

Simon Says Action Cards by KidsPrintAndPlay

Balance & Coordination — Ages 4 to 8

Balancing and cross-body actions with seated alternatives included.

How to play

How to play: Leader shows a balance card. Players try the balance in their own space, using wall or chair if needed. No Simon says printed; leader decides.

Space and body safety

Space and body safety: Clear floor, use wall or chair for support, keep range small, and stop if you wobble. All balances have a seated or support option.

Theme guidance: Balance & Coordination emphasizes control and alternatives. Every balance offers seated, wall-support, or floor-line option for lower mobility.

Non-elimination scoring — first to 10

Score: Non-elimination. Earn one point for each correct action. Individual or group completes a round at 10 points. Aim for control, not speed.

Score tracker — 10 points to finish (use for one player or the whole group)

1	2	3	4	5
6	7	8	9	10

Color or check one box per correct action. First to 10 completes a round.

Theme variation

Variation — Eyes Optional: Try the balance with eyes open, then briefly with eyes closed only if you have support — seated option: eyes open only.

Optional classic elimination (optional)

Optional classic elimination: Optional one-turn pause for wrong move, never default.

Printing tips: US Letter or A4, grayscale, low-ink. Cut along dashed lines for 18 cards. Laminate if you like for reuse.

Balance & Coordination — Cards 1 to 6

Cut on dashed lines. Each card has a simple line icon and clear action text.

1



Stand on one foot for five counts — seated option: lift heel slightly

2



Walk heel to toe along an invisible line

3



Touch right hand to left knee then switch

4



Hold arms out and close eyes for three counts — seated option: eyes open

5



Tap head with one hand and rub belly with the other

6



Balance a pretend cup on your palm while stepping — seated option: balance cup while seated

Cut cards apart. Keep space between players. Use seated or wall-support options where printed.

Balance & Coordination — Cards 7 to 12

Cut on dashed lines. Each card has a simple line icon and clear action text.



7

Do slow arm circles forward then backward



8

Step forward and back without touching others



9

Reach cross-body to tap opposite foot — seated option:
tap knee



10

March with high knees for six steps then freeze



11

Hold a tree pose for four counts — wall support okay



12

Pass an invisible ball around your waist

Cut cards apart. Keep space between players. Use seated or wall-support options where printed.

Balance & Coordination — Cards 13 to 18

Cut on dashed lines. Each card has a simple line icon and clear action text.

13



Tip toes for three counts then flat feet

14



Walk like a tightrope walker with arms wide — seated
option: arm-only balance seated

15



Do gentle side lunges with small range

16



Hop twice forward and once back — seated option: tap
forward and back

17



Circle wrists then circle ankles

18



Hold a star shape wide for five counts

Cut cards apart. Keep space between players. Use seated or wall-support options where printed.