



BUSY BODIES BUSY BRAINS

HOW TO PLAY!

Print • Cut • Spin • Move!

1



SPIN THE WHEEL!

Give the arrow a spin and wait to see where it lands!

2



DRAW A CARD!

Pick a card from the matching pile — yellow ■ for BODY, teal ■ for BRAIN!

3



DO THE CHALLENGE!

Read your card out loud and do what it says — GO!

4



COLLECT A TOKEN!

Did you do it? Take a token!
Collect the most to win!

■ Move your body. ■ Power your brain. ★ Have fun!

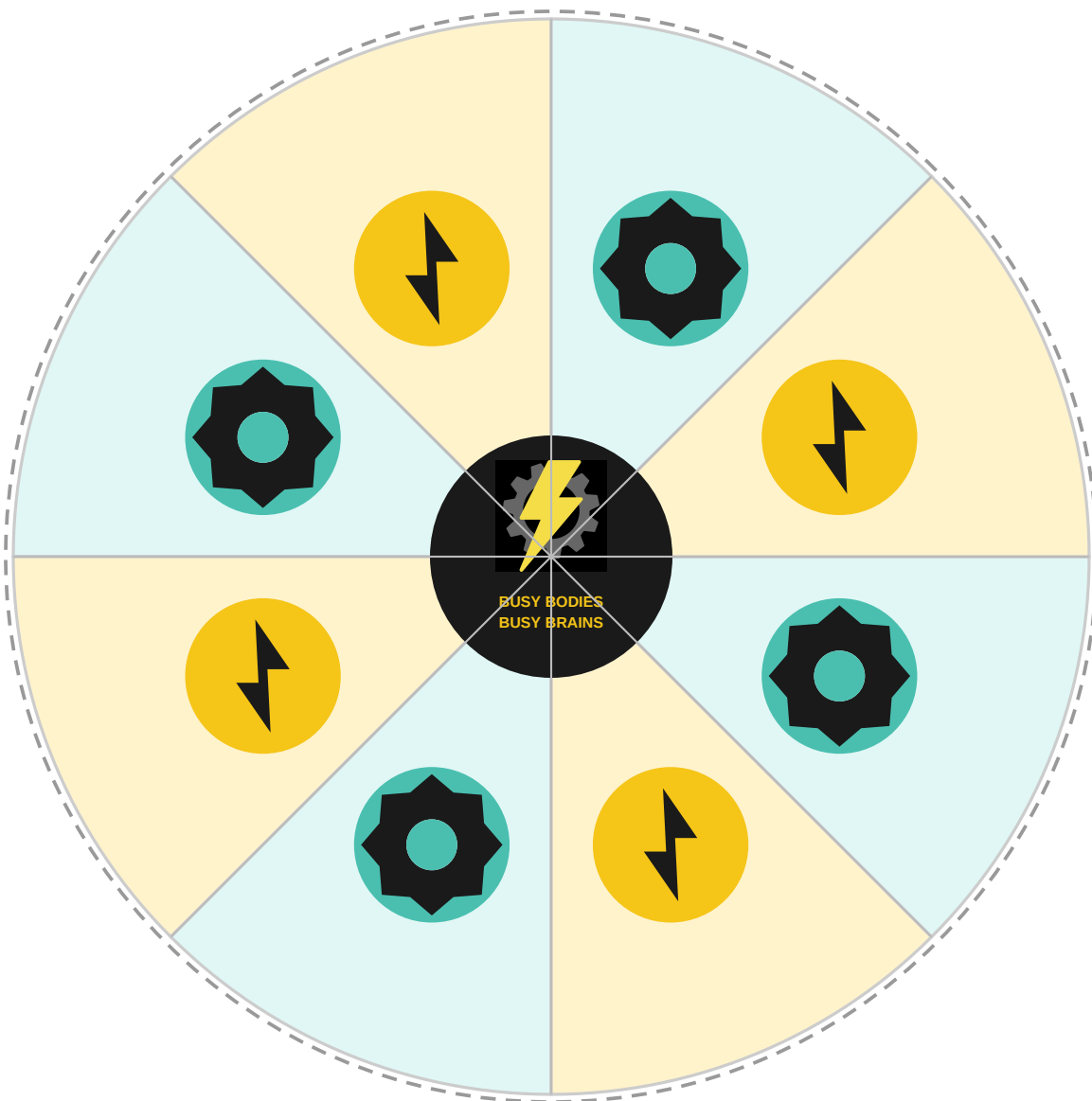
Take turns with friends or play solo — challenge yourself to beat your own score!



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>✂ **SPINNER INSERT** — Print • Cut • Glue onto your blank 6×6 spinner!

Cut along the outer dashed circle, then glue this side UP onto your blank game spinner.



>✂ *Cut along dashed line • Fits 6×6 inch blank spinner wheel*

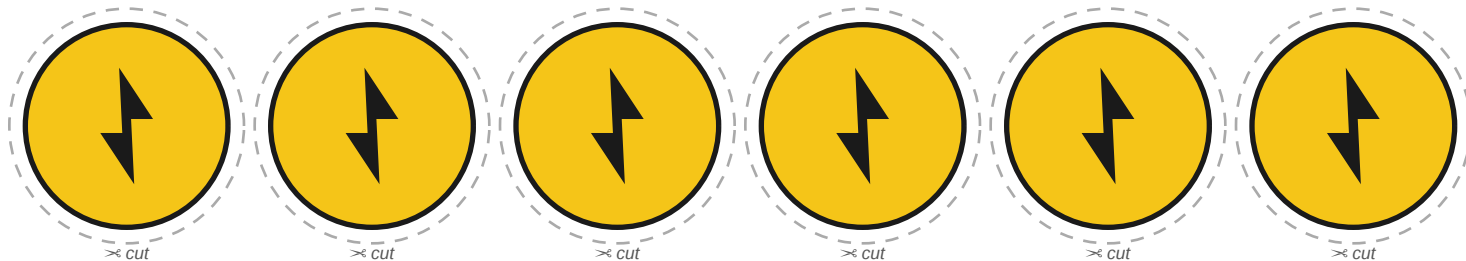


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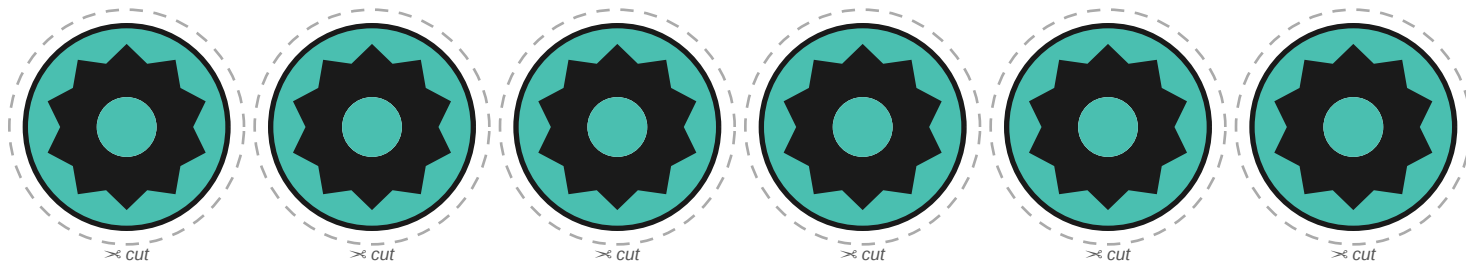
> **CUT-OUT TOKENS** — Color, cut & glue one onto each spinner slice!

Use these to decorate your spinner or as game pieces. Color them your favorite colors!

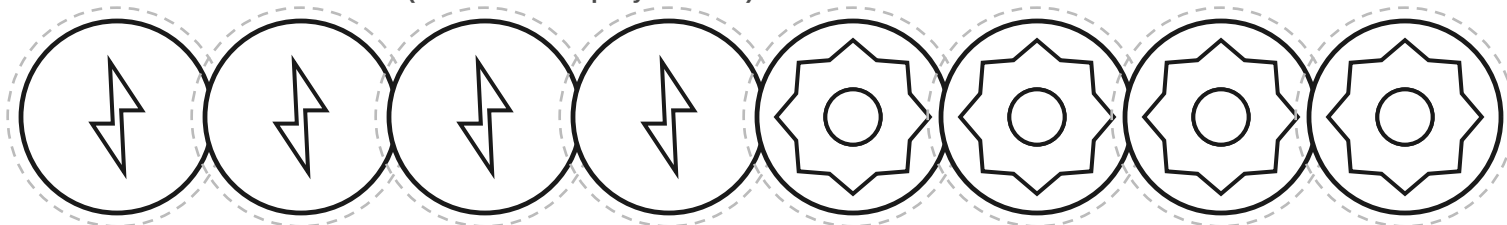
■ LIGHTNING BOLT TOKENS (Body Activities)



■ GEAR TOKENS (Brain Activities)



■ COLOR-YOUR-OWN TOKENS (make them uniquely YOURS!)



■ TOKEN IDEAS:

- Glue tokens onto spinner slices
- Use as game pieces to keep score
- Collect a bolt = body power point!
- Collect a gear = brain power point!



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> **ACTIVITY CARDS** — Cut out & keep in an envelope with your spinner!

Use these cards to read each activity aloud, or lay them face-down for a mystery challenge!



STAR JUMPS!

Jump up spreading your arms
and legs like a star!
Do it 10 times!

■ BODY POWER



SPELL IT!

Spell your FULL name
out loud — then spell it
BACKWARDS!

■ BRAIN POWER



FREEZE POSE!

Strike your best superhero
pose and FREEZE for
5 whole seconds!

■ BODY POWER



ANIMAL BLAST!

Name 5 different animals
in 5 seconds!
Go go go!

■ BRAIN POWER



HOP IT OUT!

Hop on your RIGHT foot
5 times, then your
LEFT foot 5 times!

■ BODY POWER



COUNT DOWN!

Count BACKWARDS
from 20 to 1
as fast as you can!

■ BRAIN POWER



YOGA TIME!

Stand tall, lift one foot,
bend your knee and balance
like a tree for 10 seconds!

■ BODY POWER



STORY STARTER!

Make up a story using only
3 words: a HERO,
a PROBLEM, and a PLACE!

■ BRAIN POWER



SPIN & STOP!

Spin around slowly 3 times
then STOP and balance
without falling!

■ BODY POWER



MEMORY SNAP!

Look around the room.
Close your eyes.
Name 5 things you saw!

■ BRAIN POWER



MARCH IN PLACE!

March in place lifting
your knees HIGH for
15 seconds!

■ BODY POWER



RHYME TIME!

Say a word.
Now name 3 words
that RHYME with it!

■ BRAIN POWER