

MOVEMENT WHEEL

Materials Needed:

- Paper Plate
- Construction Paper
 - Marker
 - Scissors
- Butterfly clip (fastener)
 - Ruler



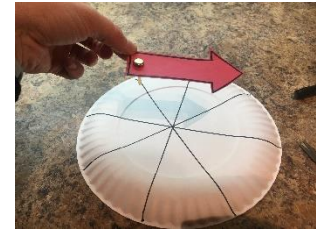
STEP 1:

Turn the paper plate upside down. Using a ruler and a marker, divide your paper plate into equal sections. You can choose how many sections you want!



STEP 2:

Cut out an arrow in construction paper. At the base of the arrow, punch a hole and put the fastener through.



STEP 3:

Write fun movement activities or actions in each section of the paper plate with a marker or other writing utensil. Get Creative! You may want to make some more challenging than others.



STEP 4:

Put the fastener through the middle of the paper plate and secure. You may have to make the hole a bit bigger to allow the arrow to spin. Spin the arrow and challenge others to the movement wheel!

