

Nature Movement Cards

Activity 6 | Stay comfortable; imagining is welcome. Print single-sided; cut on borders.

Tree branch

Reach a hand like a branch.

Seated option: Rest your arm and extend a few fingers. Imagine leaves reaching outward.

Butterfly

Flutter your hands like wings.

Seated option: Keep elbows supported and gently open and close your fingers.

Toward the sun

Stretch gently toward the light.

Seated option: Turn your palms upward in your lap. Imagine sunshine warming them.

Paddle a canoe

Imagine a slow paddle stroke.

Seated option: Make a small forward-and-back motion with one supported hand.

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Pick an apple

Reach for an imaginary apple.

Seated option: Keep your elbow close and softly close your hand around an apple in your lap.

Cast a fishing line

Imagine casting toward a lake.

Seated option: Make a small wrist motion without lifting your arm.

Tall grass

Wave gently like grass in a breeze.

Seated option: Sway only your fingers or hands while keeping your body supported.

Dig in a garden

Imagine scooping soft soil.

Seated option: Cup a hand in your lap and make a small scooping motion.

Weather Movement

Activity 8 | Stay comfortable; imagining is welcome. Print single-sided; cut on borders.

Rain

Tap fingertips gently.

Seated option: Tap on your lap or simply picture raindrops.

Wind

Let your hands drift side to side.

Seated option: Rest your elbows and move only your fingers.

Sunshine

Open your hands toward the light.

Seated option: Open your palms in your lap.

Thunderstorm

Make quiet, gentle hand taps.

Seated option: Touch thumb to fingertips; no loud claps needed.

Weather Movement

Activity 8 | Stay comfortable; imagining is welcome. Print single-sided; cut on borders.

Snow

Float your fingers slowly downward.

Seated option: Move fingers over your lap or imagine falling snow.

A seed growing

Slowly open your hands like a sprout.

Seated option: Uncurl a few fingers while keeping your arms supported.