

Moving Nature

Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Today's card is	Today's card is	Today's card is	Today's card is	Today's card is	Create your own creature	Today's card is
Today's card is	Today's card is	Today's card is	Today's card is	Today's card is	Today's card is	Today's card is
Today's card is	Today's card is	Today's card is	Today's card is	Create your own creature	Today's card is	Today's card is
Today's card is	Today's card is	Today's card is	Create your own creature	Today's card is	Today's card is	Today's card is
Today's card is	Today's card is	Today's card is	Today's card is	Today's card is	Today's card is	Create your own creature



→ For every new day, pick a card and draw the character

😊 Five minutes of play a day = Life-time benefits



Welcome to Moving Nature

Moving Nature aims to strengthen the bond between family members, supporting the physical, cognitive and emotional developmental process of parents and children.

About

Moving Nature is a library of playful movement activities that can be shared between parents and children. Created by our team of movement educators and specialists, the activities provide opportunities for you and your child/children to move often and in various creative ways. This playful intentional time together develops personal and social skills, with life-long benefits, for all involved.

Contents

20 animal cards

3 play house cards

1 challenge card

1 calendar template for playtime tracking

How to use

➊ Select a card ➋ Scan the QR code with your phone ➌ Each card is linked to an online creature page which contains movement activity tutorials. ➍ View the first tutorial then give it a go ➎ When you are ready, watch the next tutorial and then try the activity ➏ Repeat this sequence until you have tried all of the movement activities connected to the card ➐ Use the one-month calendar to intentionally bring this experience into your home routine for regular use.

Hello parents!

Welcome to the Moving Creatures family :)

Here are our recommendations for how you can get the most out of our Moving Nature product and create memorable, cherished experiences with your loved ones.

→ Inside your pack, you will find a yellow Time to Move card. Scan this card to create a member account - which will allow you to access our movement activities library through our website from any device.

→ Make it regular! Playing for just five minutes a day will form healthy movement habits for you and your child/children. You can start with five minutes a day and slowly increase the amount of play.

→ Before scanning the QR code on the animal cards, have fun role playing the animal with your child. How does that animal move? What sounds does it make?

→ Each video contains safety instructions. Please read the safety instructions carefully to be aware of potential accidents and to protect against injuries.

→ Be sure to choose a suitable space to engage in the movement activities without the danger of sharp corners or other hazards.

→ If an activity doesn't feel suitable for you and your child, move on to a different activity. You can always come back to previous activities.

→ Everyone has different movement abilities. Be attentive and respectful to your body and that of your children when playing. Play with sensitivity and patience. End play time in an upbeat way. Celebrating your efforts, both big and small, will motivate you and your child/children to continue to explore movement and play.

→ Most of our movement activities involve a mutual exchange between parent and child. Be sure to switch roles, demonstrating that you are willing to experiment and take a playful approach to life.

→ When you complete the one-month calendar, you can print out a new calendar template from the Moving Nature online library.

→ Some of the movement activities utilise household objects. Be sure to choose safe props. If you do not have the same props that we use, think creatively about other similar and safe household items you could use as an alternative.

→ Children are inherently creative. Encourage your child to create their own versions and unique twists on our movement activities.

→ The video tutorials linked to the Challenge the Dragon card change monthly. Have fun trying the monthly challenges.

→ Some parents may prefer watching the movement tutorials alone and then sharing the activity with their child/children without phones present.

→ Play contributes to the development of countless motor, cognitive and emotional abilities and therefore one should take it seriously. However, it's important to have fun, serious fun!

Ready? Let's play!