

"Take 5" Quick Movement Task Cards

(for any age, no prep required)

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Legal Stuff:

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Creative Design:

Font: AmysFont by Amy Alvis at AA Fonts

Backgrounds: Sonya Dehart Designs

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Suggested Uses:

- Cut, laminate, and place in a bag. Pull out one as a quick transition activity
- Use as task cards and place one on each desk, then kids rotate through
- Put on a ring to hang by the door to do before leaving the room
- Pick a stick and have one student perform a task
- Use as a get-to-know-you activity at the beginning/end of the year
- Use as a rainy day activity

5

Give your
partner a high
five

6

Sing "Row, Row,
Row Your Boat"
five times

7

Slap your knees
five times

8

Shake hands with
five people

21

Tell five people
something nice
about them

22

Tell your partner
five things about
yourself

23

Lift your hands
in the air and
stand on one leg
for five seconds

24

Pick up five
things using only
your pinkies