

Clap, Tap, Wiggle!

Color Nia. Choose a card. Try the movement together!



CLAP

Bring your hands together.

Clap softly, then clap again.

☐ I tried it!



TAP

Tap one foot, then the other.

Can you tap two times?

☐ I tried it!



WIGGLE

Wiggle your shoulders.

Make a silly, happy wiggle.

☐ I tried it!

Grown-up: Cut on the dotted lines if you wish. Clear a little space to move.

Seated, standing and small movements all count. Let your child choose their colors.

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REACH

Stretch your arms up high.

Reach for an imaginary cloud.

☐ I tried it!



SWAY

Sway gently side to side.

Move like a tree in the breeze.

☐ I tried it!



WAVE

Give a friendly hello!

Wave to someone you love.

☐ I tried it!

Grown-up: Cut on the dotted lines if you wish. Clear a little space to move.

Seated, standing and small movements all count. Let your child choose their colors.