Grow Well SG

Health Promotion Board

WILD GUESS

A MOVEMENT CARD GAME

Movement is better when you do it together.
Make 1-2 hours of active play a part of your daily routine.

go.gov.sg/gwsg

SMALL steps BIG difference

WELCOME TO THE WILD!

One player draws a card and picks a side.

Act out the movement.
No talking, no animal noises.

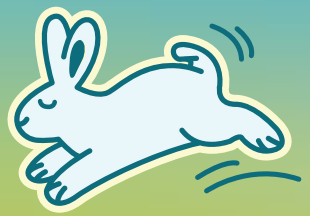
Everyone else guesses the animal.

Got it?
Swap roles and draw again.
See how many you can guess.

Cut along the dotted lines.

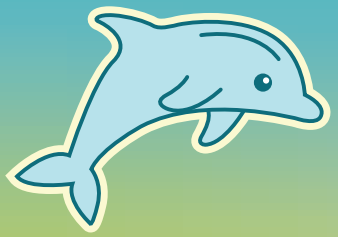
Rabbit

Hop with quick little jumps, keep your hands tucked close to your chest, and wiggle your nose



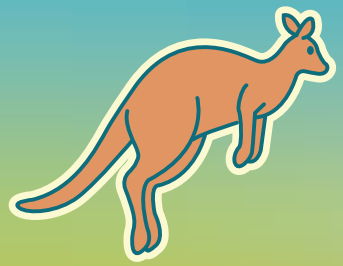
Dolphin

Jump forward and keep your arms together like a fin



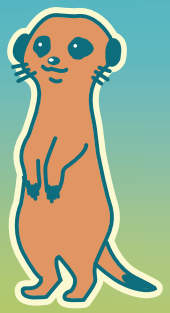
Kangaroo

Hop forward with both feet and keep your hands close to your chest



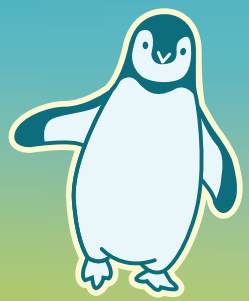
Meerkat

Start in a low squat, pop up tall on tiptoes and look around



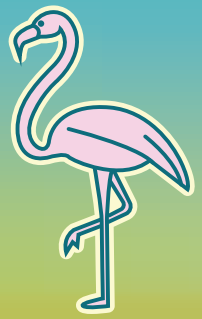
Penguin

Waddle as you walk with your arms by your side



Flamingo

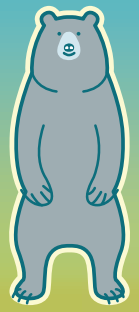
Stand on one leg, tuck the other knee up, and try to keep your balance



Cut along the dotted lines.

Bear

Stomp forward with heavy steps, swing your arms like big paws, then stand tall and stretch



Frog

Squat down low, jump forward with both feet and land back in a crouch

Gorilla

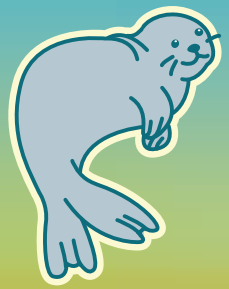
Bend your knees, walk low and thump your chest

Horse

Gallop around with high knees and strong steady steps, pretending your hands are your front legs

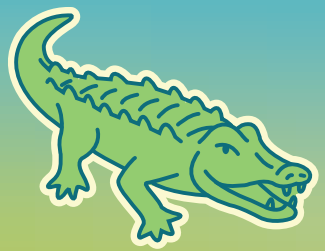
Seal

Sit up, clap your straight arms together, and lift your feet off the ground



Crocodile

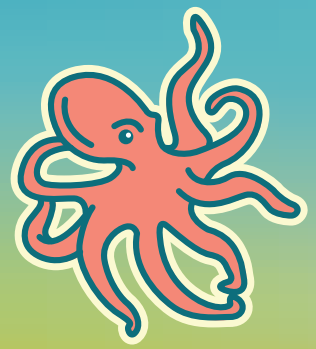
Stay low, move forward slowly, and snap your arms together like a mouth snapping shut



Cut along the dotted lines.

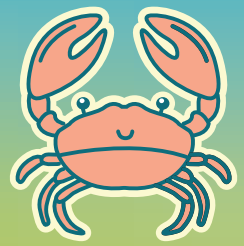
Octopus

Wave your arms and legs around like you are floating in water



Crab

Walk sideways low to the ground and open and close your hands like pincers

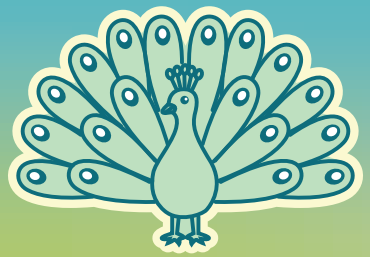


Mountain Goat

Take high steps as if climbing over a tall rock, then balance on one leg

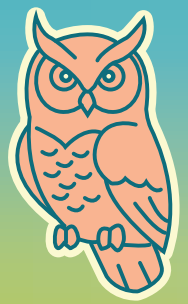
Peacock

Spread your arms out behind you like a big tail and walk proudly



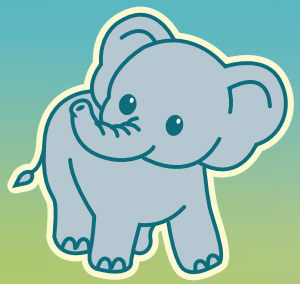
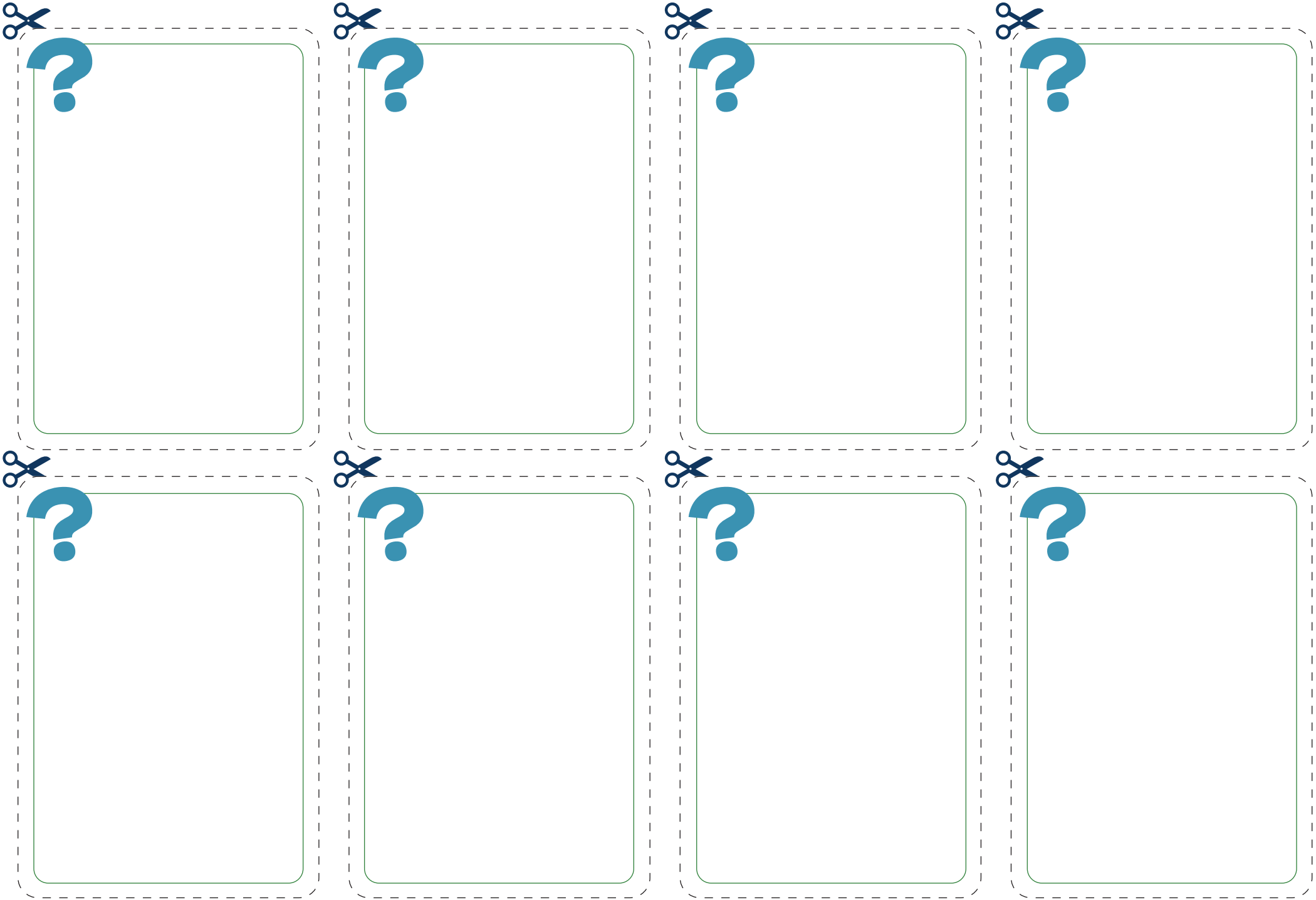
Owl

Turn your head from side to side, and flap your arms



Elephant

Swing your arm like a trunk and take big stomping steps



Get creative and make your own cards!