



Move Big, Move Small

Supports Meeting 2, Activity 2, Choices 1 and 2

Guide Daisies to brainstorm big or small movements, whichever you've chosen to focus on. Use this sheet to record their ideas. Ask them to identify the body parts used to make each motion, if you like. Try for at least ten suggestions, but feel free to keep going if Daisies are inspired! When the list is done, help each Daisy pick three movements to try. Have fun!

Type of movement: ☐ Big ☐ Small

Ideas:

Body parts:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____
