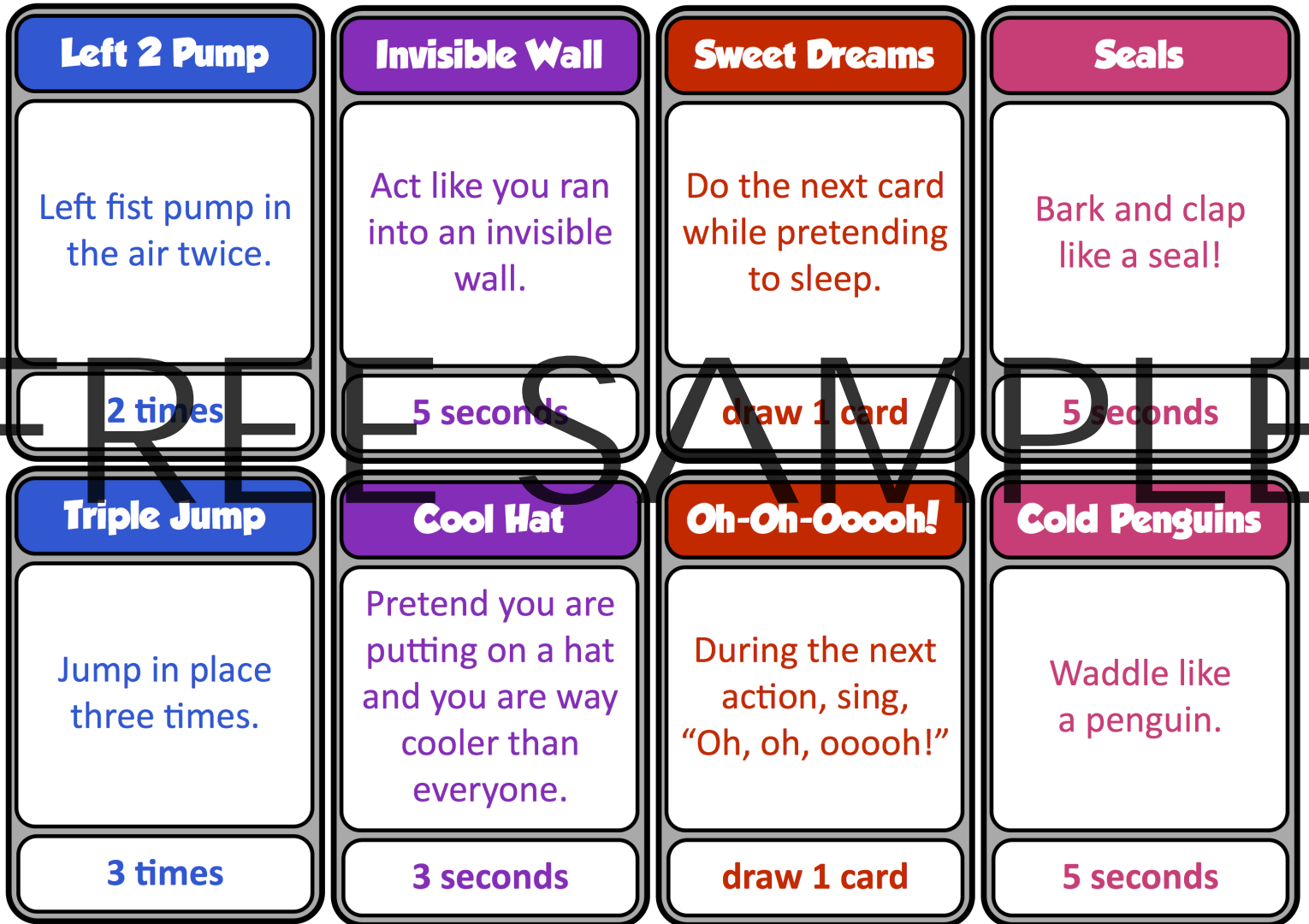


# Movers & Shakers

## Let's Get Wild Expansion Set



This full color 72 card set includes:

18 basic moves cards, 18 silly moves cards, 27 animal charades 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.

**FREE SAMPLE**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**FREE SAMPLE**

### Left 2 Pump

Left fist pump in the air twice.

2 times

### Right 2 Pump

Right fist pump in the air twice.

2 times

### Ankle rolls

Lift an ankle. Roll it in a circle.

3 times

### Triple Jump

Jump in place three times.

3 times

### Quad Jump

Jump in place four times.

4 seconds

### Spin Jump

Turn around while jumping.

2 times

### Push It Good

Push your open hands in front of you.

5 times

### Elbows Up

Raise your elbows as high as you can.

3 times

### High Knees

Raise your left knee as high as you can. Now do your right.

2 times each

FREE SAMPLE

**Point Front**

Point at the front of the room.

3 seconds

**Point Back**

Point at the back of the room.

3 seconds

**Point Right**

Point to the right side of the room.

3 seconds

**Point Left**

Point to the left side of the room.

3 seconds

**Point Up**

Point Up.

3 seconds

**Point Down**

Point Down.

3 seconds

**Loose Wrists**

Roll both of your wrists in circles.

5 times each

**Saturday Left**

Cross your left hand up and across your chest. Bring it back.

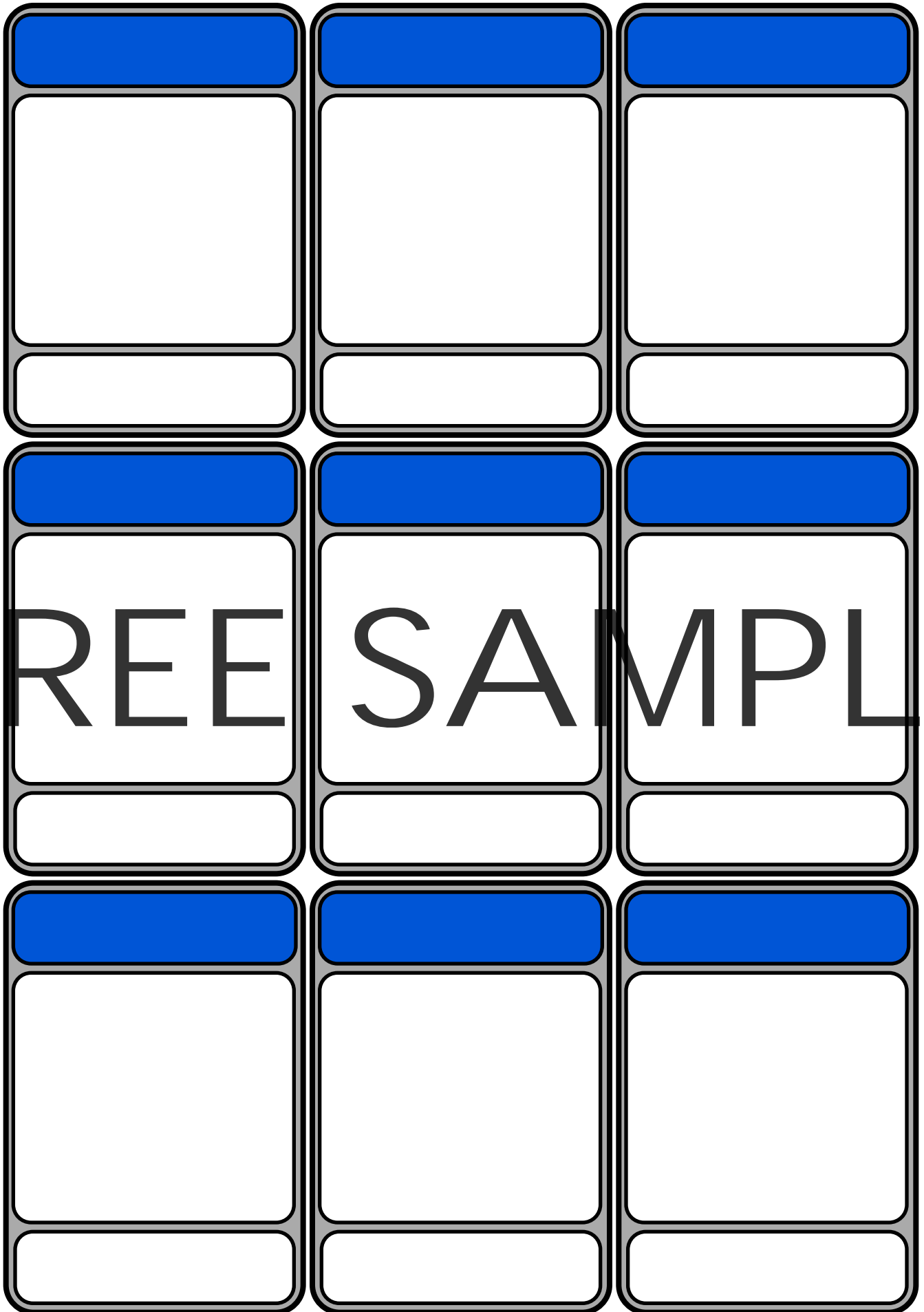
5 times

**Saturday Right**

Cross your right hand up and across your chest. Bring it back.

5 times

FREE SAMPLE



FREE SAMPLE

### **Messy Hair**

Mess up your hair.

**3 seconds**

### **Mirrors**

Copy what a neighbor does. They will do the same to you.

**10 seconds**

### **Invisible Wall**

Act like you ran into an invisible wall.

**5 seconds**

### **Invisible Stairs**

Act like you are walking down invisible stairs.

**3 seconds**

### **Invisible Rope**

Act like you are playing tug-of-war with an invisible rope.

**5 seconds**

### **Cool Hat**

Pretend you are putting on a hat and you are way cooler than everyone.

**3 seconds**

### **Throw It Up**

Pretend you are throwing confetti into the air.

**3 seconds**

### **Herky Jerky**

Make your moves jerky and irregular. Pop and Lock It!

**5 seconds**

### **Jamming Out**

Pretend you're rocking out to your favorite song.

**5 seconds**

FREE SAMPLE

### No One Around

Dance like no one can see you!

3 seconds

### Super Student

Sit down somewhere and look super studious.

5 seconds

### I Don't Care

Act like you don't care about this game.

5 seconds

### Eager Beavers

Stare at each other with excitement and hold your breath.

10 seconds

### Junk Mail

Pretend you're opening mail and envelopes.

2 envelopes

### So Heavy!

Pretend you are carrying a really heavy package.

5 seconds

### Ghost Books

Pretend you're reading a book. Turn the page.

10 pages

### Electrified

Pretend a jolt of electricity just got you!

5 seconds

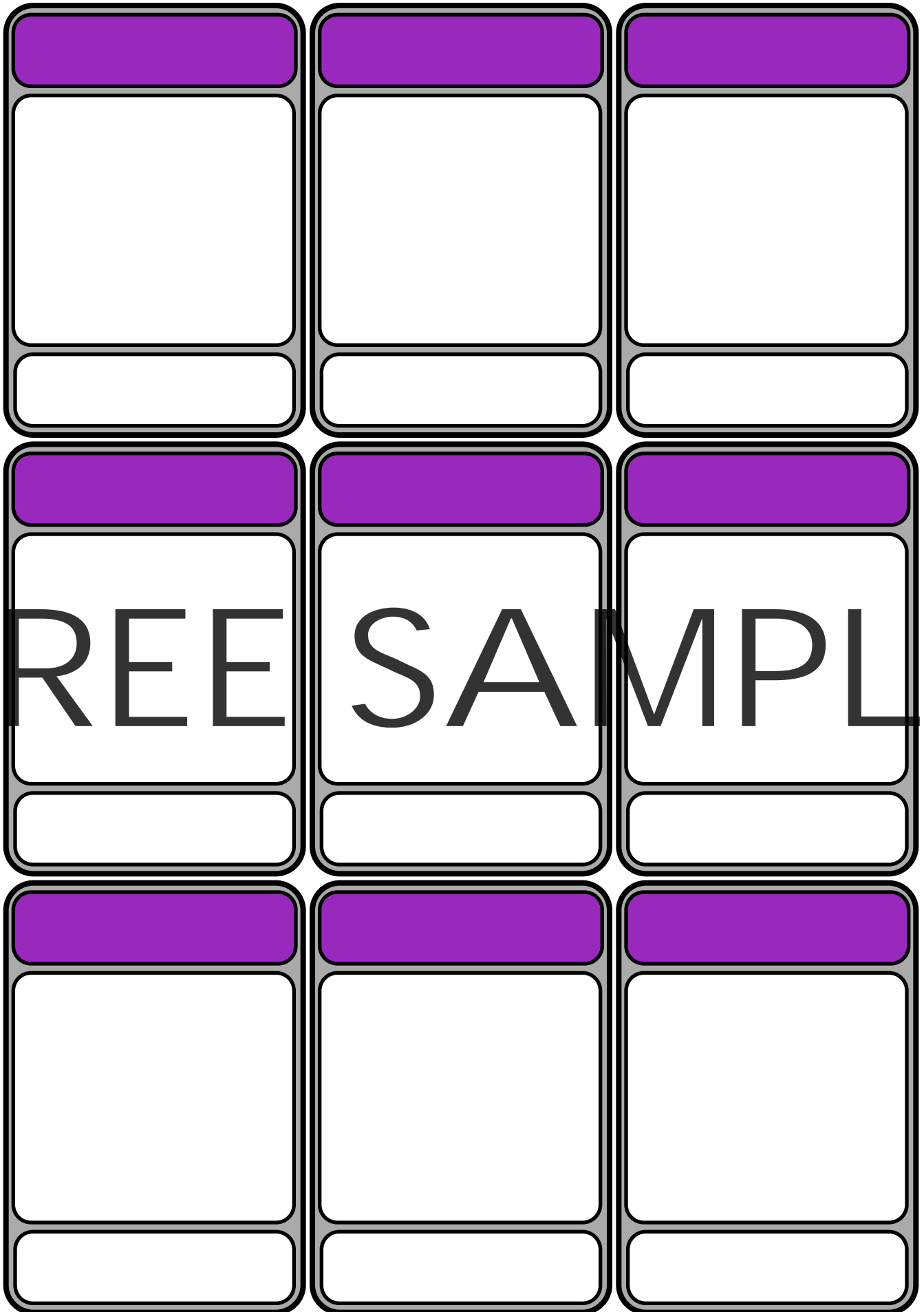
### Farewell

Pretend to say goodbye to a friend. Drama ensues.

5 seconds

FREE SAMPLE





FREE SAMPLE

**Bear Attack**

Act like a grizzly bear.

3 seconds

**Slothly**

Act like a tree sloth.

15 seconds

**Monkey Around**

Act like a monkey!  
Go bananas!

5 seconds

**Cow Pies**

Moooooo!  
Act like a cow.

5 seconds

**Henpecked**

Act like a chicken.

5 seconds

**Kitty Kats**

Meow?  
Act like a cat.

10 seconds

**Lazy Dogs**

Act like a dog.  
(appropriately)

5 seconds

**Elephants**

Act like the largest land animals on Earth: elephants.

5 seconds

**Something Fishy**

Act like a fish.

5 seconds

FREE SAMPLE

### Armadillos

Roll up and protect yourself with your shell!

10 seconds

### Turtle Power

Can you hide your arms, legs, and head in your shell?

10 seconds

### Wormy

Wiggle like a worm!

5 seconds

### Thundercats

Act like a predatory cat: a lion, a tiger, or a panther!

5 seconds

### Giraffes

Stretch your necks and stand on your tippy toes!

5 seconds

### Chameleons

Pretend you can blend in with things around you. Cling to the walls!

10 seconds

### Slitherin'

Act like a snake. Just don't bite.

5 seconds

### Eagles

Soar like an eagle on powerful wings. You are majestic.

5 seconds

### Turkey Trot

Make like a turkey and go gobble gobble!

5 seconds

FREE SAMPLE

### Seals

Bark and clap like a seal!

5 seconds

### Prancing Ponies

Prance and trot around like a pretty pony.

5 seconds

### Billy Goats Gruff

Act like a grumpy old billy goat.

5 seconds

### Cold Penguins

Waddle like a penguin.

5 seconds

### Headlights Deer

Make a deer pose. Then freeze as if caught in headlights.

15 seconds

### Kangaroo Hops

Hop like a kangaroo. Who has a joey?

5 seconds

### Empty Nesters

Pretend to build a nest for your eggs.

15 seconds

### Predators

Pretend to carefully stalk your prey. You are hungry.

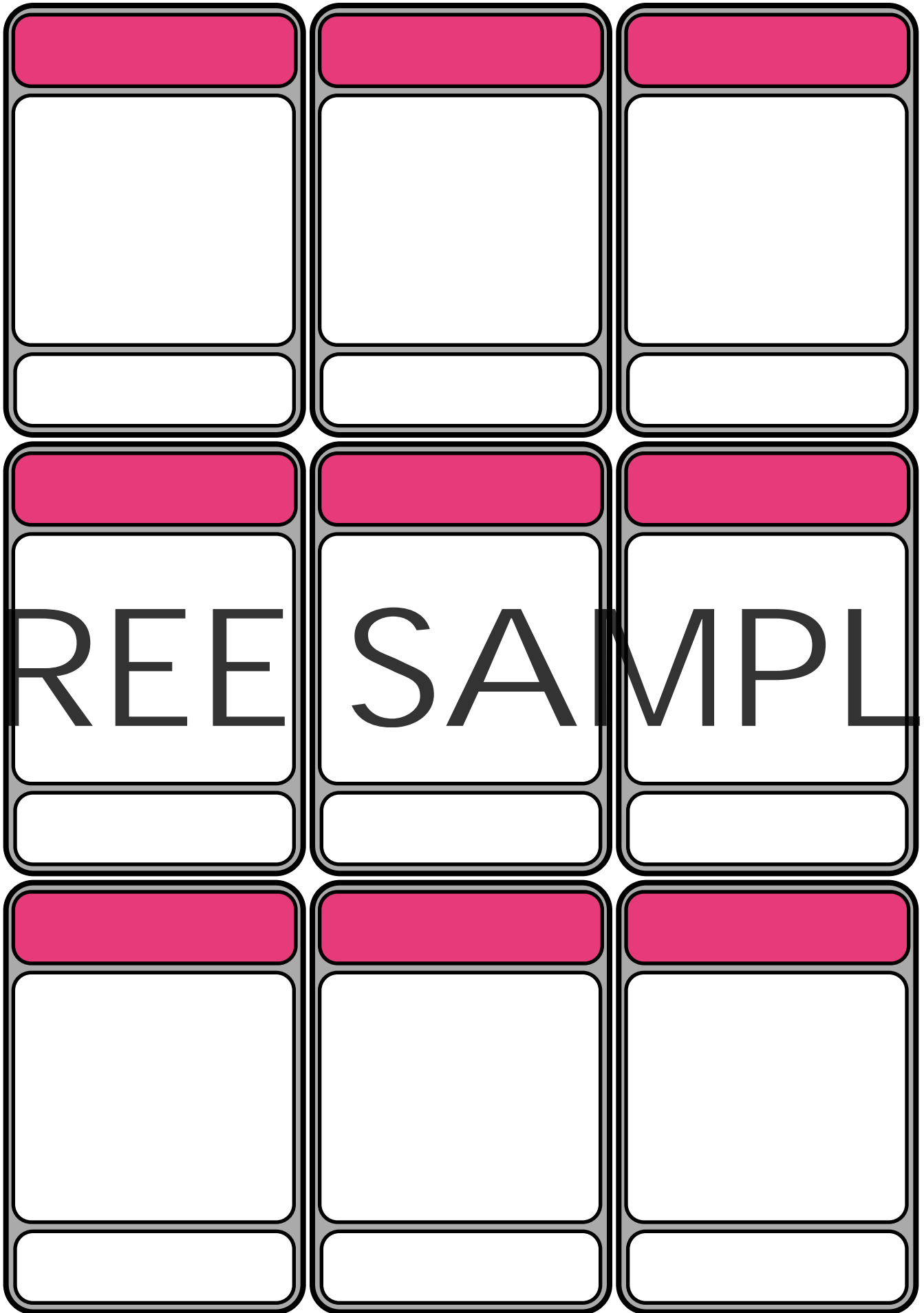
10 seconds

### Going Buggy

Act like your favorite insect!

5 seconds

FREE SAMPLE



FREE SAMPLE

### **Freakout**

Ignore the next card. Do what you want instead.

**draw 1 card**

### **Bon Appetit**

Do the next card while eating imaginary food.

**draw 1 card**

### **Sweet Dreams**

Do the next card while pretending to sleep.

**draw 1 card**

### **Evil Eyes**

Do the next card while staring at someone in the room. Don't blink.

**draw 1 card**

### **Happy Feet**

Add extra fast steps to the next action.

**draw 1 card**

### **Oh-Oh-Oooooh!**

During the next action, sing, "Oh, oh, oooooh!"

**draw 1 card**

### **Odd Man Out**

Random boy sits and pretends nothing is happening during next action.

**draw 1 card**

### **Odd Girl Out**

Random girl sits and pretends nothing is happening during next action.

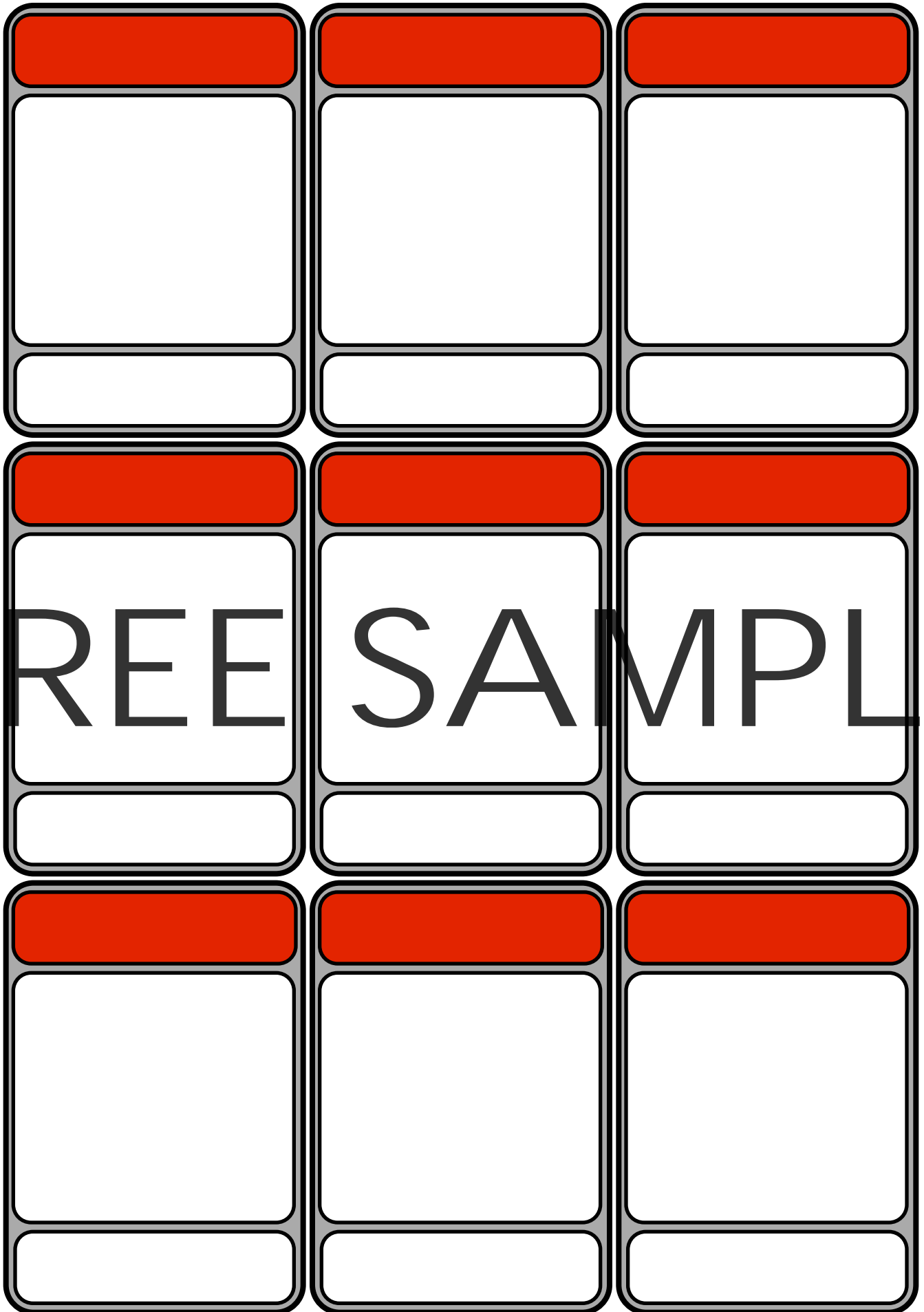
**draw 1 card**

### **Head Bob**

Do the next card while bobbing your head to a song only you can hear.

**draw 1 card**

F R E E S A M P L E E



FREE SAMPLE

### BASIC MOVERS CARDS (18)

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

- Left 2 Pump
- Right 2 Pump
- Ankle Rolls
- Triple Jump
- Quad Jump
- Spin Jump
- Push It Good
- Elbows Up
- High Knees
- Point Front
- Point Back
- Point Left
- Point Right
- Point Up
- Point Down
- Loose Wrists
- Saturday Left
- Saturday Right

### SHAKERS CARDS (9)

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

- Freakout
- Bon Appetit
- Sweet Dreams
- Evil Eyes
- Happy Feet
- Oh-Oh-Ooooh!
- Odd Man Out
- Odd Girl Out
- Head Bob

### ADVANCED MOVERS CARDS (18)

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

- Messy Hair
- Mirrors
- Invisible Wall
- Invisible Stairs
- Invisible Rope
- Cool Hat
- Throw It Up
- Herky Jerky
- Jamming Out
- No One Around
- Super Student
- I Don't Care
- Eager Beavers
- Junk Mail
- So Heavy!
- Ghost Books
- Electrified
- Farewell

### ZOO CARDS (27)

These cards make you act different animals and make their noises, too.

- Bear Attack
- Slothly
- Monkeying Around
- Cow Pies
- Henpecked
- Kitty Kats
- Lazy Dogs
- Elephants
- Something Fishy
- Armadillos
- Turtle Power
- Wormy
- Thundercats
- Giraffes
- Chameleons
- Sitherin'
- Eagles
- Turkey Trot
- Seals
- Prancing Ponies
- Billy Goats Gruff
- Cold Penguins
- Headlights Deer
- Kangaroo Hops
- Empty Nesters
- Predators
- Going Buggy

FREE SAMPLE



# Andrew Frinkle

Andrew Frinkle is an award-nominated teacher and writer with experience in America and overseas, as well as years developing educational materials for big name educational sites like Have Fun Teaching. He has taught PreK all the way up to adult classes, and has focused on ESOL/EFL techniques, as well as STEM Education. With two young children at home now, he's been developing more and more teaching strategies and books aimed at helping young learners.



Andrew Frinkle is the founder & owner of MediaStream Press LLC [www.MediaStreamPress.com](http://www.MediaStreamPress.com), a game, book, and media publishing company.

MediaStream Press maintains the following educational websites:

[www.50STEMLabs.com](http://www.50STEMLabs.com)

[www.common-core-assessments.com](http://www.common-core-assessments.com)

[www.littlelearninglabs.com](http://www.littlelearninglabs.com)

He also writes fantasy and science fiction novels under the pen name Velerion Damarke and writes/illustrates children's fiction as Andrew Frinkle. Find out more at:

[www.underspace.org](http://www.underspace.org)

[www.AndrewFrinkle.com](http://www.AndrewFrinkle.com)

# Movers & Shakers

## Let's Get Wild 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 Animal Charades Cards** have you act out being wild animals or farm animals. 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 THIRD EXPANSION SET FOR THE FUN CARD GAME!**