

Simon Says Action Cards by KidsPrintAndPlay

Body Basics — Ages 4 to 8

Body awareness warm-ups with space and body safety.

How to play

How to play: One leader says an action aloud. Players listen and decide to move. The leader may say the action with or without the words Simon says — all cards are written without that prefix so you choose. Keep movements in your own space and at a comfortable range.

Space and body safety

Space and body safety: Stay in your own arm-length space, check the floor is clear, and move only in ways that feel safe. Keep feet under you, bend knees softly, and pause if you feel dizzy or tangled.

Theme guidance: Body Basics focuses on gentle range of motion. Stay upright, use your own space, and choose smaller movements if room is tight. Any balance card offers a seated alternative.

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. Keep playing after 10 or start a new round. No one sits out.

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 — Mirror Slow: Do every move in slow motion and freeze for two counts at the end. Count together aloud.

Optional classic elimination (optional)

Optional classic elimination: If you prefer the traditional way, you may play where a player who moves on a cue without Simon says sits out for one turn only, then rejoins. This is optional, never the default.

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

Body Basics — Cards 1 to 6

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

1



Touch your shoulders with opposite hands

2



Stretch arms wide like airplane wings

3



Tap your knees gently four times

4



Point elbows toward the ceiling

5



Wiggle fingers high above your head

6



Make gentle neck rolls to look side to side

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

Body Basics — Cards 7 to 12

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

7



Tap toes inside your own space

8



Place hands on hips and turn slowly

9



Lift heels and balance for three counts — seated option:
lift heels slightly while seated

10



Cross arms and give a self-hug

11



Reach fingertips toward toes without forcing

12



Roll shoulders forward then backward

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

Body Basics — Cards 13 to 18

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

13



March in place with soft knees

14



Stretch one arm across your chest then switch

15



Tap head, shoulders, knees in order — seated option:
same moves in a chair

16



Trace a big circle in the air with your hand

17



Stand tall like a tree and breathe in slowly

18



Shake out hands and feet gently

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