



March Moves

8 Ways to Move with only 1 prop!

1. Face a **wall** and place your hands on it. Now walk sideways along the wall as your hands continue walk the wall to keep up with your feet.

2. Take **3 balls** and stack them together then try to lift them up while they are still stacked in a row (1 ball will not be touched by your hands since it is in between 2 balls that you are touching). How fast or how far can you walk holding them like this?

3. Place **2 hoola hoops** a small distance apart on the ground. Now run in a figure 8 pattern (infinity pattern) around them.

4. Zig Zag run between **cones** placed in 2 rows in front of you. See if you can pick up the cones without stopping.

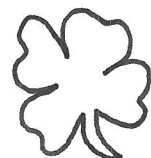
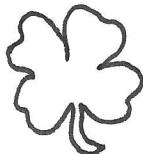
5. Do the Leprechaun dance with a **scarf** in your hand.

6. With a **hoola hoop** placed on the floor, place your hands inside and with your feet outside (bear walk position), now travel your feet all the way around the outside of the hoop while your hands walk around inside the hoop.

7. Place a **small sticker** on the tip of your thumb and then let each of your finger press it 1 at a time forming a circle space. Time yourself and see how fast you can go!

8. Take a deck of **playing cards** and toss them on to the floor or table. See how fast you can turn them over! If you can sort them quickly you get extra praise!

Copyright 2018 BrilliantTherapy.com





March Moves

8 Ways to Move with only 1 prop!

1. Face a **wall** and place your hands on it. Now walk sideways along the wall as your hands continue walk the wall to keep up with your feet.
2. Take **3 balls** and stack them together then try to lift them up while they are still stacked in a row (1 ball will not be touched by your hands since it is in between 2 balls that you are touching). How fast or how far can you walk holding them like this?
3. Place **2 hoola hoops** a small distance apart on the ground. Now run in a figure 8 pattern (infinity pattern) around them.
4. Zig Zag run between **cones** placed in 2 rows in front of you. See if you can pick up the cones without stopping.
5. Do the Leprechaun dance with a **scarf** in your hand.
6. With a **hoola hoop** placed on the floor, place your hands inside and with your feet outside (bear walk position), now travel your feet all the way around the outside of the hoop while your hands walk around inside the hoop.
7. Place a **small sticker** on the tip of your thumb and then let each of your finger press it 1 at a time forming a circle space. Time yourself and see how fast you can go!
8. Take a deck of **playing cards** and toss them on to the floor or table. See how fast you can turn them over! If you can sort them quickly you get extra praise!