

Back to School

Movement Break

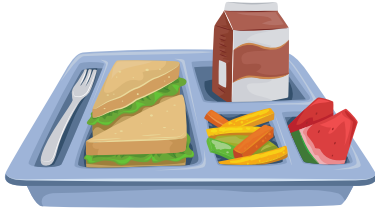
Scavenger Hunt

Activity for Use During
Physical Therapy Sessions



Complete the movement on the way to find each school location.

Place a check mark next to each location you find.

☐

Walk to the cafeteria.

☐

Hop to the art room.

☐

Skip to the playground.

☐

Dance to the music room.

☐

Tip toe to the library.

☐

Walk quickly to the nurse.

☐

March to the office.

☐

Lunge walk to the gym.

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I'm **OWLbert**, your friendly guide from E-Therapy, the therapy experts. I hope you enjoy this activity! For more information about our online therapy services and to explore a wealth of activities and resources, be sure to visit our blog, **Empower**.

E- Therapy is dedication to supporting your onsite and virtual needs.
We're here to help you soar!

Click here to discover all our resources and take your therapy sessions to the next level!

Warmly,
OWLbert



E-Therapy