

Simon Says Action Cards by KidsPrintAndPlay

Calm & Focus — Ages 4 to 8

Calming breathing and focus moves for transitions and quiet time.

How to play

How to play: Leader reads a calm card softly. Players follow the breathing or focus move together. No Simon says printed; leader adds it gently.

Space and body safety

Space and body safety: Stay seated or standing calmly, breathe at your own pace, and keep eyes open if closed feels uncomfortable. Choose the eyes-open option anytime.

Theme guidance: Calm & Focus is for quiet spaces. All cards work seated, with eyes open or closed by choice, and no jumping required.

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. Pause and notice how calm you feel at 10.

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 — Breath Count Together: Inhale and exhale to the same counted beat as a group.

Optional classic elimination (optional)

Optional classic elimination: Optional pause-one-turn 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.

Calm & Focus — Cards 1 to 6

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

1



Breathe in through nose for four counts and out for four

2



Place hands on belly and feel it rise and fall

3



Close eyes for three counts and listen to the room — eyes open option

4



Stretch arms overhead and lower slowly with breath

5



Press palms together firmly for five counts then release

6



Roll shoulders slowly three times

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

Calm & Focus — Cards 7 to 12

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



7

Trace a figure eight in the air with calm breathing



8

Sit tall and name three quiet sounds you hear



9

Hold a gentle neck stretch side to side



10

Do soft shoulder shrugs up and down



11

Place one hand on chest and one on belly and breathe



12

Make a calm lake shape with hands flat and still

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

Calm & Focus — Cards 13 to 18

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

13



Whisper a kind word to yourself

14



Count backward from five with slow breaths

15



Gently tap fingertips together for ten taps

16



Imagine a calm color filling your body from head to toes

17



Sit like a mountain still for six counts

18



Bow head slightly and take one last slow breath

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