



MORNING MOVES

3–5 Minute Energizers



01 **MOVE & FREEZE (AGES 5–9)**

Play music or clap to cue movement. When it stops, freeze in a silly pose.

Adaptation: Use visual stop/go signs; reduce sudden stops for children with sensory sensitivity.

02 **ANIMAL PARADE (AGES 5–8)**

How it works: Move like animals across the room or in place. Examples:

- Kangaroo (jump)
- Crab (walk sideways)
- Flamingo (balance)
- Cheetah (run on the spot)
- Bear (crawl)

Adaptation: Use animal cards or visuals; give one movement choice at a time.



03 **60-SEC ENERGISER (AGES 5–12)**

How it works: Students have 60 seconds to complete as many of the following as possible:

- 10 star jumps
- 10 high knees
- 5 squats
- 5 lunges (each leg)

End with a superhero pose!

Competition: The student who completes the most rounds wins bragging rights (or a small prize)! Do 3 rounds – use happy music for variety.

04 **THE "PASS THE ENERGY" CLAP GAME (AGES 5–12)**



How it works: Stand in a circle. One person starts by clapping once and making eye contact with someone else. That person must immediately clap once and pass the energy to another person.

Competition: Speed up the game! If someone hesitates, they do 5 jumping jacks before rejoining.

06 **YOGA FLOW BREAK (AGES 5–12)**



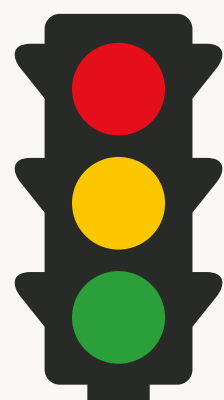
Quick flow: Mountain → Reach Up → Fold → Downward Dog → Child's Pose → Breathe

Adaptation: Use visual cards or videos; allow seated versions of poses.

08 **TRAFFIC LIGHT DASH (AGES 5–9)**

Red = freeze, Yellow = slow walk, Green = fast movement, Purple = dance!

Adaptation: Show color cards; keep movements rhythmic and predictable.



05 **5-MINUTE FITNESS DICE (AGES 7–12)**

Roll a dice. Each number = exercise (e.g., 1 = star jumps, 2 = squats, etc.).

Adaptation: Display exercises visually; let tamariki choose instead.



07 **"SIT, STAND, SPRINT" GAME (AGES 6–10)**

How it works: A leader calls out one of three actions at random:

- "Sit!" (Everyone squats low)
- "Stand!" (Everyone jumps up)
- "Sprint!" (Everyone jogs in place)

Competition: Last person to react does 5 star jumps before rejoining!

09 **MOVE TO THE BEAT (AGES 5–12)**

Play music with movement cues (verse = march, chorus = dance, etc.).

Adaptation: Pre-teach transitions; use simple beat patterns; allow movement choice.

SHADOW BOXING (AGES 8–12)

10

Teach jab, hook, uppercut. Call out combos to music or rhythm.

Adaptation: Offer mirror example; use slow count pacing and consistent cues.

**CREATE YOUR OWN
& SHARE WITH US!**

