SIX SUPER MOVING SMART BODY POSE GAMES

1. **Roll the Dice**
   Seal a cardboard box closed (preferably square). Stick one body pose card on each face.
   Have the child roll the dice. Child makes their body into the same shape that comes up.
   When doing this in a group, have children stand in a circle and take turns to roll the dice. All children do the same body pose.

2. **Pass the Pose**
   Have children stand in a circle. Each child holds a body pose card. Call ‘pose’ and children make the pose they are holding. Call ‘pass’ and children pass the pose to the next child. Repeat.
   **TEACHING GEM.** Try calling left and right to make the game more challenging!

3. **Freeze**
   Laminate the movement cards.
   Turn on some dancing music. At some point, pause the music and hold up a movement card. Child makes the same shape as the card. Turn on the music and do it again with a different body balance card.

4. **Step & Change**
   Lay 10 hoops in a line with a body pose card next to each hoop. Child moves from one hoop to the next making the same body pose that is next to the hoop.
   **TEACHING GEM.** Use a timer for more huff and puff fun!

5. **Bean Bag Pose**
   Hold up one body pose card. Once the child is in this pose, place a bean bag on the child’s body. The goal is to not drop the bean bag while maintaining the pose.

6. **Personal Best**
   Using a timer, challenge the child to hold the pose. Start with 5 seconds. Track the child’s times so they can see their personal best (PB) improve.

   These games can be played either individually or individual in a group.