

# Terms & Conditions

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- Adult supervision is recommended for every activity featured in the products. Please decide based on each individual activity if it is appropriate for your own child/children.
- Any participation in printables/activities does not result in a physical therapist-patient relationship with Pink Oatmeal LLC.

# Thank You

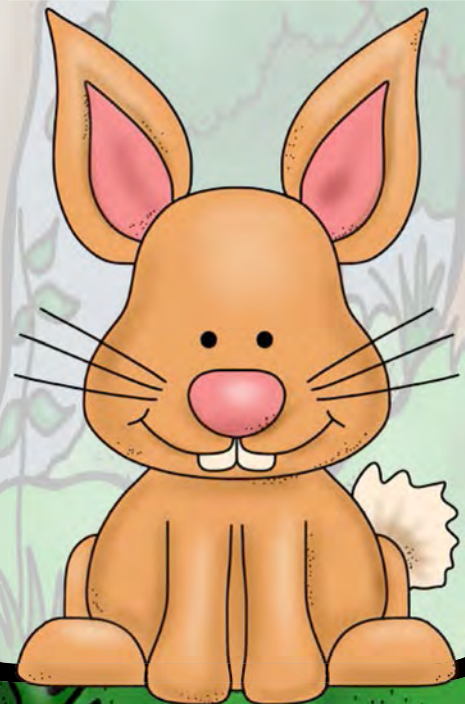
- Thanks for purchasing Forest Movement Cards and adding physical activity to the day!
- Print, laminate, and cut cards. Place on a ring or put in a box and let the kids pick their favorite moves.
- Also included is full sheet printables that are perfect for bulletin boards, the hallway, or go no prep and project them on your white board or use on your tablet.
- Forest Movement Cards are designed to be a fun way to integrate movement into the day.
- Don't stress about perfect movements and let the kids use their imaginations!
- Prep once and use over and over again!
- Have fun and enjoy!

Chanda – Pink Oatmeal

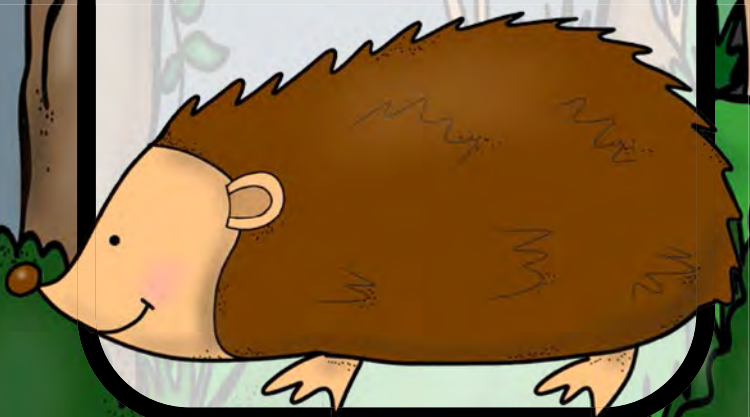
**Bear Walk**



**Hop Like  
A Rabbit**



**Curl Up Like  
A Hedgehog**



**Fly Like An  
Owl**





**Run Like A  
Squirrel**



**Leap Like  
A Deer**



**Pounce  
Like A Fox**

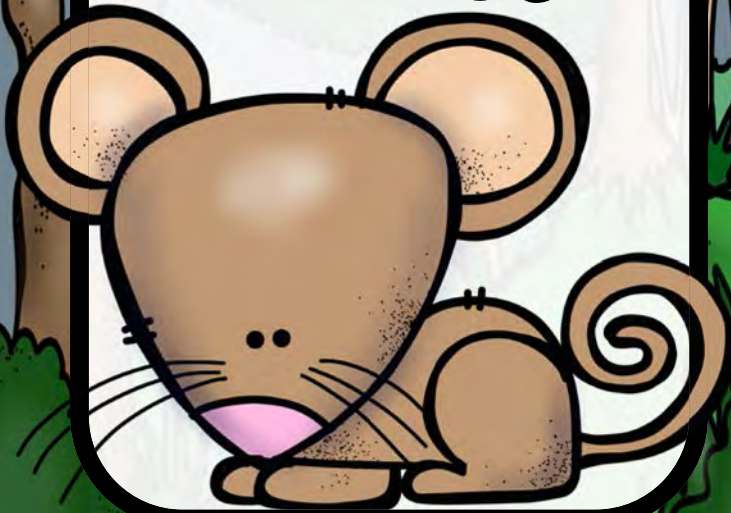


**Spray Like  
A Skunk**





**Scurry  
Like A  
Mouse**



**Move Slow  
Like A  
Porcupine**



**Move  
Backward  
Like A Mole**



**Soar Like  
A Bat**

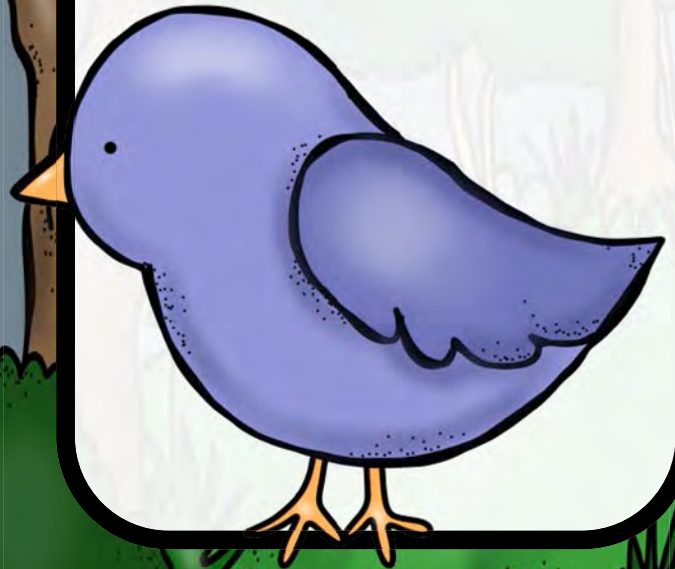




**Climb Like  
A Raccoon**



**Balance  
Like A  
Bird**



**Forest  
Themed  
Movement**

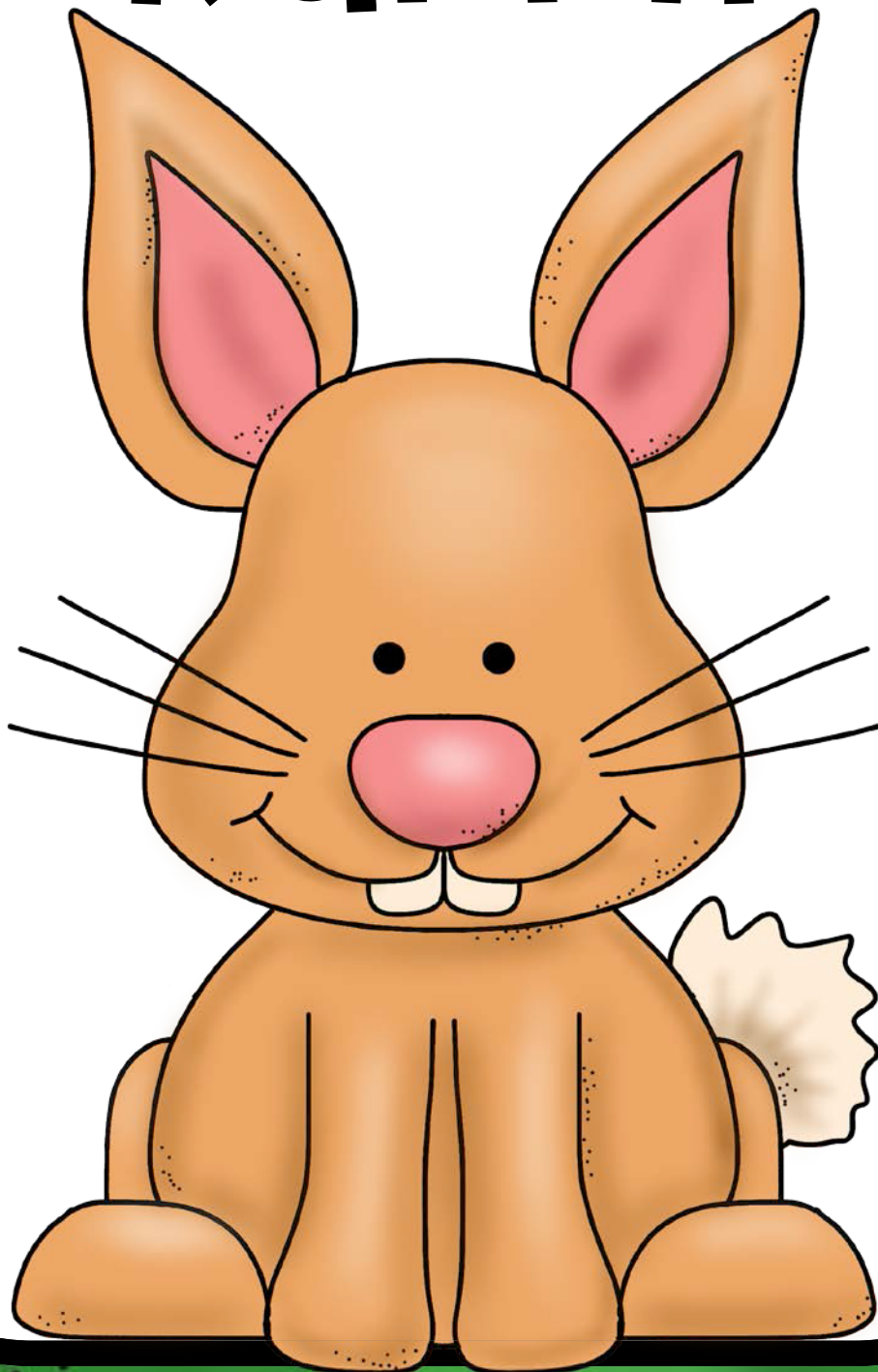




# Bear Walk



# Hop Like A Rabbit

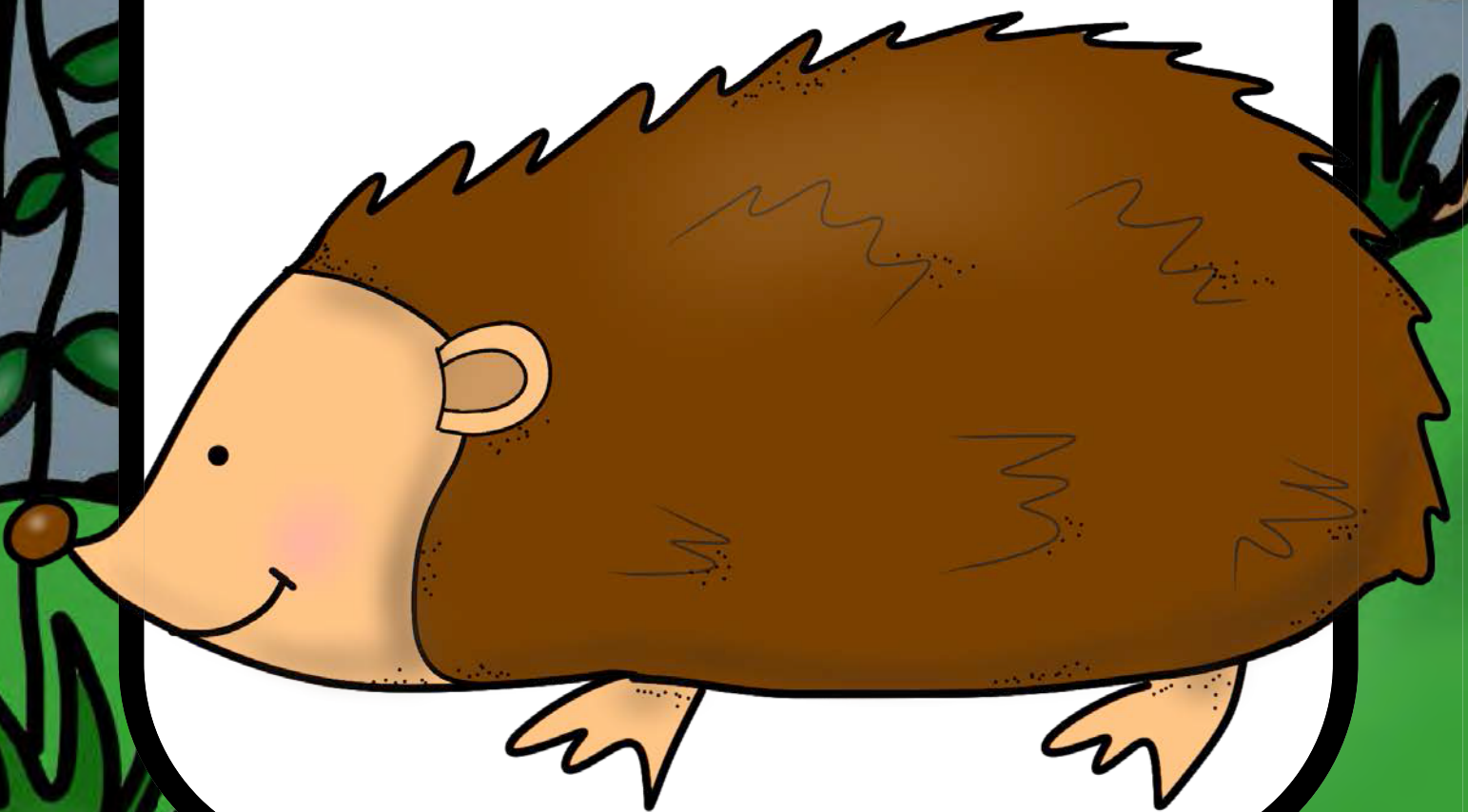




# Fly Like An Owl



# Curl Up Like A Hedgehog

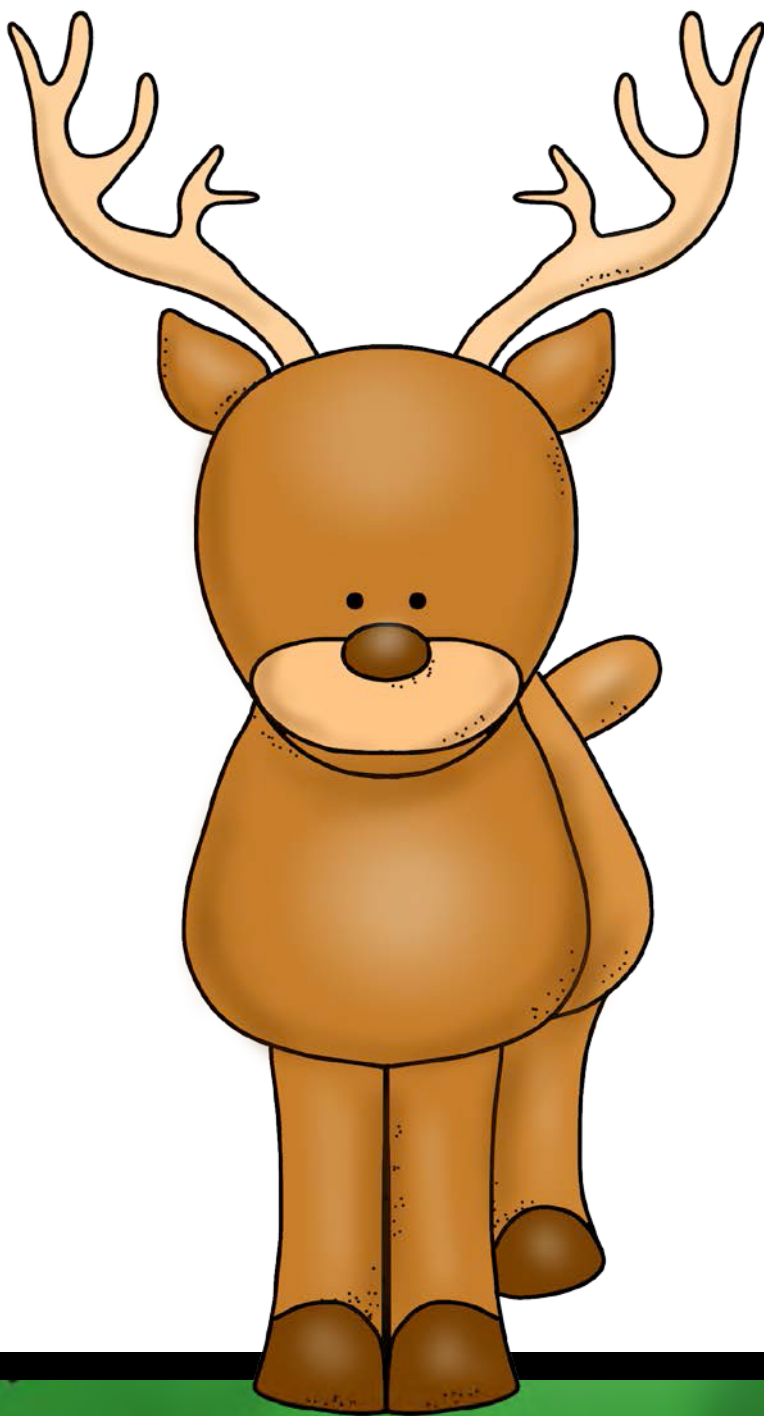




# Run Like A Squirrel



# Leap Like A Deer





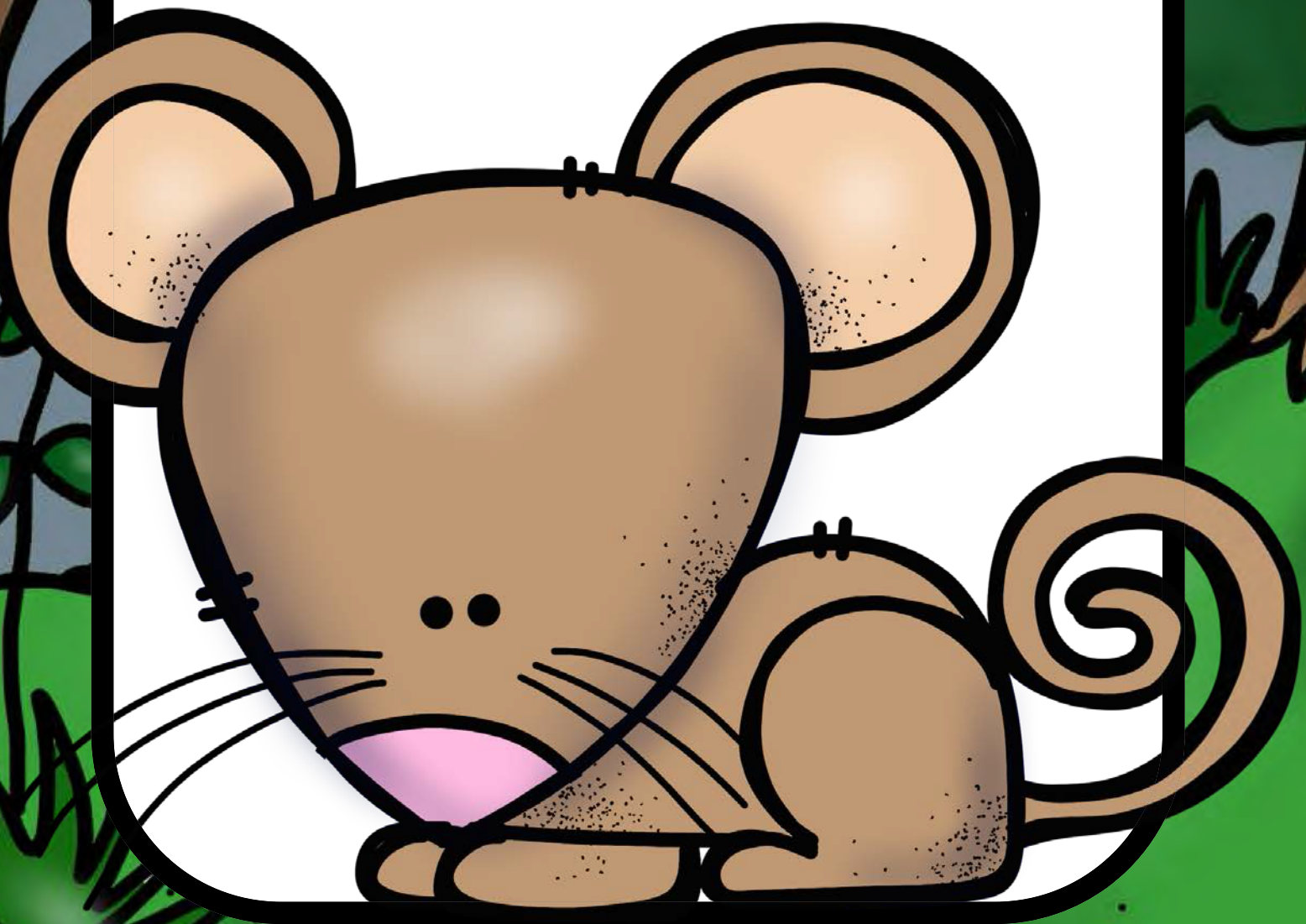
# Spray Like A Skunk



# Pounce Like A Fox



# Scurry Like A Mouse

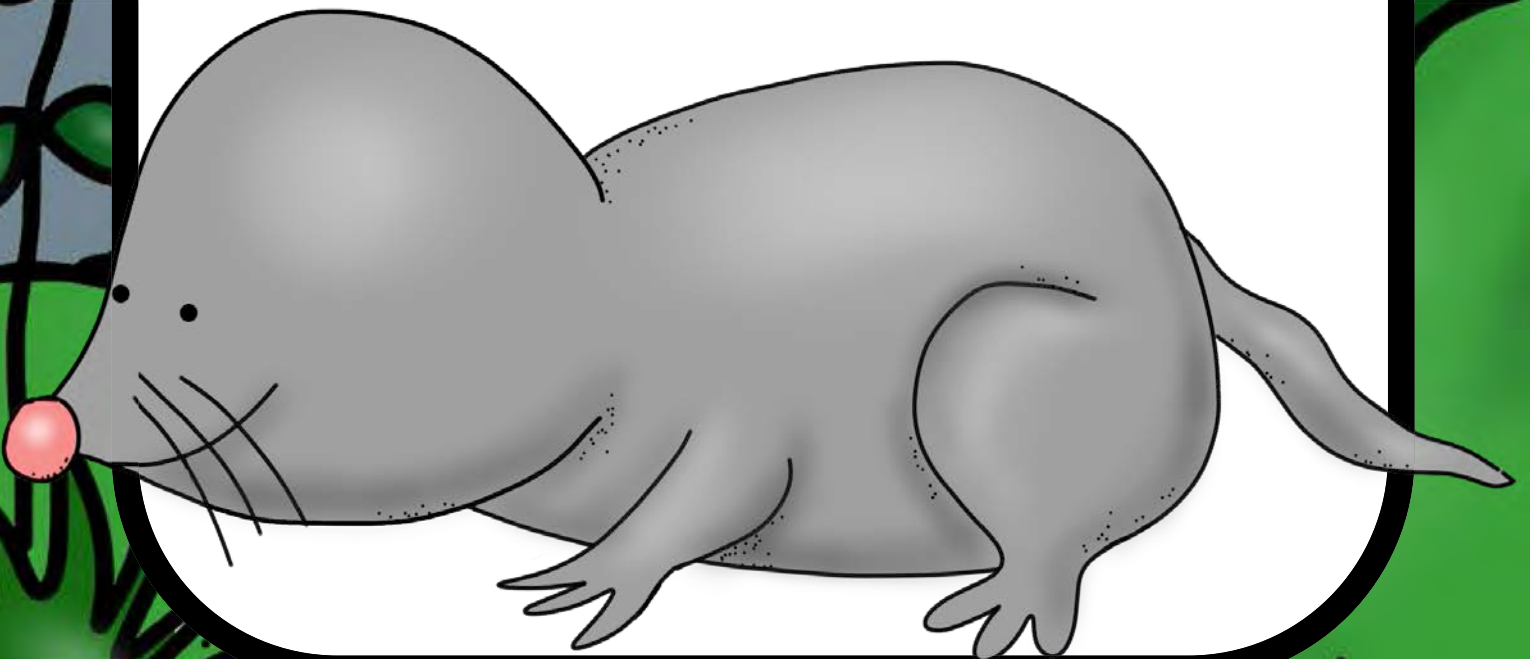




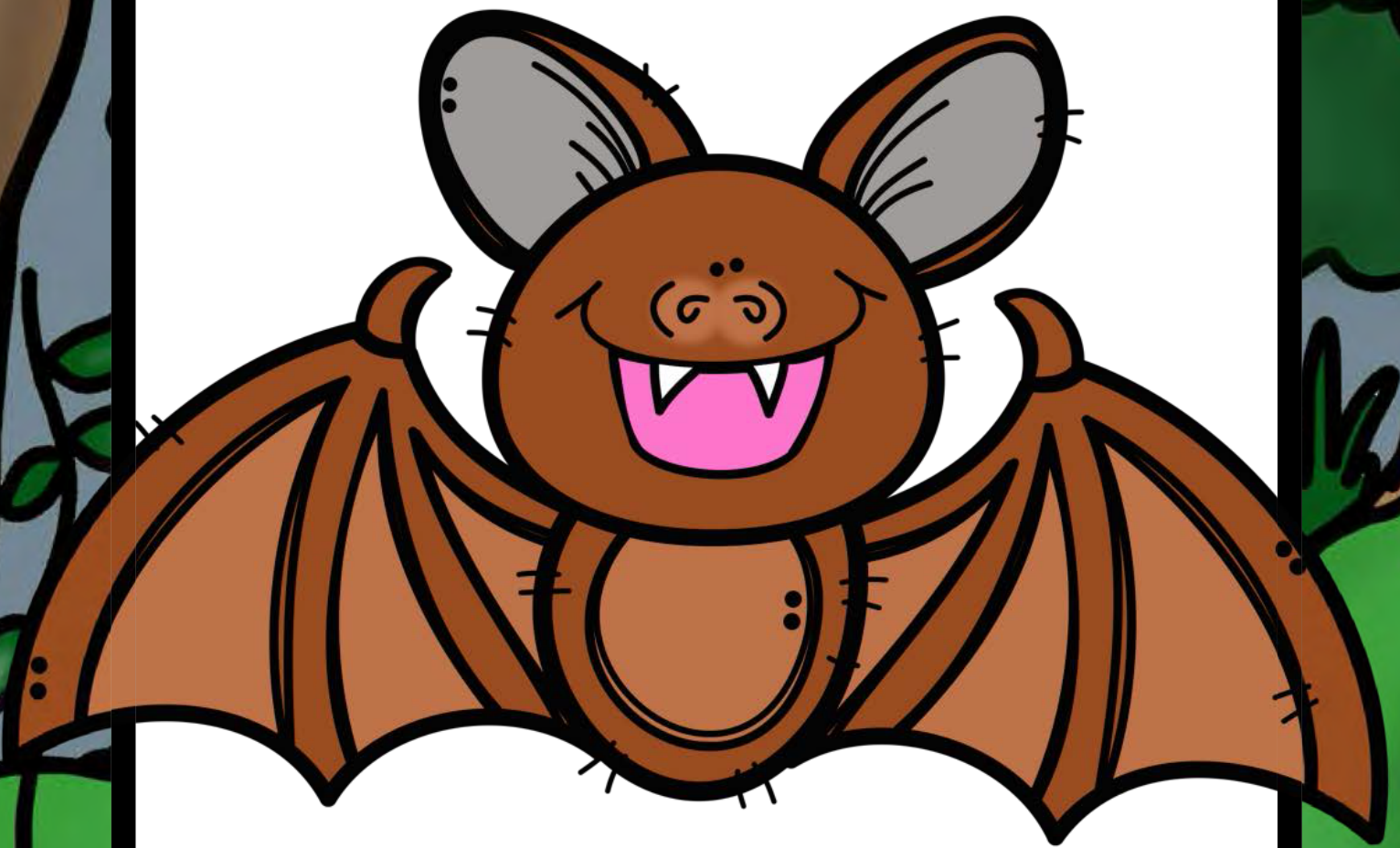
**Move Slow  
Like A  
Porcupine**



**Move  
Backward  
Like A  
Mole**

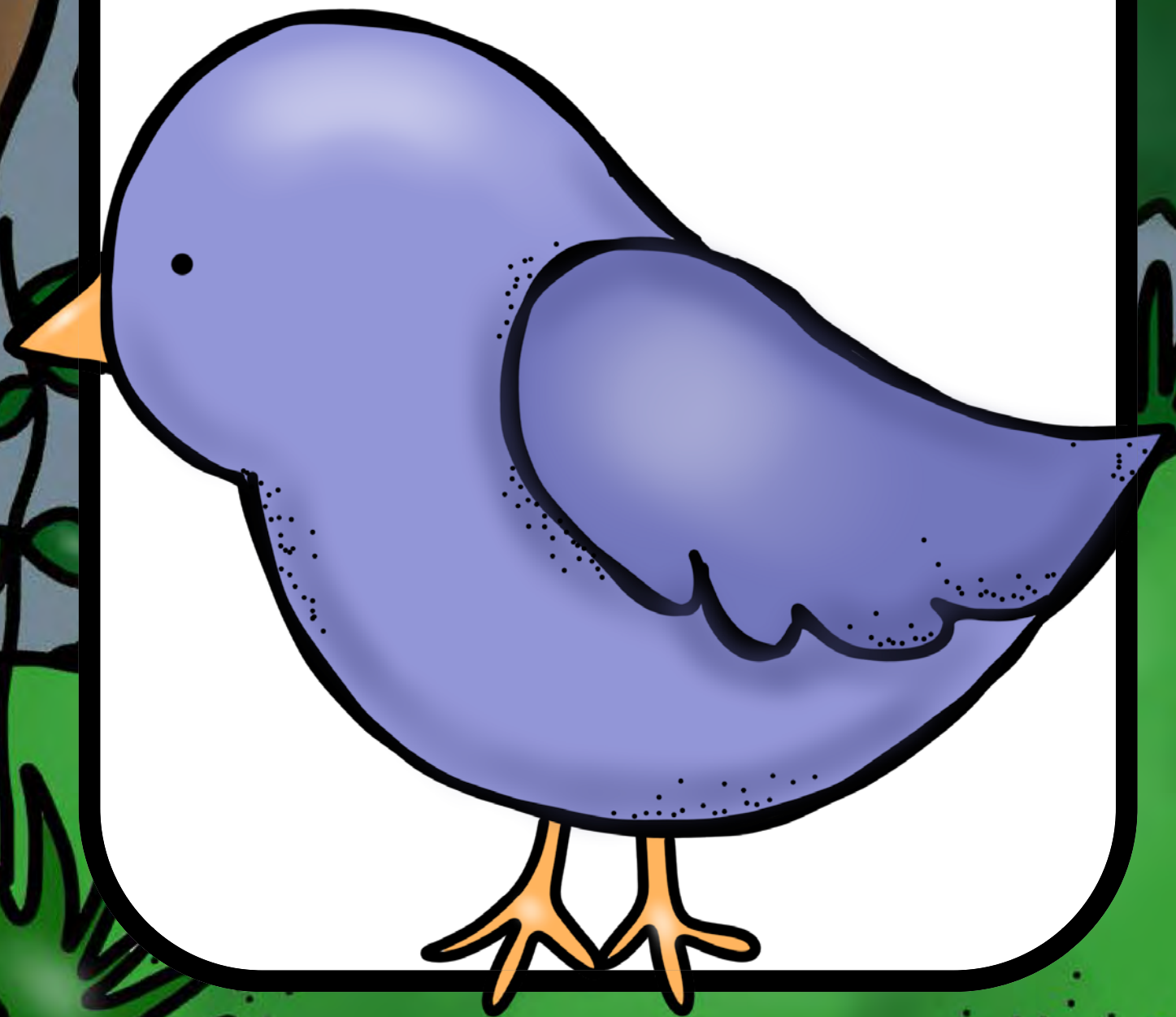


# Soar Like A Bat

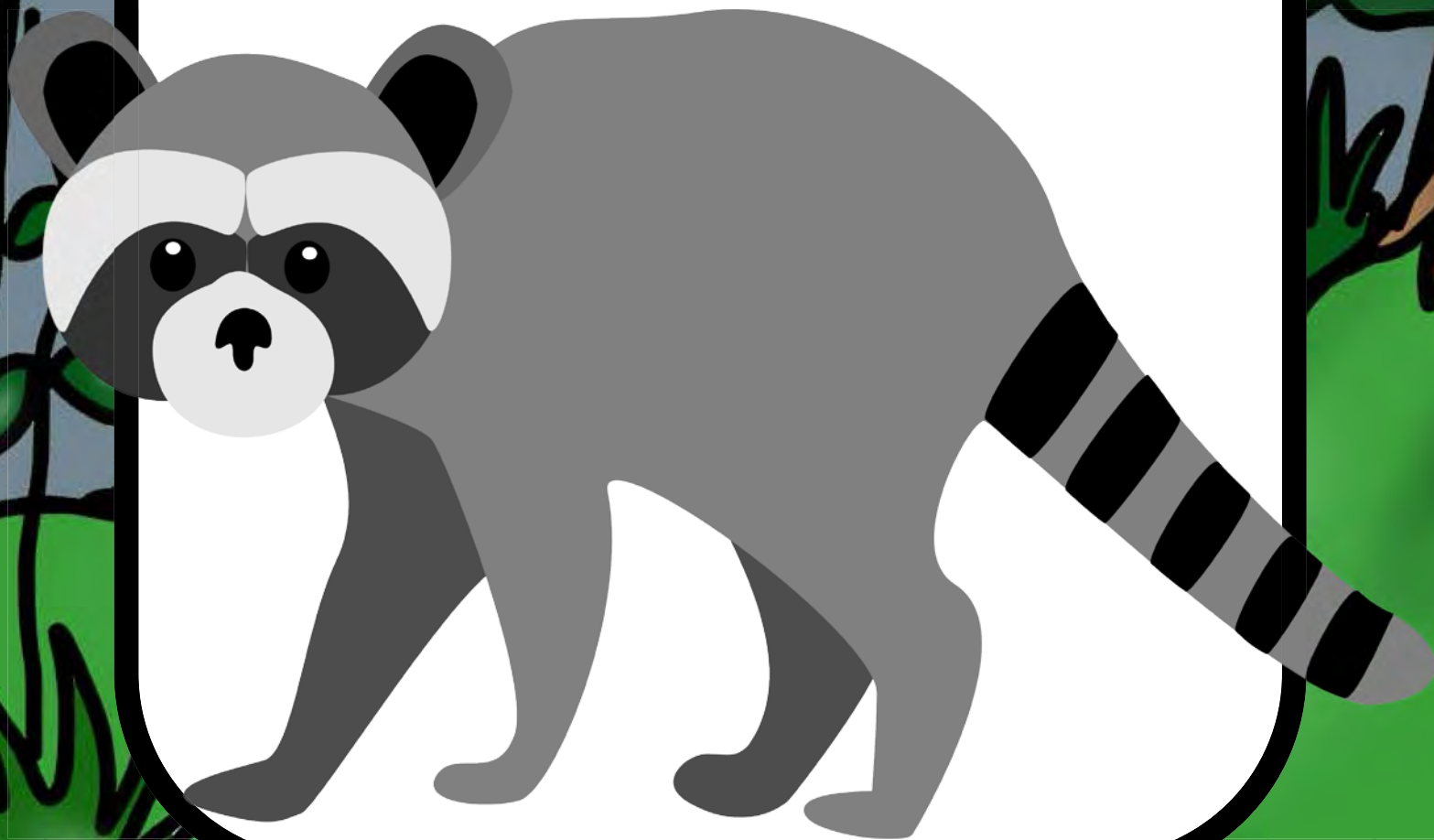




# Balance Like A Bird



# Climb Like A Raccoon



# Credits

