

Quick Reference Activity Card: Gruffalo

Students' mats are in a staggered format, short ends facing the teacher.
Created for the book *The Gruffalo*.

Begin with a Cross Crawl
"strolling" through the wood

Cross-lateral walking in place
by touching the right elbow to
the left knee and then the left
elbow to the right knee

Use hands on head to create
"mouse ears"



Drop down to all fours and up
into downward facing dog (fox)



Rock pose

- Hands on the shoulders
swing left to right to the
rhythm of the words
- Stop in rock pose
- Protrude lower jaw in front
of the upper to show
bottom teeth
- Hands to shoulder level
making claws
- Show all teeth growling



Move into down dog (fox)



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Walk around flap arms (owl)



Tree top house



- Knobby Knees Chair &
Gruffalo Combined
- Knobby knees: Chair pose with the knees together arms forward
 - Protrude lower jaw in front of the upper to show bottom teeth
 - Hands to shoulder level making claws
 - Show all teeth growling



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Mountain
pretend to lick ice cream



“There’s no such thing as a GRUFFALO!”
Knobby Knees Chair & Gruffalo Combined

- Knobby knees: Chair pose with the knees together arms forward
- Protrude lower jaw in front of the upper to show bottom teeth
- Hands to shoulder level making claws
- Show all teeth growling



Begin with a Cross Crawl
“strolling” through the wood

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Use hands on head to create “mouse ears”



Squat to plank hold
Lower to cobra (snake)



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Log roll (bundle rolls)



Move to Rock Pose

- Point to eyes
- Stick tongue out
- Cat Cow



“His favorite food is scrambled snake!”
Everyone Wiggle 😊

“There’s no such thing as a GRUFFALO!”
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Repeat Gruffalo Sequence

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Knobby knees
Turned out toes



Poisonous wart
at the end of his nose
Eyes (point to them)
Tongue (Stick tongue out)



Purple Prickles



“Oh Help! Oh, no!”



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Cross Crawl as Mouse and Gruffalo go for a stroll



Gruffalo Laughing



“I hear a hiss”
Drop to plank lower to cobra
Wiggle a little in cobra



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stand up to cross crawl



"I hear a hoot in the trees ahead"



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Cross Crawl



"I hear some paws on the path ahead"



Knobby Knees Chair & Gruffalo Combined

- Knobby knees: Chair pose with the knees together arms forward
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- Hands to shoulder level making claws
- Show all teeth growling



Cross-Crawl

Add mouse ears

Stop make an "I'm scared" face and rub tummy on "Gruffalo Crumble"



Fall to the ground becoming limp noodles

