

One Hundred Movements by Choice

Name / chosen name: _____

Choose comfortable movements or a counting-only role. You can pause or stop. There is no speed challenge.

Choice	Ten counts or marks
Round 1: _____	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Round 2: _____	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Round 3: _____	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Round 4: _____	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Round 5: _____	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Round 6: _____	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Round 7: _____	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Round 8: _____	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Round 9: _____	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Round 10: _____	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Seated hand movements, gentle taps, observing or counting are equally valid. An adult agrees suitable options.