

# Movers & Shakers

## Hooked on a Feeling Expansion Set

### Left Foot

Raise your left foot. Lower it.

5 times

### Panda Style

Do your best martial arts pose. Hold it.

5 seconds

### Sleeping Beauty

Act tired and sleepy.

10 seconds

### ARRRRR!

Try to do the next card with a bit of pirate style.

draw 1 card

### Reverse Windmill

Roll your arms backward in big circles.

5 times

### Shoot Hoops

Pretend to make some imaginary free throws!

2 times

### Woo Hoo!

Act happy!

5 seconds

### Repeat!

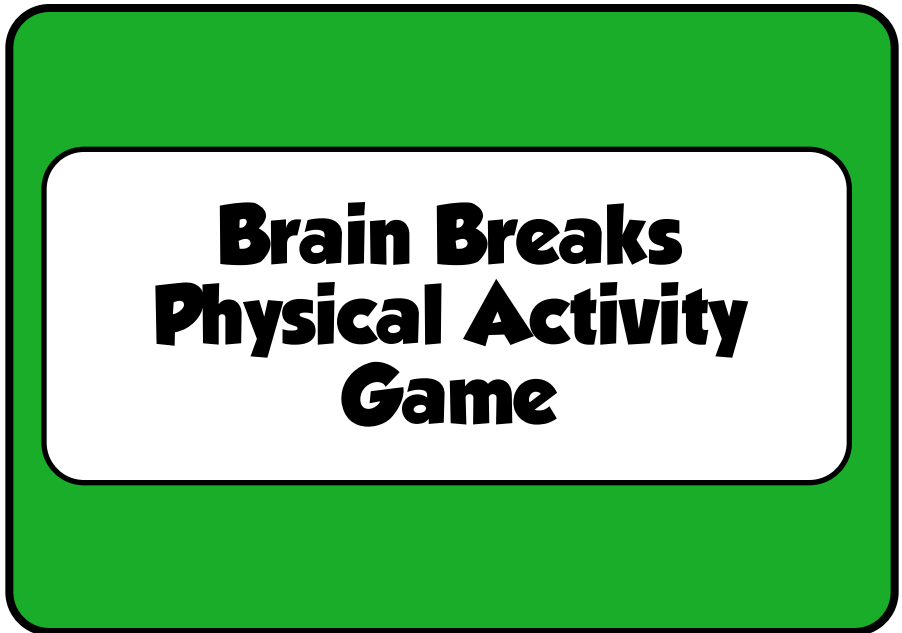
Randomly draw a card from the ones you've already used. Redo it!

repeat a card

This full color 72 card set includes:

18 basic moves cards, 18 silly moves cards, 27 feelings acting cards, and 9 shakers cards that change the rules

designed and arranged by: **Andrew Frinkle**



**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**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

**Movers &**



**Shakers**

### **Left Hand**

Raise your left hand. Lower it.

**5 times**

### **Right Hand**

Raise your right hand. Lower it.

**5 times**

### **Left Foot**

Raise your left foot. Lower it.

**5 times**

### **Right Foot**

Raise your right foot. Lower it.

**5 times**

### **Balance**

Stand on one foot and hold that pose!

**10 seconds**

### **Reverse Windmill**

Roll your arms backward in big circles.

**5 times**

### **Windmill**

Roll your arms forward in big circles.

**5 times**

### **Like a Mouse**

Take super quiet steps in place.

**10 seconds**

### **Hello, Friend!**

Wave hello to someone in the room.

**3 seconds**

### **Twirly**

Lift your arms up and twirl around.

**3 times**

### **Curtsy**

Grab the edges of your dress (real or imaginary) and curtsy.

**3 times**

### **Twist & Touch**

Touch your left foot with your right hand. Then do the right foot with the left hand.

**3 times**

### **Push Ups**

Drop and give me pushups!

**3 times**

### **Clappers**

Clap your hands in front. Then clap your hands behind you.

**3 times**

### **Pat Your Back**

Reach over your shoulder and pat your back.

**2 times**

### **Heads Will Roll**

Roll your head around on your neck in a circle.

**3 times**

### **Bow**

Bow to a neighbor.

**3 times**

### **Blinkers**

Blink both eyes.

**10 times**

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### **Rock n' Roll**

Bob your head and throw your arms up like you are at a rock concert!

**10 seconds**

### **Yoga Style**

Try to do a fancy yoga pose.

**5 seconds**

### **Panda Style**

Do your best martial arts pose. Hold it.

**5 seconds**

### **Cookie Monster**

Pretend to eat imaginary cookies in a very messy way!

**3 times**

### **Football Pass**

Throw an imaginary football to someone in the room. They must catch it!

**1 back & forth**

### **Shoot Hoops**

Pretend to make some imaginary free throws!

**2 times**

### **Say What?**

Make up a language and carry on a conversation with your neighbor.

**10 seconds**

### **Rain Dance**

Act like it's raining and you don't have an umbrella!

**5 seconds**

### **Horseback**

Pretend you are riding a horse!

**10 times**

### **Nice to Meet You**

Warmly greet a neighbor like you've never seen them before.

**5 seconds**

### **Zombie Walk**

Walk like a zombie.

**10 steps**

### **Super Heroes**

Make poses like a powerful superhero.

**5 seconds**

### **Disco Fever**

Show your best boogie moves and disco dancing.

**10 seconds**

### **Phantom Chair**

Try to sit in an imaginary chair. Don't fall down!

**5 seconds**

### **Leapfrog**

Leapfrog jump over a neighbor. Then they jump over you! (careful now)

**1 time each**

### **Line Time**

Everyone makes a single line. Then go back to your spot.

**1 time**

### **Conga Time**

Everyone makes a single line. Conga around the room once!

**1 lap**

### **Go Bananas**

Act like a monkey!

**10 seconds**



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**So Blue...**

Act sad.

5 seconds

**Hulk**

Act angry.

5 seconds

**Sleeping Beauty**

Act tired and  
sleepy.

10 seconds

**BOOO!**

Act scared!

5 seconds

**Tummy Time**

Act hungry!

5 seconds

**Woo Hoo!**

Act happy!

5 seconds

**Ugh!**

Act like you  
have a cold.

10 seconds

**Something I Ate**

Act like you had  
some bad food!

5 seconds

**BO-RING!**

Act like you're  
really, really,  
really bored.

15 seconds

**Ewwww!**

Act like you just saw something gross!

5 seconds

**Awwww!**

Act like you just saw the cutest thing ever!

5 seconds

**Fairy Tale**

Act like you just fell in love at first sight!

5 seconds

**Injury**

Fake an injury!

5 seconds

**Confusion...**

Act like you have no idea what is happening.

5 seconds

**Bright Light!**

Act like it is very sunny and it hurts your eyes!

5 seconds

**I'm Freezing!**

Act like it is freezing cold and you don't have a coat on!

5 seconds

**Anxious**

Act worried, like something bad is about to happen.

5 seconds

**My Precious!**

Act greedy. It's YOURS!

5 seconds

**Toasty in Here**

Act like it's very warm and you can't stop sweating!

5 seconds

**All by Myself**

Act lonely.

5 seconds

**I Feel Pretty**

Act like you're very pretty.

5 seconds

**I'm Wonderful**

Act snobby. You are the best person, like, ever.

5 seconds

**Hyperdrive**

Act like you had WAY too much sugar on your cereal this morning.

3 seconds

**Exhausted**

Act like you just ran a marathon and can't hardly move or breathe.

10 seconds

**Buffet**

Act like you just outdid yourself at a buffet. You couldn't eat another bite!

5 seconds

**Seriously?**

Act frustrated... exasperated... I mean, seriously?

5 seconds

**I Want That!**

Act jealous. If they get THAT, why don't you? It's SO not fair.

5 seconds

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### **Every Whichway**

Draw 3 cards.  
Each person chooses which one they want to do.

**draw 3 cards**

### **Lazybones**

Try to do the next card while sitting on the floor.

**draw 1 card**

### **ARRRRR!**

Try to do the next card with a bit of pirate style.

**draw 1 card**

### **Operatic**

Do the next card while singing in opera style.

**draw 1 card**

### **Too Cool**

On the next card, decide if you're too cool to do it or not.

**draw 1 card**

### **Repeat!**

Randomly draw a card from the ones you've already used. Redo it!

**repeat a card**

### **Remix**

Redo the previous card! Do it in a sillier style this time.

**redo previous**

### **Skipper**

Skip the next card and draw another.

**draw 2 cards**

### **Boys Vs. Girls**

Boys do 1 card while girls do another at the same time!

**draw 2 cards**

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### **BASIC MOVERS CARDS (18)**

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

- Left Hand
- Right Hand
- Left Foot
- Right Foot
- Balance
- Reverse Windmill
- Windmill
- Like a Mouse
- Hello, Friend!
- Twirly
- Curtsy
- Twist & Touch
- Push-Ups
- Clappers
- Pat Your Back
- Heads Will Roll
- Bow
- Blinkers

### **SHAKERS CARDS (9)**

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

- Every Whichway
- Lazybones
- ARRRRR!
- Operatic
- Too Cool
- Repeat
- Remix
- Skipper
- Boys Vs. Girls

### **ADVANCED MOVERS CARDS (18)**

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

- Rock n' Roll
- Yoga Style
- Panda Style
- Cookie Monster
- Football Pass
- Shoot Hoops
- Say What?
- Rain Dance
- Horseback
- Nice to Meet You
- Zombie Walk
- Super Heroes
- Disco Fever
- Phantom Chair
- Leapfrog
- Line Time
- Conga
- Go Bananas

### **FEELINGS CARDS (27)**

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

- So Blue...
- Hulk
- Sleeping Beauty
- BOOO!
- Tummy Time
- Woo Hoo!
- Ugh!
- Something I Ate
- BO-RING!
- Ewww!
- Awww!
- Fairy Tale
- Injury
- Confusion
- Bright Light!
- I'm Freezing!
- Anxious
- My Precious
- Toasty in Here
- All by Myself
- I Feel Pretty
- I'm Wonderful
- Hyperdrive
- Exhausted
- Buffet
- Seriously?
- I Want That!



# 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 & 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
- Basic Skills Workbooks: Alphabet Skills, Number Sense, and Shapes
- *Get this and other books on Amazon, Lulu, and other online booksellers!*



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

# Movers & Shakers

## Hooked on a Feeling 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 **Feelings Cards** have you act out feelings and emotions. 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 FIRST EXPANSION SET FOR THE FUN CARD GAME!**