



MOVE CHAIN ACTIVITY SUPPLEMENT WEEK 5 • NABOTH'S VINEYARD

Game adaptations if a kid in your group has a disability:

- The kid with a disability can help you choose the volunteer to make up the move for each round.
- OR
- The kid with a disability can participate in moves they're able to do

Move Chain Ideas

- Plank
- Hop on one foot
- Wiggle
- Spin
- Clap
- Blink
- Kick
- Shrug shoulders
- Tiptoe
- Stand on one foot
- Squat
- Toe touch
- Snap
- High knees
- Elbows up
- Shake your whole body
- Make a silly face
- Do push-ups
- Run in place
- Stretch your arms in the air
- Shake your head
- Sway side to side