

Hallway Activity Stations

These cards were designed to make an activity station down a hallway. Use some or all of the cards in whatever order you want to create a path for students to move their way down the hall.

Contains: 16 stations cards with various activities.

**Run in
place for 15
seconds.**

Side step to the next station

**Do 10 wall
push ups.**

Walk heel-to-toe to the next station



**Take 10 deep
breaths.**

Tip Toe to the next station

**Wave your arms in the
air over your head.**

Walk backwards to the next station

**Squeeze your
right hand with
your left hand.
Switch.**

Stomp your feet to the next station

**Lean against the wall
and slide down into a
sitting position.
Count to 10.**

Jump to the next station

**Pat your head
and rub your
belly for 6
seconds.**

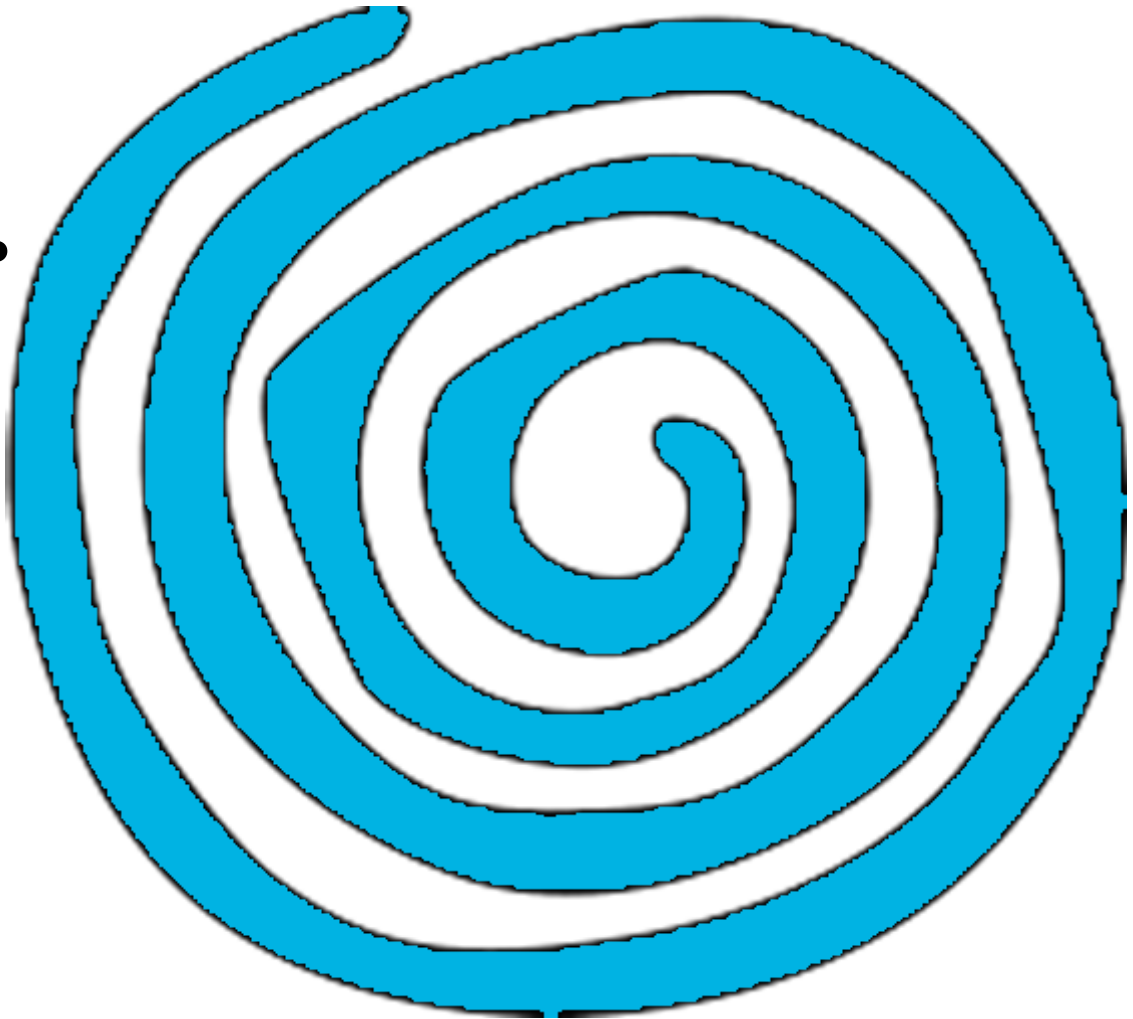
Crawl like a crab to the next station

A large orange fan-shaped graphic, resembling a slice of a circle, is centered on the page. It contains the text "Shake your sillies out." in a bold, black, sans-serif font.

**Shake
your
sillies
out.**

Spin in circles to the next station

**Trace with
your finger.**



Hop like a frog to the next station

**Wiggle the right
side of your body.**

Hop on left foot to the next station

MaineHealth

LET'S GO!

5-2-1-0

**Wiggle the
left side of
your body.**

Hop on right foot to the next station

**Make 10 large
circles with your
arms.**

Walk zig-zag to the next station

MaineHealth

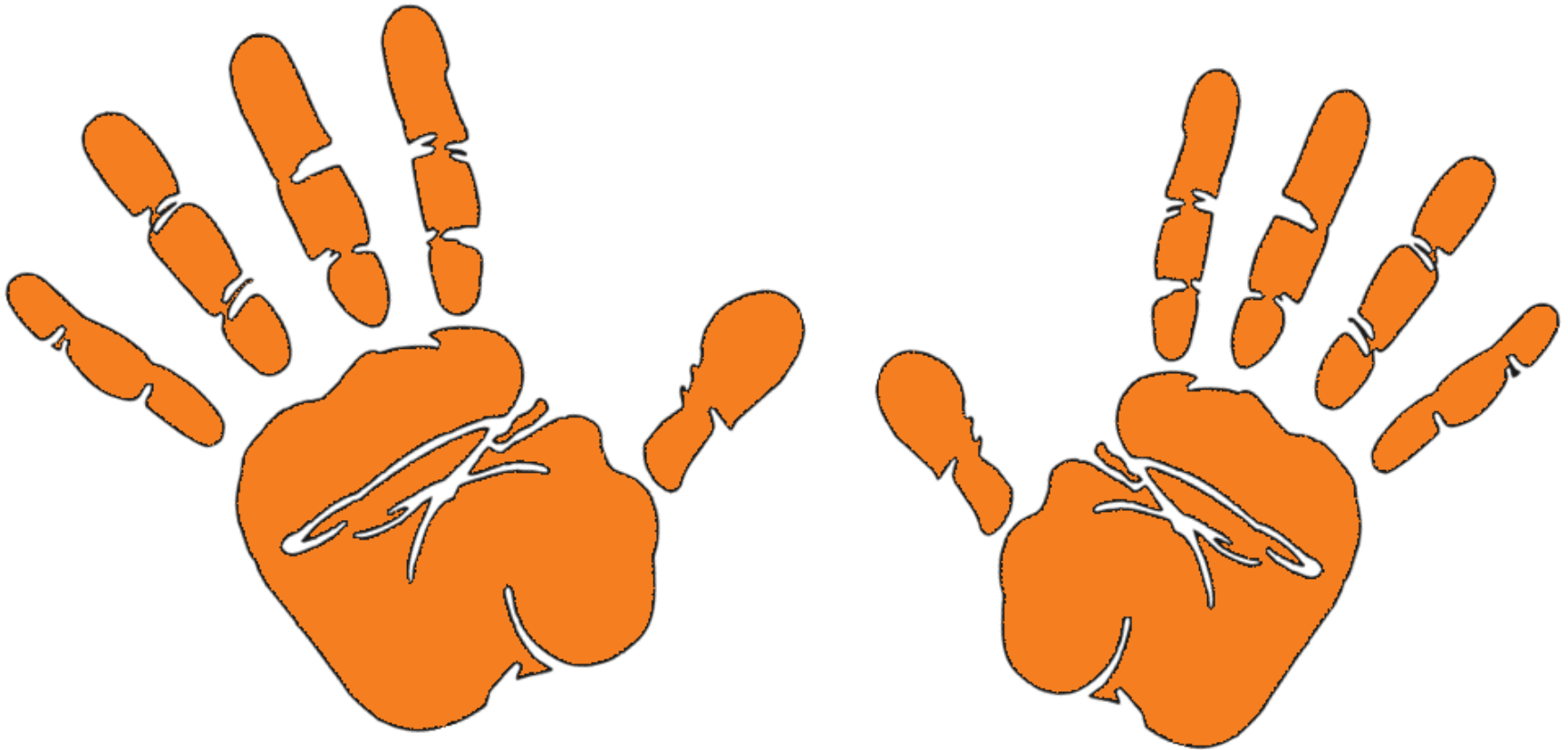
LET'S GO!

5-2-1-0

**Give yourself
a big hug and
count to 10.**

Pretend to jump rope to the next station

Push here



March to the next station

MaineHealth

LET'S GO!

5-2-1-0

**Clap your
hands as fast
as you can.**

Skip to the next station

Nice job!

You did it!



Get a drink of water.