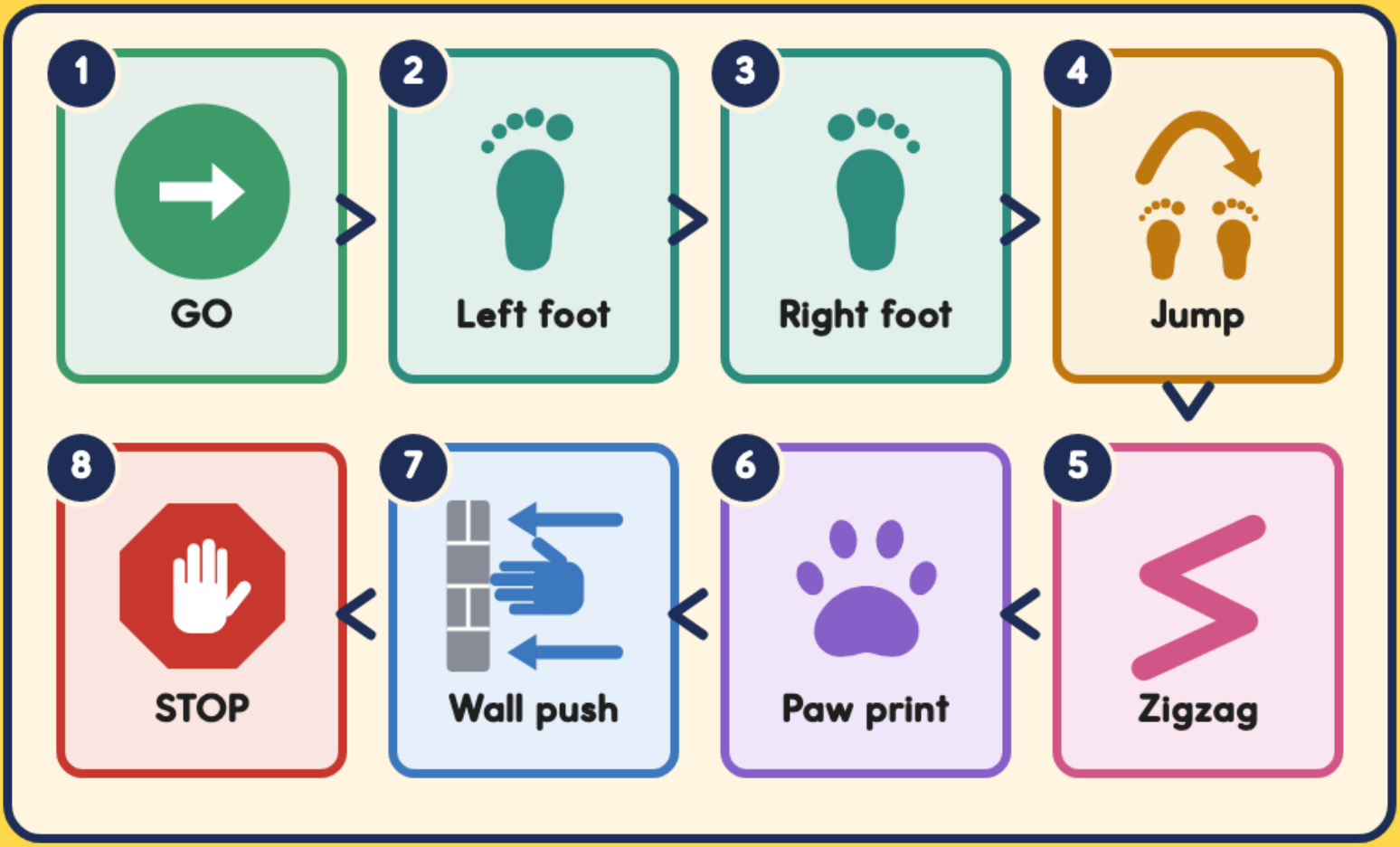
SENSORY PATH

Floor and Wall Cards



20 CARD DESIGNS | **COLOR + INK-SAVER** | **FLOOR + WALL**

Movement Brain Breaks | PreK-3 | Fillable PDF

Terms of Use

Please read before you print your first page.

One classroom license

- This file is for one classroom: one teacher, one group of students.
- Please do not share it, post it online, or sell it.
- Extra licenses for a team or a school are available on the product page.

This is a fillable PDF

- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a line or a box, type, and Save As.
- The name lines, the path planner, the use log, the family note and every notes area are type-in fields. You can also print any page and write by hand.
- It works offline. No account, no subscription, no internet connection needed after you download it.

Print at 100 percent

Turn off fit to page and shrink to fit so the cut pieces keep their size. Every page is readable in black and white, and every cut page comes in a color set and an ink-saver set. Cards last longest on cardstock; laminate them if you can.

Need help?

If a field will not behave or a page will not print the way you expect, use Ask a Question on the product page before leaving a review. Every question is read, and a fix to the file ships as a free update.

© Bright Path Sped. For single-classroom use by the original purchaser.

PREVIEW

How to Set Up Your Path

One way to do it. Your space, your choices.

On the floor

- **Cut and laminate.** Cut the cards on the solid lines (pages 9 to 14). A laminated card wipes clean and does not curl.
- **Lay them in a line.** Put the cards in the order you chose. Leave about one step between cards, and more room before a Jump or Hop card.
- **Tape every corner.** Use painter's tape or low-tack floor tape, so a card cannot slide or curl up.
- **Start and end.** Put the GO card first and the STOP card last. The big signs are on page 8.

On the wall

- Hang the cards in a row at children's hand height. Hand and Wall push cards belong on the wall.
- Use the tape or putty your school allows on walls. Check before you stick anything to a painted wall.

2 children at a time

One child starts at GO. When that child reaches the middle, the next child starts. Leave a gap so no one bumps.

Space and safety

Clear the floor and keep it dry. Walk; do not run. Your school's rules come first.

Our school's rule for moving in halls or rooms (write it here)

_____

_____

Where our path goes

_____

_____

_____

PREVIEW

A 5-Minute Movement Break

Four steps that add up to 5 minutes. Use it between lessons, after lunch, or on a rainy day.

The break

1. **Pick a path** (30 seconds)
   Choose a path from page 7, or lay out one of the three on page 6.
2. **Show the cards** (60 seconds)
   Walk the path with your eyes. Say each card out loud, one at a time.
3. **Move** (180 seconds)
   Two children at a time. The next pair starts when the first pair is at the middle.
4. **Stop and settle** (30 seconds)
   The last child stands on STOP. Everyone takes a slow breath, then back to work.

Ways to change it

- Say every card name out loud as you move.
- Walk the path a second time, slower.
- Let a child pick the next path from the planner.
- Count the steps from GO to STOP together.

Our path rules (write your own)

Notes on how the break went

PREVIEW

Plan Your Path

Write the cards in order, GO first and STOP last. Then print what you need and lay it out.

Path name _____ Floor or wall? _____ Date _____

#	Card (write its name)	Page	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Cards I need to print

_____

_____

_____

Where it goes

_____

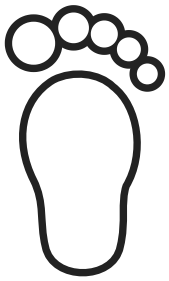
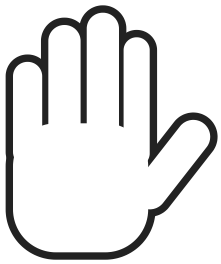
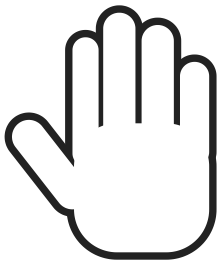
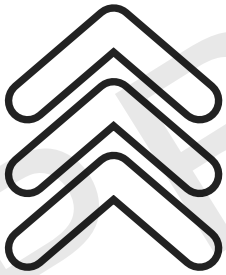
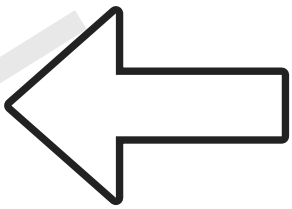
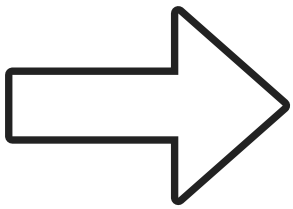
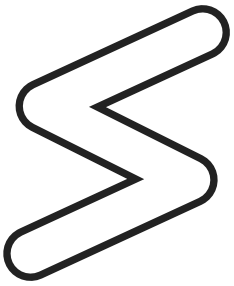
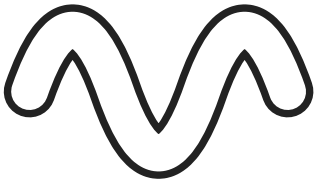
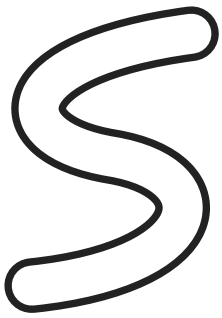
_____

_____

Sketch the layout

PREVIEW

Cut the cards. Tape them in a line.

 Left foot	 Right foot	 Left hand
 Right hand	 Paw print	 Straight
 Reach up	 Turn left	 Turn right
 Zigzag	 Wavy	 Curvy

PREVIEW

Preview : Bright Path Sped

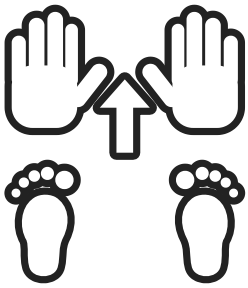
Cut the cards. Tape them in a line.



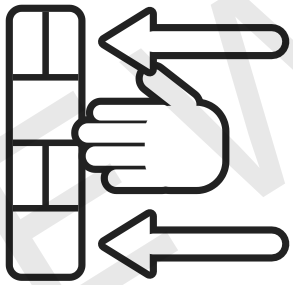
Jump



Hop



Crawl



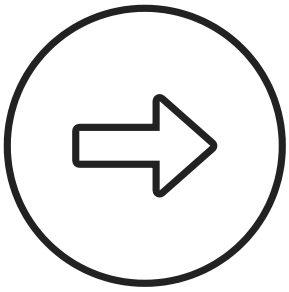
Wall push



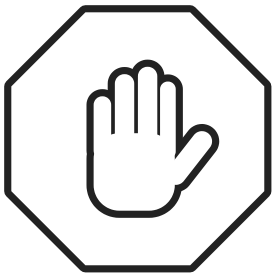
Tiptoe



Stomp



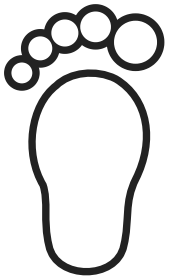
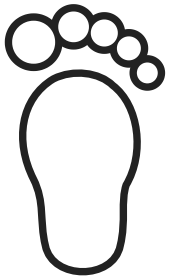
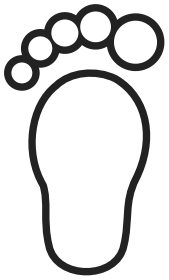
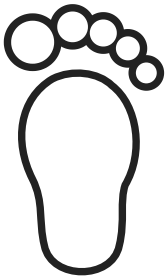
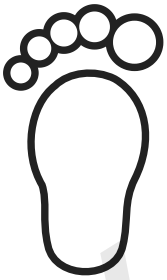
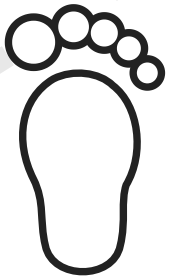
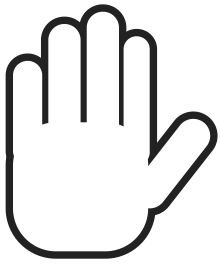
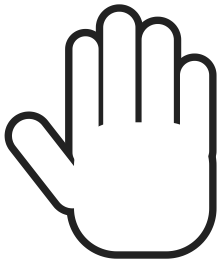
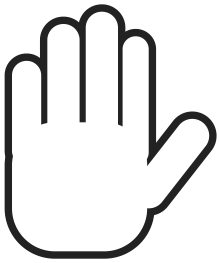
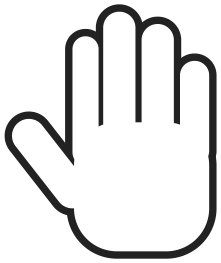
GO



STOP

PREVIEW

Cut the prints. Make a longer path.

 Left foot	 Right foot	 Left foot
 Right foot	 Left foot	 Right foot
 Left foot	 Right foot	 Left hand
 Right hand	 Left hand	 Right hand

PREVIEW

My name _____

Color a footprint when you finish the path.

MY PATH PASSPORT





My favorite card

PREVIEW

Filled Example: One Week

Room 7 (invented class). The class and every number on this page are invented.

The log

Day	Path used	Children	Minutes
Mon	Hallway line	8	5
Tue	Wall path	6	4
Wed	Hallway line	9	5
Thu	Hallway line	8	3
Fri	Corner curve	10	5
Week	**5 breaks**	**41**	**22**

The roll-up, by path

Path	Breaks	Children	Minutes
Hallway line	3	25	13
Wall path	1	6	4
Corner curve	1	10	5
All paths	**5**	**41**	**22**

Reading the numbers

5 breaks in the week. Hallway line was the most used: 3 of 5 breaks. Children walked the path 41 times in all, about 22 minutes of movement.

What the teacher did next

The teacher kept the Hallway line as the main path, used the Wall path on Tue and the Corner curve on Fri for a change, then asked the class to vote on a new path for next week.

What this example is not

One invented class's week. It sets no typical number, says nothing about any child and predicts nothing about a real class. "Children" counts how many walked the path in each break.

PREVIEW

A Note to Families

One page to send home when you start the path.

Date _____ Class _____ Teacher _____

Dear families,

In our room we are using a movement path: cards taped to the floor or the wall that show children where to step, which way to go, and what move to do. Each card has one picture, so children can follow it without help. Children take short turns, two at a time, and the break lasts about five minutes.

This week our path has

_____

_____

_____

You can try this at home

Make a short path in the hall with painter's tape and paper footprints. Ask your child to show you the moves and say the card names out loud.

_____

_____

_____

A note from me (your words)

_____

_____

_____

_____

Thank you, (teacher) _____ Family signature, if your school asks for one _____

PREVIEW

Phrase Bank

Fill each blank with what you really saw.

Starting a movement break

- "Our path today is ____ (the path). Watch me say the cards."
- "Find the GO card. Stand behind it and wait for my nod."
- "When you reach the ____ (a card) card, ____ (the move)."
- "Two at a time. Leave one card between you and the next child."

Noticing it

- "I see ____ (name) putting a foot on every footprint."
- "You are walking the zigzag slowly. That takes care."
- "You waited at GO until it was your turn. Thank you."
- "I saw ____ (name) stop on STOP. That is the whole path."

A quiet reminder

- Point to the next card and wait.
- "Read the card. What does it say to do?"
- "Back to the GO card. We will try it again."
- "Slow feet on the path, please."

Sentence starters for children

- My favorite card is ____.
- The hardest card for me is ____.
- I can ____ (a move) on the path.
- After the path, I feel ____.

For the note home

- This week our path had ____ (cards).
- Your child liked the ____ card best.
- At home you can make a path with ____ (tape, paper, pillows) in the hall.
- Thank you for ____ (what the family did to help).

PREVIEW