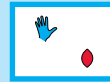




Twister Puzzle Cards



Benefits:

- ★ Teach math facts while providing essential movement breaks
- ★ Activate the vestibular system for integration of visual, auditory, and tactile systems
- ★ Strengthen core postural muscles for upright sitting at the desk
- ★ Improve body awareness for activities requiring lining up or sitting at circle time
- ★ Teach right and left directionality concepts while having fun
- ★ Provide much needed brain breaks to renew focus for academics



Twister Puzzles

Activity Directions

Twister Puzzles are also referred to as Balance Puzzles. They support the development of midline skills, body awareness, directionality, core strengthening, vestibular activation, balance, spatial skills, and math concepts.

The cards are numbered from one to ten on the front sides of the cards and eleven to twenty on the back sides of the cards. Puzzles for cards one through ten are easier to perform than for cards eleven through twenty.

Students perform each numbered movement. For young children, the use of the appropriate right or left limb is not essential.

The shapes represent body parts that are touching the floor. They translate as follows:



Head



Seat



Feet



Hands



Knees
(feet off floor)



Elbows
(hands off floor)

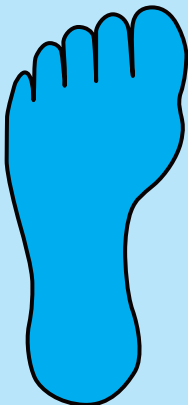
Remember! Only the body part that is pictured should be touching the floor. All other body parts need to be off the floor.

When children are able to perform the movements easily, have them pay attention to the picture and use the appropriate right or left limb of the body.

Adding Academics

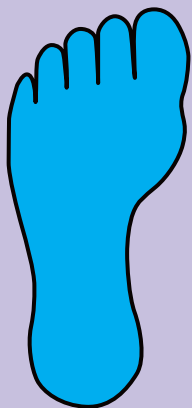
The cards are numbered for ease of adding math concepts to the game. For instance, you can say, "All children with even numbers come up front and perform your patterns." "All children with odd numbers come up front and perform your patterns." "Find a partner whose number on their card is equal to 6 when added to your card." "Will children with card numbers two and four please come to the front. If we add two and four together, who has the card that is the answer to our equation?" "Would the students holding cards two, five, and eight come to the front. Everyone please read the number that two, five, and eight create when we put them together (two hundred fifty eight)". Use your math imagination to provide movement breaks, refresh the brain, and teach some math while you are at it!

Twister Puzzles

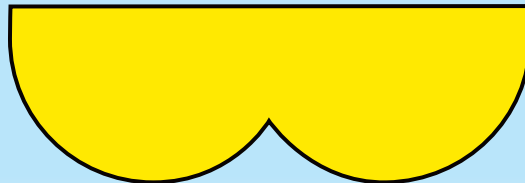
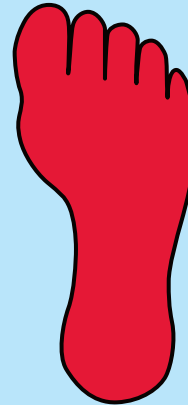


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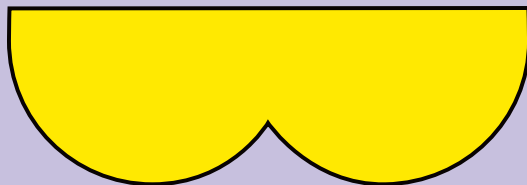
Twister Puzzles



Twister Puzzles

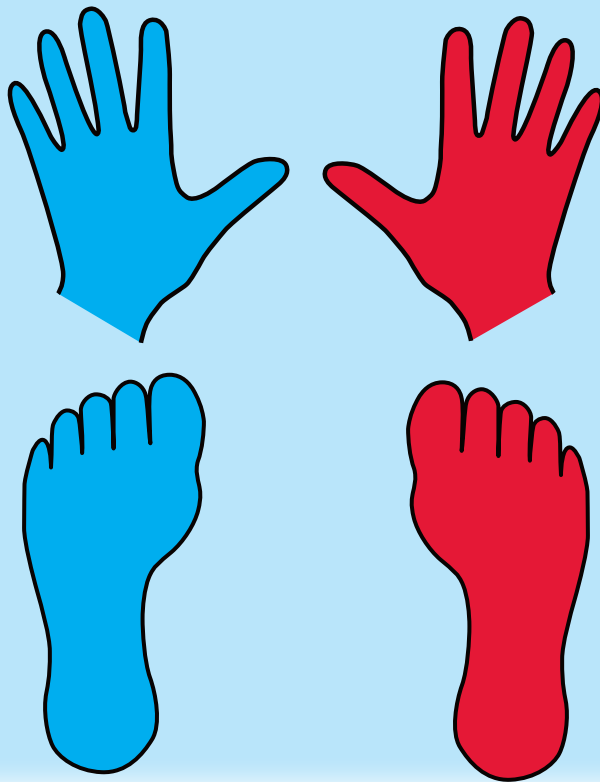


Twister Puzzles



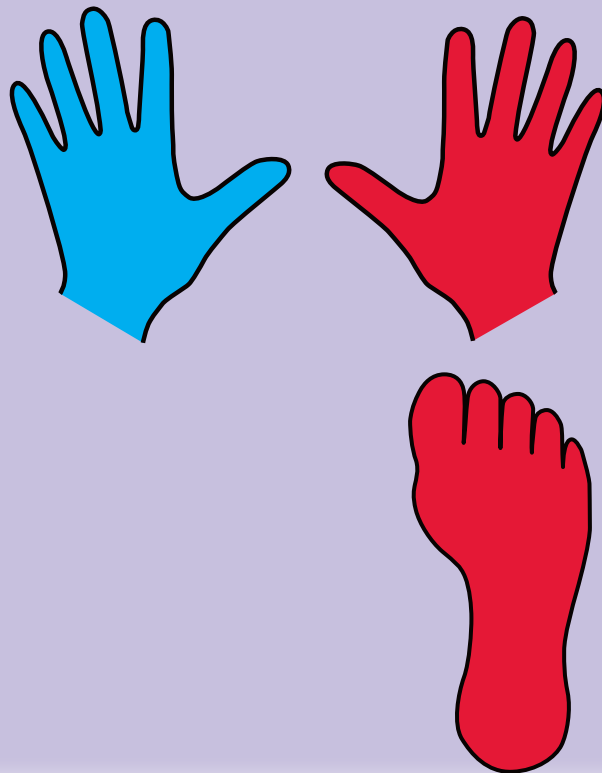
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Twister Puzzles



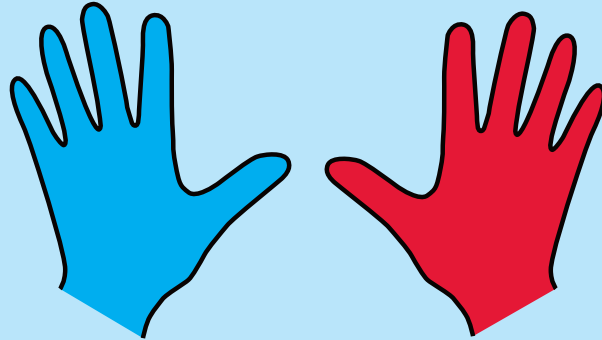
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Twister Puzzles

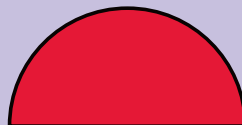
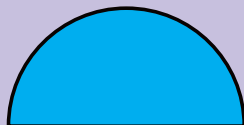
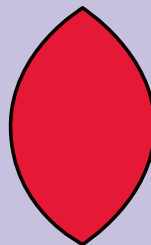
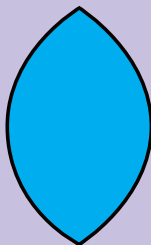


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Twister Puzzles

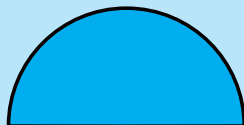
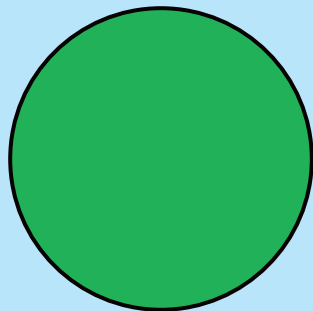


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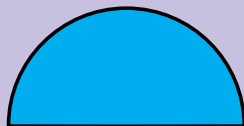
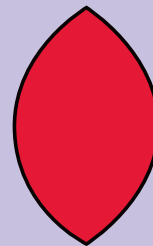
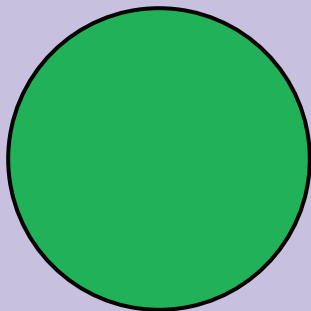


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Twister Puzzles

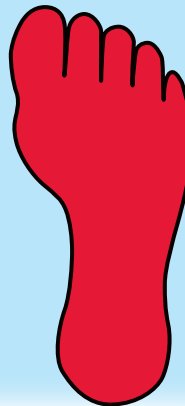
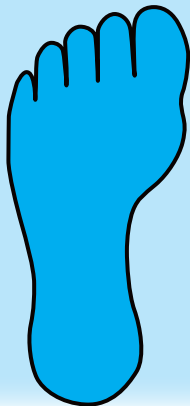


Twister Puzzles



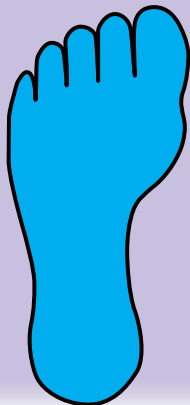
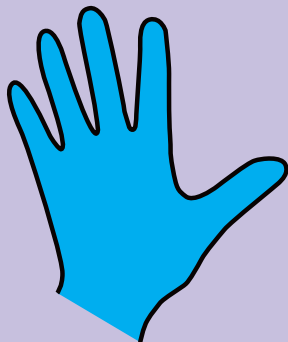
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Twister Puzzles



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Twister Puzzles

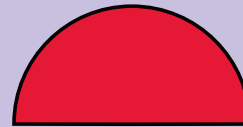
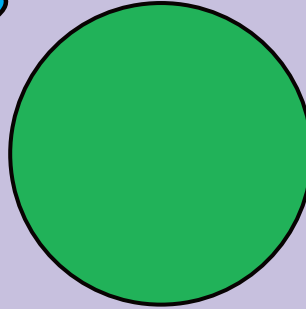
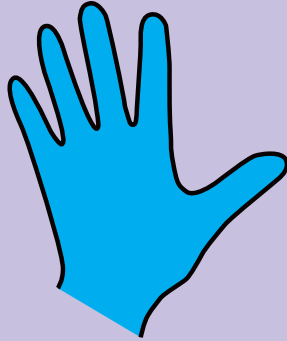


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Twister Puzzles



Twister Puzzles

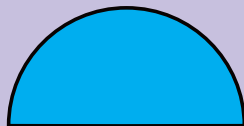
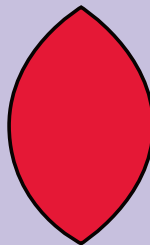


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Twister Puzzles

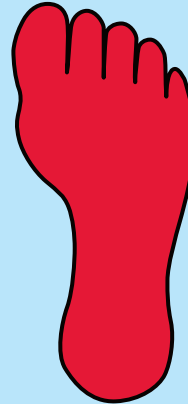
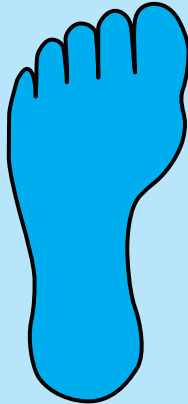


Twister Puzzles

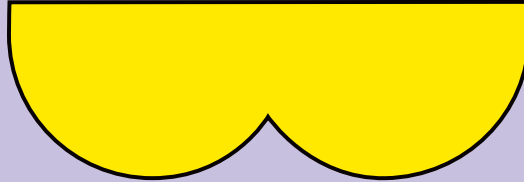


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Twister Puzzles

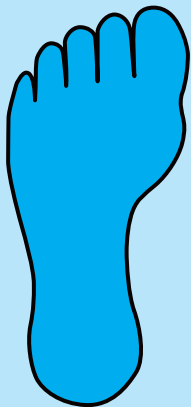


Twister Puzzles



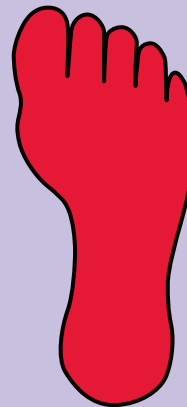
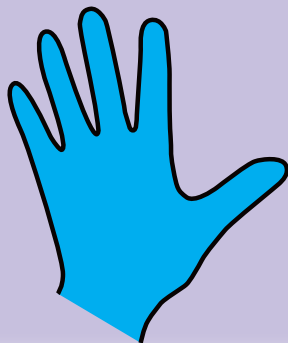
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Twister Puzzles



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Twister Puzzles



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