

Winter Movement Break Cards

Printable Cards to Use During
Physical Therapy Sessions and
Companion Activity to Use with Snow
Days Game Board



Winter Movement Break Cards

Directions:

- Print out the PDF cards for in-person use or for sending home with students. Cards can be printed in grey-scale.
- Screen share the PDF cards for remote sessions.
- Use these cards by themselves or paired with the Snow Days Game Board.

Winter Movement Break Cards

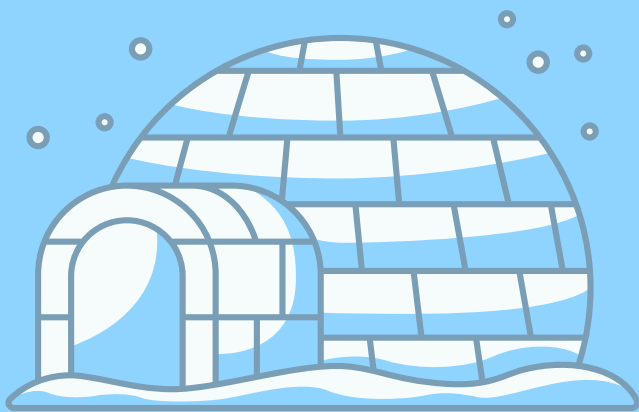
Walk like a polar bear.



Roll like a snowball.



Freeze like an igloo.



Waddle like a penguin.



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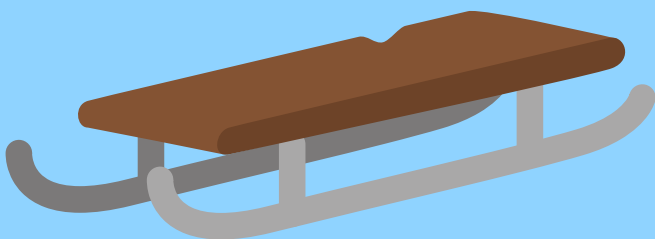
Twirl like a snowflake.



Glide like an ice skater.



Slide like a sled.



Bend like a snowy tree.



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Flap your wings like a snow owl.



Melt like an icicle.



Stomp like snow boots.



Shake like a snow globe.



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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

