Hallway Activity Stations

These cards were designed to make an activity station down a hallway. Use some or all of the cards in whatever order you want to create a path for students to move their way down the hall.

Contains: 16 stations cards with various activities.
Run in place for 15 seconds.

Side step to the next station
Do 10 wall push ups.

Walk heel-to-toe to the next station
Take 10 deep breaths.

Tip Toe to the next station
Wave your arms in the air over your head.

Walk backwards to the next station.
Squeeze your right hand with your left hand. Switch.

Stomp your feet to the next station
Lean against the wall and slide down into a sitting position. Count to 10.
Pat your head and rub your belly for 6 seconds.

Crawl like a crab to the next station.
Spin in circles to the next station

Shake your sillies out.
Trace with your finger.

Hop like a frog to the next station
Wiggle the right side of your body.

Hop on left foot to the next station
Wiggle the left side of your body.

Hop on right foot to the next station
Make 10 large circles with your arms.

Walk zig-zag to the next station
Give yourself a big hug and count to 10.

Pretend to jump rope to the next station
Push here

March to the next station
Clap your hands as fast as you can.

Skip to the next station
Nice job!

You did it!

Get a drink of water.