







# MAKE & MOVE ACTIVITY SHEET!



## RUN TO THESE COLORS IN YOUR HOME OR OUTSIDE!

-  RUN & FIND RED AND BALANCE IT ON YOUR HEAD
-  RUN & FIND YELLOW AND TOUCH IT WITH YOUR ELBOW
-  RUN & FIND GREEN AND JUMP OVER IT 15
-  RUN & FIND PINK AND BLINK BLINK BLINK
-  RUN & FIND BLUE AND BALANCE IT ON YOUR SHOE
-  RUN & FIND INDIGO AND TOUCH IT WITH YOUR TOE



### Mindful moment

CAN YOU MAKE YOUR BODY INTO THE SHAPE OF A RAINBOW?

WHAT DO THESE DIFFERENT COLORS SMELL LIKE?

BREATH IN YOUR FAVORITE RAINBOW COLOR AND SMILE! THEN BREATH OUT YOUR FAVORITE RAINBOW COLOR TO SOMEONE SPECIAL!

