Busy Bodies: Active Play Cards

Busy Bodies Cards

6 active-play ideas, each tagged with the specific gross motor skill it builds.

This belongs to: _____

Pick a card based on what your child needs more of this week — not just whichever one is most fun. Each one builds a different movement skill.

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

1



BALANCE & COORDINATION

Animal Walks

2



BALANCE & COORDINATION

Walk the Line

3



CLIMBING & JUMPING

Pillow Obstacle Course

4



RUNNING & JUMPING

Freeze Dance

5



BALL SKILLS

Kick & Catch

6



WHEELS & PEDALING

Trike or Bike Time

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.