Rainy Day Rhythm Card

Move. Make. Rest. Repeat.

1 Move

- [ ] Cushion crash
- [ ] Basket push
- [ ] Animal walks
- [ ] Tape hopscotch
- [ ] Obstacle course
- [ ] Our idea: _____

2 Make

- [ ] Window painting
- [ ] Drawing to a story
- [ ] Cardboard box build
- [ ] Sink water play
- [ ] Kitchen science
- [ ] Our idea: _____

3 Rest

- [ ] Blanket fort and torch
- [ ] Audio story
- [ ] Books side by side
- [ ] Watch the rain
- [ ] Calm corner
- [ ] Our idea: _____

Check first: Lights soft? | Toys away? | Floor dry? | Snack and drink?