Busy Bodies: Active Play Cards

Build-Your-Own Busy Bodies

Same 6-card layout — write in your own go-to active-play ideas and the skill each builds.

This belongs to: _____

Fill in six go-to active-play ideas, and write in the skill each one builds —
balance & coordination, climbing & jumping, running & jumping, ball skills, or wheels.

A menu to rotate through, not a sequence — any card, any order, any day.

1

2

3

4

5

6

Small steps, big movement.

None of this needs to be "activity time" — it works just as well on a walk, at the park, or on a rainy afternoon.

About 3 hours of active play a day, across the whole day — not one long session.