



## Action Words

A list of words that make us move!

Pull out action words from a story and create your own movement adventure by exploring the words with your body!

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balance	fall	march	spin
bend	float	melt	spring
bounce	flop	mix	stretch
burst	flutter	pop	swing
carry	fly	pounce	sway
catch	follow	pull	twist
cheer	gather	push	throw
clutch	grin	race	tip
crawl	grow	rest	tug
creep	hang	rise	turn
crouch	hatch	rock	twinkle
cuddle	hide	roll	twirl
curl	hike	row	walk
dance	hug	run	wash
dive	hurry	scoot	wave
drip	jog	shake	wilt
drop	jump	shiver	wrap
droop	kick	skate	zap
erupt	kneel	skip	
explode	leap	slide	