

Under the Sea Movement Break Cards



Printable Cards to Use During Physical
Therapy Sessions with the
Under the Sea Board Game



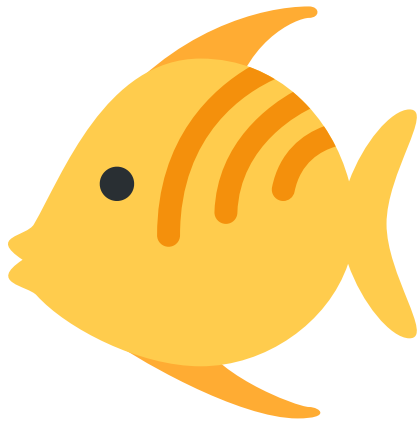
Under the Sea Movement Break Cards

Directions:

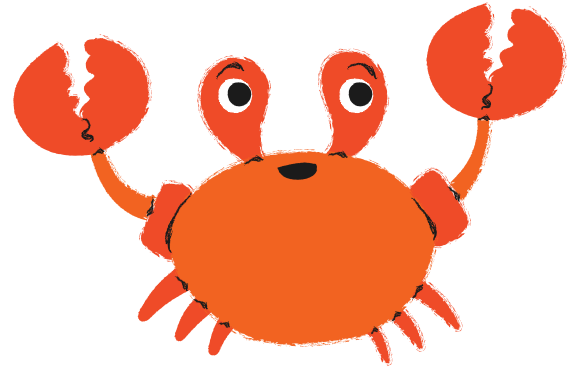
- Print out the PDF cards for in-person use or for sending home with students. Cards can be printed in grey-scale.
- Screen share the PDF cards for remote sessions.
- Take turns selecting cards to act out with your student(s) and see if you can guess the gross motor action or use in conjunction with the Under the Sea Game Board.

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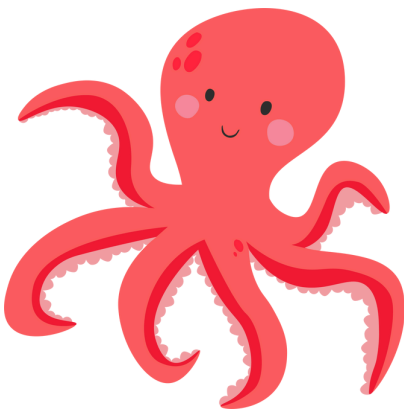
Wave your arms like
fish fins.



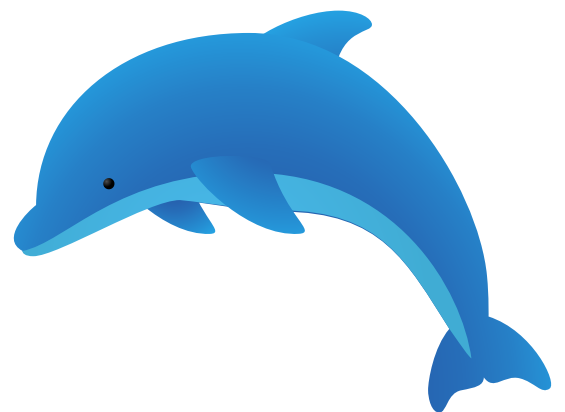
Walk like a crab.



Wiggle your arms
like an octopus.

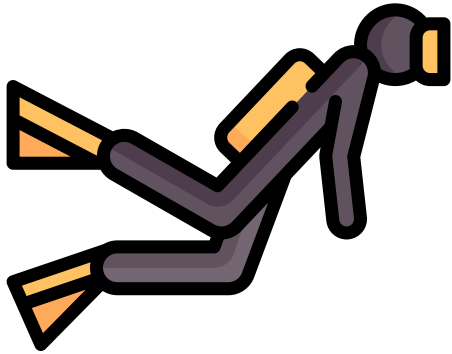


Jump like a dolphin.

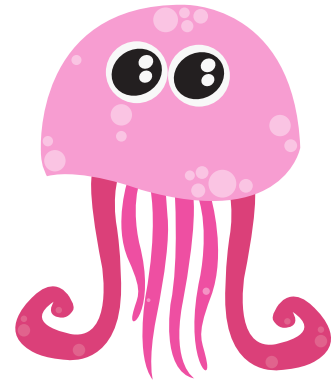


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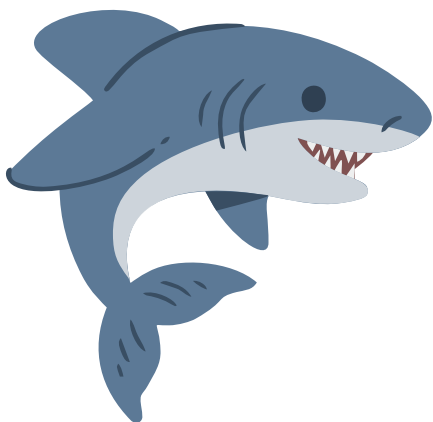
Dive down like a scuba diver.



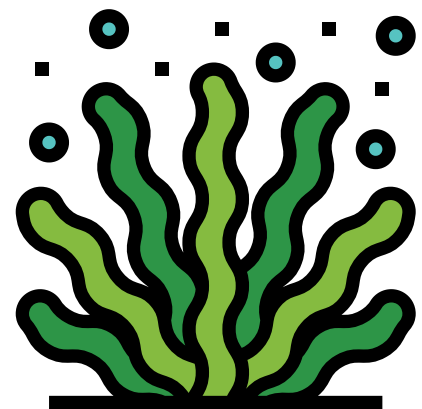
Jiggle like a jellyfish.



Chomp like a shark.

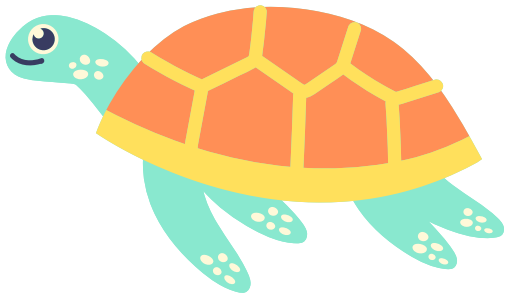


Wave your arms like seaweed.



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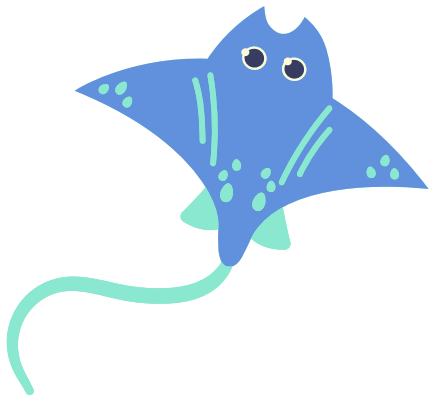
Paddle your arms
like a sea turtle



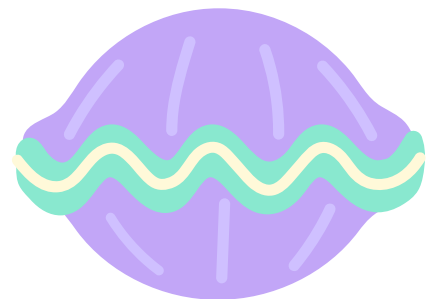
Wave "hi" like a
mermaid.



Glide gracefully like
a stingray.



Snap your arms
shut like a clam.





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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

