



# Kids Master Skills<sup>®</sup>

## Take Home Packet



# Yoga Cards!

# Animals in Winter!

## Bear in the Snow:

Get on your hands and knees like a bear. Reach up with one arm and crawl through deep snow. Now, reach up with the other hand.



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## Owl at Night:

Owl is hungry at night. She looks for food. Pretend you are an owl. Grab your ankles and hold on tightly. Rock side to side to stay warm.

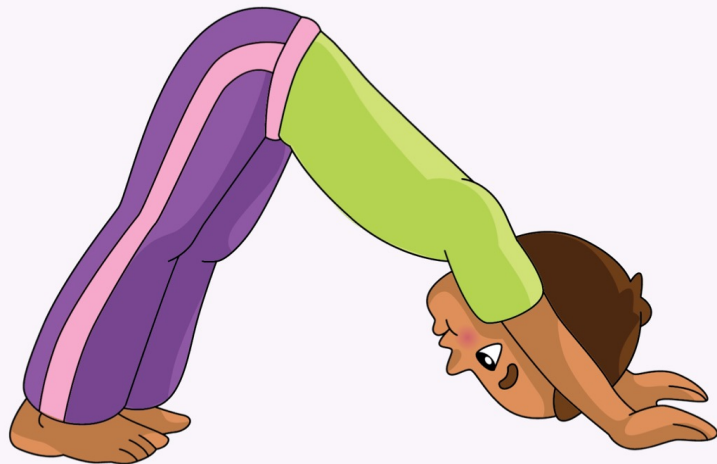


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# Animals in Summer!

## Summer Cat:

You are a cat!  
Put your hands and feet far apart on the floor. Stretch your tail to the sky! Hold this position. Count to 5 or 10.  
Rest. Do it again.



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## Sun-Loving Skunk:

Animals like to lie in the sunshine! Pretend you are a sun-loving skunk. Lie on your back and stretch your arms and legs out to the side. Breathe in and out.

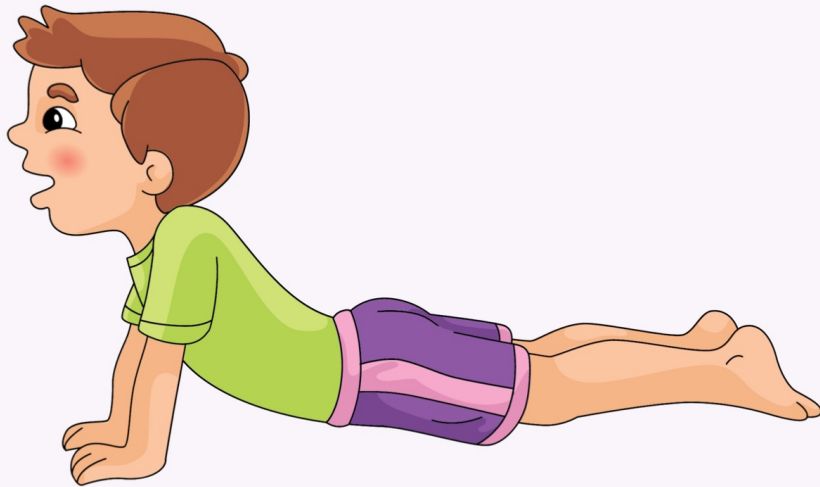


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# Animals on the Go!

## Quick Lizard:

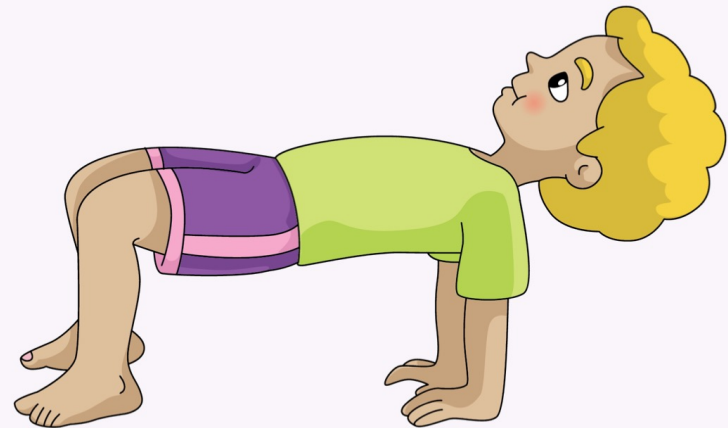
Lizards can be very still. You are a lizard. Lie on your tummy. Stretch your chest and shoulders up. Count to 5. Now, crawl 5 quick steps!



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## Moving Crab:

Crabs move quickly. Pretend you are a crab. Face the ceiling and place your hands and feet on the ground. Step side to side. Rest. Step again.



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# Guess the Animal!

## Mountain Goat:

This animal has hooves and is a careful climber. Pretend you are a goat. Put an arm and a leg forward. Count to 5. Now, switch, and put the other arm and leg forward.



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## Slow Sloth:

This animal moves slowly. Pretend you are a sloth. Put your arms above you. Put one knee on the ground. Now stand and move forward. Put the other knee down. (This takes practice!)



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# Jungle Animals!

## Sneaky Jaguar:

A jaguar moves carefully. She barely makes a sound! Put one arm forward. Put one arm back. Move forward slowly. Switch arms.



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## Glass Frog:

This frog holds himself in a funny position. Sit on your bottom. Put your feet together. Put your arms under your knees and touch the floor. How long can you look like a glass frog?



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# Farm Animals!

## Slow Cow:

Slow Cow stays still and looks around herself. Sit cross-legged. Put a hand on the opposite knee. Put your other hand behind you. Turn to that side. Now, switch sides.



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## Silly Donkey:

Silly Donkey lays on her back. She puts her arms on the floor. She pushes her tummy up. Hold this position. Count to 5 or 10.



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# Arctic Animals!

## Polar Bear:

The polar bear wants to jump onto a new iceberg. Stand up tall. Stretch your arms up and behind your head.

Don't Jump!

Don't Jump!

Don't Jump!

Okay, Now Jump!



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## Arctic Rabbit:

Reach up with your hands and make tall, pointy, rabbit ears. Now, bend your knees and get ready to jump. Hold that position. Don't

Jump! Don't Jump!

Don't Jump!

Okay, Now Jump!



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# Ocean Animals!

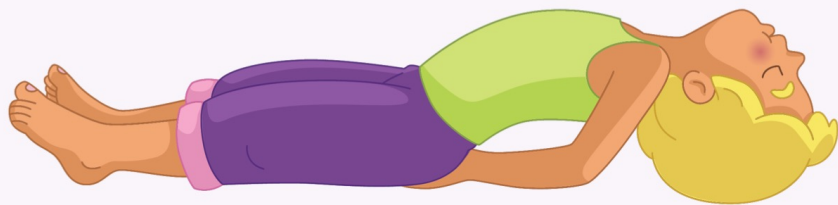
## Ocean Eel:

An eel is a water snake. Lie on your back. Put your arms beside you. Arch up and lift your chest.

Now, lay back down.

Do it again. And again.

You are moving like an eel.

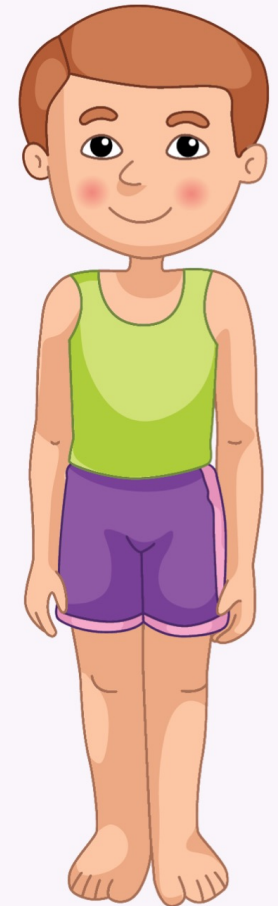


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## Sea Horse:

A seahorse has an exoskeleton. That is a hard exterior, like a shell. Stand still, like a seahorse.

Now, take a step forward. Stand still again. You are moving like a seahorse.



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# More Resources from Kids Master Skills:

Consider my **84 Sensory Diet Activity Cards** for setting up a program to help children with self-regulation. Designed by Lisa Marnell, occupational therapist, every sensory activity card is paired with fun and kid-friendly images to help children understand, envision, and master the activity.

## What are the 7 categories of sensory diet cards?

- 1- Proprioceptive (Heavy Work) Cards
- 2- Vestibular (Movement) Cards
- 3- Tactile (Touch) Cards
- 4- Oral (Taste & Tactile) Cards
- 5- Visual (Looking) Cards
- 6- Auditory (Listening) Cards
- 7- Olfactory (Smelling) Cards

Also, Sensory Diet Choice Boards are provided for teachers, therapists, and parents. The Choice Boards include:

- 1- Start of the Day
- 2- Mid-Morning Movement
- 3- During Meeting Time
- 4- After-Recess Calm Down
- 5- Before Lunch
- 6- At the Cafeteria
- 7- After Lunch
- 8- Mid-Afternoon Movement
- 9- Mid-Afternoon Wake-Up
- 10- End of the Day Calm-Down.

Also, four blank Sensory Diet Choice Boards are included.

AVAILABLE at [www.KidsMasterSkills.com](http://www.KidsMasterSkills.com)



## Find Lisa Marnell & Kids Master Skills Online!

Website:

[www.KidsMasterSkills.com](http://www.KidsMasterSkills.com)

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In 1997 I graduated from Tufts University with a Master of Science in Occupational Therapy. Prior to that, I completed an MBA at McGill University in Montreal (my hometown!) Now, I am nearly finished my OTD at Boston University. I am beyond happy that I became an OTR and that I have had the opportunity to work with so many wonderful kids and teachers!

Thank you for purchasing this resource. I sincerely hope that it has proven useful in supporting and promoting your students' skills. Please let me know!

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## Clip Art:

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[RomanaM Graphics](#)

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