



### **Quick Reference Activity Card: Gruffalo**

Students' mats are in a staggered format, short ends facing the teacher.

Created for the book *The Gruffalo*.

Begin with a Cross Crawl "strolling" through the wood

Cross-lateral walking in place by touching the right elbow to the left knee and then the left elbow to the right knee

Use hands on head to create "mouse ears"

Drop down to all fours and up into downward facing dog (fox)



- Hands on the shoulders swing left to right to the rhythm of the words
- Stop in rock pose
- Protrude lower jaw in front of the upper to show bottom teeth
- Hands to shoulder level making claws
- Show all teeth growling

Move into down dog (fox)

















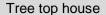
### **Quick Reference Activity Card: Gruffalo**

Begin with a Cross Crawl "strolling" through the wood

Cross-lateral walking in place by touching the right elbow to the left knee and then the left elbow to the right knee

Use hands on head to create "mouse ears"

Walk around flap arms (owl)



- Knobby Knees Chair & Gruffalo Combined
- Knobby knees: Chair pose with the knees together arms forward
- Protrude lower jaw in front of the upper to show bottom teeth
- Hands to shoulder level making claws
- Show all teeth growling



















### **Quick Reference Activity Card: Gruffalo**

Mountain pretend to lick ice cream



- "There's no such thing as a GRUFFALO!" Knobby Knees Chair & Gruffalo Combined
- Knobby knees: Chair pose with the knees together arms forward
- Protrude lower jaw in front of the upper to show bottom teeth
- Hands to shoulder level making claws
- Show all teeth growling

Begin with a Cross Crawl "strolling" through the wood

Cross-lateral walking in place by touching the right elbow to the left knee and then the left elbow to the right knee

Use hands on head to create "mouse ears"





Squat to plank hold Lower to cobra (snake)









### **Quick Reference Activity Card: Gruffalo**

Log roll (bundle rolls)





#### Move to Rock Pose

- Point to eyes
- Stick tongue out
- Cat Cow





#### "His favorite food is scrambled snake!" Everyone Wiggle ©

- "There's no such thing as a GRUFFALO!" Knobby Knees Chair & Gruffalo Combined
- Knobby knees: Chair pose with the knees together arms forward
- Protrude lower jaw in front of the upper to show bottom teeth
- Hands to shoulder level making claws
- Show all teeth growling





Repeat Gruffalo Sequence





### **Quick Reference Activity Card: Gruffalo**

Knobby knees Turned out toes





Poisonous wart at the end of his nose Eyes (point to them) Tongue (Stick tongue out)



Purple Prickles





"Oh Help! Oh, no!"







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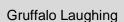
"There's no such thing as a GRUFFALO!"

Knobby Knees Chair

& Gruffalo Combined

- Knobby knees: Chair pose with the knees together arms forward
- Protrude lower jaw in front of the upper to show bottom teeth
- Hands to shoulder level making claws
- Show all teeth growling

Cross Crawl as Mouse and Gruffalo go for a stroll



"I hear a hiss"

Drop to plank lower to cobra

Wiggle a little in cobra















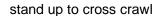




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Knobby Knees Chair & Gruffalo Combined

- Knobby knees: Chair pose with the knees together arms forward
- Protrude lower jaw in front of the upper to show bottom teeth
- Hands to shoulder level making claws
- Show all teeth growling



"I hear a hoot in the trees ahead"



- Knobby knees: Chair pose with the knees together arms forward
- Protrude lower jaw in front of the upper to show bottom teeth
- Hands to shoulder level making claws
- Show all teeth growling





















### **Quick Reference Activity Card: Gruffalo**

Cross Crawl





"I hear some paws on the path ahead"



Knobby Knees Chair & Gruffalo Combined

- Knobby knees: Chair pose with the knees together arms forward
- Protrude lower jaw in front of the upper to show bottom teeth
- Hands to shoulder level making claws
- Show all teeth growling





Cross-Crawl

Add mouse ears

Stop make an "I'm scared" face and rub tummy on "Gruffalo Crumble"





Fall to the ground becoming limp noodles

