

Daily Beats

by Bridgette Nicholson
learningtools.co

In Place

Move Around

STANDING

SITTING

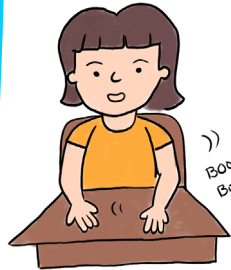
MARCH
IN PLACE



JUMP



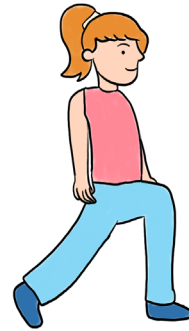
CLAPPING
THE TABLE



BODY
BEATS



LUNGEWALK



WALK



MARCH



BEARWALK



BENDING



TWISTING



SQUAT



NOISE MAKER
(ex. pencil, ruler
etc.)



CLAPPING



MAKE YOUR
OWN MOVEMENT



HOP



RUN



MOVE
IN BALANCE





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STANDING IN PLACE

MARCH
IN PLACE



JUMP



BENDING



TWISTING



SQUAT





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SITTING IN PLACE

CLAPPING



CLAPPING
THE TABLE



BODY
BEATS



NOISE MAKER
(ex. pencil, ruler)
etc.





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MOVE AROUND

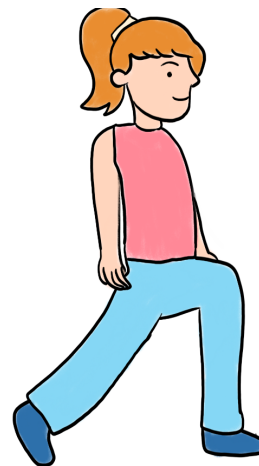
WALK



HOP



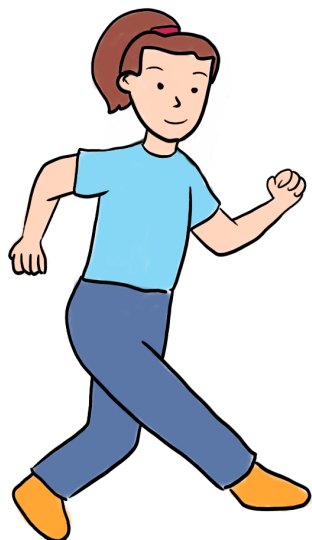
LUNGEWALK



MAKE YOUR OWN MOVEMENT



RUN



MOVE IN BALANCE



BEARWALK





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CALM DOWN

STAND & SWAY



SIT & SWAY



SIDE BENDS



ARM UP
BALANCE

