

# Flower movement game

Supplies for activities needed:

- Large popsicle sticks
- Colored paper
- Marker
- Jar or cup
- Scissors
- Glue

Instructions:

1. With the colored paper cut out different flower shapes
2. On half of the flowers write exercises
3. Using the glue attach the popsicle sticks to the flowers that don't have an exercise on them
4. Once that has dried use the glue to attach the flowers with the exercises to the opposite side of the popsicle stick
5. Place them all in a jar or cup
6. Pick one and then do that exercise
7. Repeat step 6 to do more exercises

