


Visual Discrimination Puzzles

Mystery Words #5

Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

D	R	K	C	B	
W	K	W	D	M	U
N	C	B	F	I	
L	A	D	E	S	
E	W	B	K	C	
L	D	L	E		
K	X	M	T	Z	

Mystery Words: _____

Movement Break #2

Directions: Cross out any numbers that are the same. When done, write the numbers in the boxes below and perform the movement breaks that many times.


























10	12	11	1	3
15	14	3	15	6
6	12	10	14	1
4	19	3	10	
19	1	12	15	

Code:

<input type="text"/>	Wall Push perform push hands on
<input type="text"/>	Hands Push elbows at shoulder together and
<input type="text"/>	Chair Push sitting in chair, push seat, straighten legs

Mystery Dance #7

Directions: Cross out any pictures that are the same. When done, use the code below to perform the mystery dance.

Code:

 arms out to side bend backwards	 elbow up and slide across floor
 wave arms overhead	 big jump in the air arms and legs out
 jump on one foot arms out	 hands on hips and shake your hips

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DIRECTIONS:

Print out the pages that the child will be completing. Follow the directions on each page.

Mystery Word #1

Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

A	D	B	S	A	B
R	A	E	R	M	A
T	M	D	E	E	T
T	R	E	D	D	R
E	D	B	K	M	T
T	I	E	M	M	B
M	E	T	D	P	T

Mystery Word: _ _ _ _

Mystery Word #2

Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

B	V	W	A	B	S
A	B	L	V	W	A
A	V	W	I	B	A
B	W	B	A	V	M
W	M	M	W	B	M
V	A	D	E	M	V
M	B	M	V	A	M

Mystery Words: ____ _

Mystery Word #3

Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

J	R	E	O	D	O
O	C	J	J	R	S
S	J	R	S	E	S
R	E	O	D	S	L
A	R	E	J	O	S
D	P	D	O	S	R
E	E	J	D	S	D

Mystery Words: ____ _ _ _

Mystery Words #4

Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

N	P	L	R	F	B
A	V	G	N	F	G
M	F	N	B	Y	O
V	U	G	T	V	S
R	H	B	H	F	M
G	I	N	V	R	B
D	H	R	E	H	M

Mystery Words: _____

Mystery Words #5

Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

D	R	K	C	B	M
W	K	W	D	M	U
N	C	B	F	M	W
L	A	D	E	S	L
E	W	B	K	C	G
L	D	L	E	E	X
K	X	M	T	X	B

Mystery Words: ____ _ _

____ _ _ _

Mystery Word #6

Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

B	W	M	T	S	A
L	C	D	B	S	E
E	T	V	K	I	D
F	M	D	E	B	V
T	<i>C</i>	F	E	C	M
D	F	N	M	F	P
E	D	C	P	G	T

Mystery Word: _____

Mystery Word #7

Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

Q	S	M	T	R	H
L	C	O	B	S	E
U	U	Q	M	Q	H
F	M	O	L	B	V
A	C	F	Z	Y	M
D	V	X	P	I	P
Y	X	N	G	Z	T

Mystery Word: _ _ _ _ _

Mystery Word #8






Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

U	D	M	O	R	U
B	Y	S	P	W	E
M	H	C	M	J	H
O	J	A	L	B	K
I	<i>C</i>	D	<i>W</i>	C	M
K	G	N	R	F	F
Y	T	G	E	L	S

Mystery Word: _ _ _ _ _

Mystery Word #9

Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

A		N	O	P	D
H	Y	B	N	V	
G	F	D	Y	J	S
O	W	V	A	R	J
U		I	P		G
K	T	Z	K	H	
B	A	M	Z	U	E

Mystery Word: _ _ _ _ _

Mystery Word #10

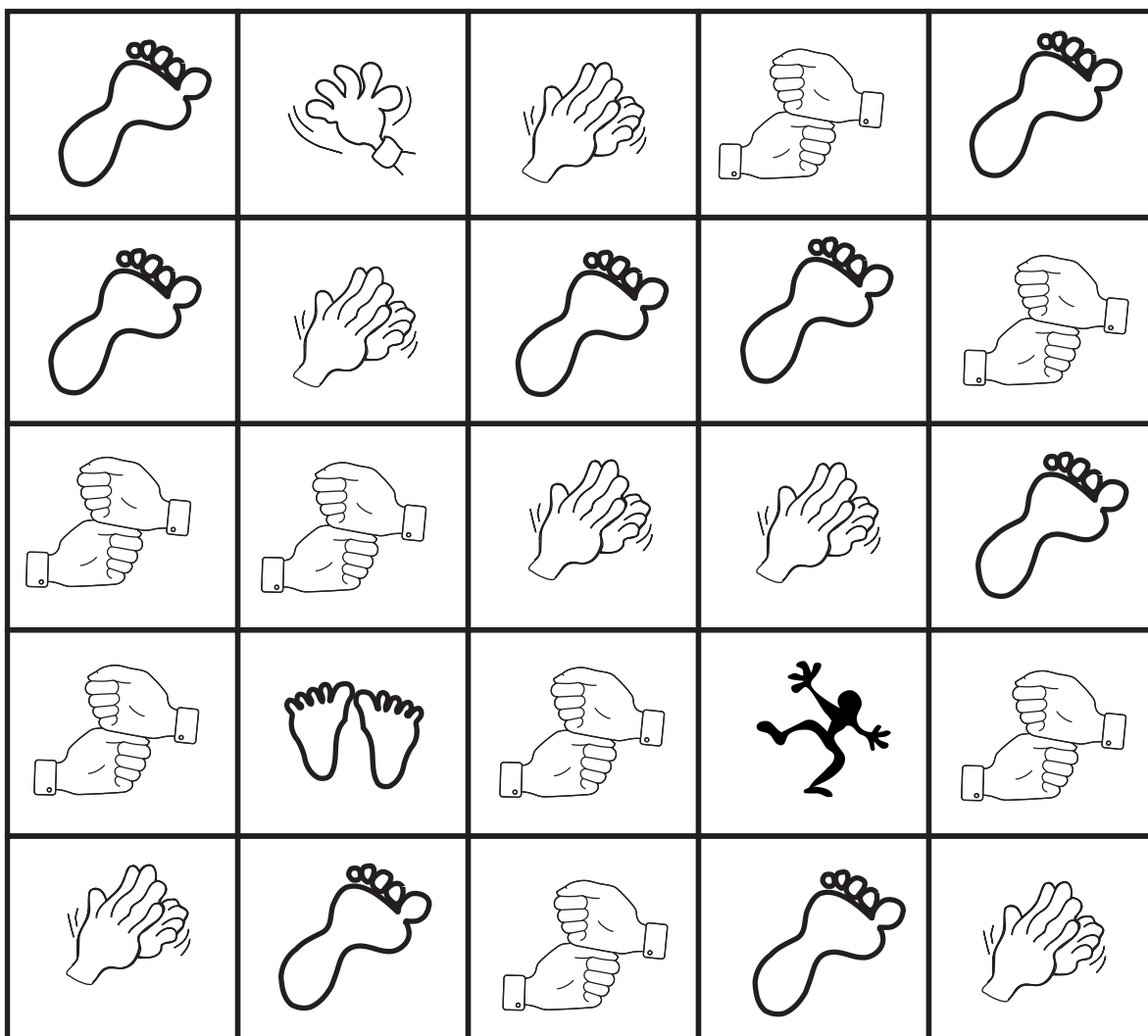
Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

P	B	K	M	J	E
F	X	L	A	C	W
J	H	H	I	K	S
F	T	y	E	X	G
R	Q	T	O	Q	U
S	N	M	B	D	B
W	I	Z	3	B	C





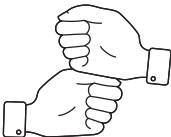

Mystery Word:

Mystery Dance #1

Directions: Cross out any pictures that are the same. When done, use the code below to perform the mystery dance.

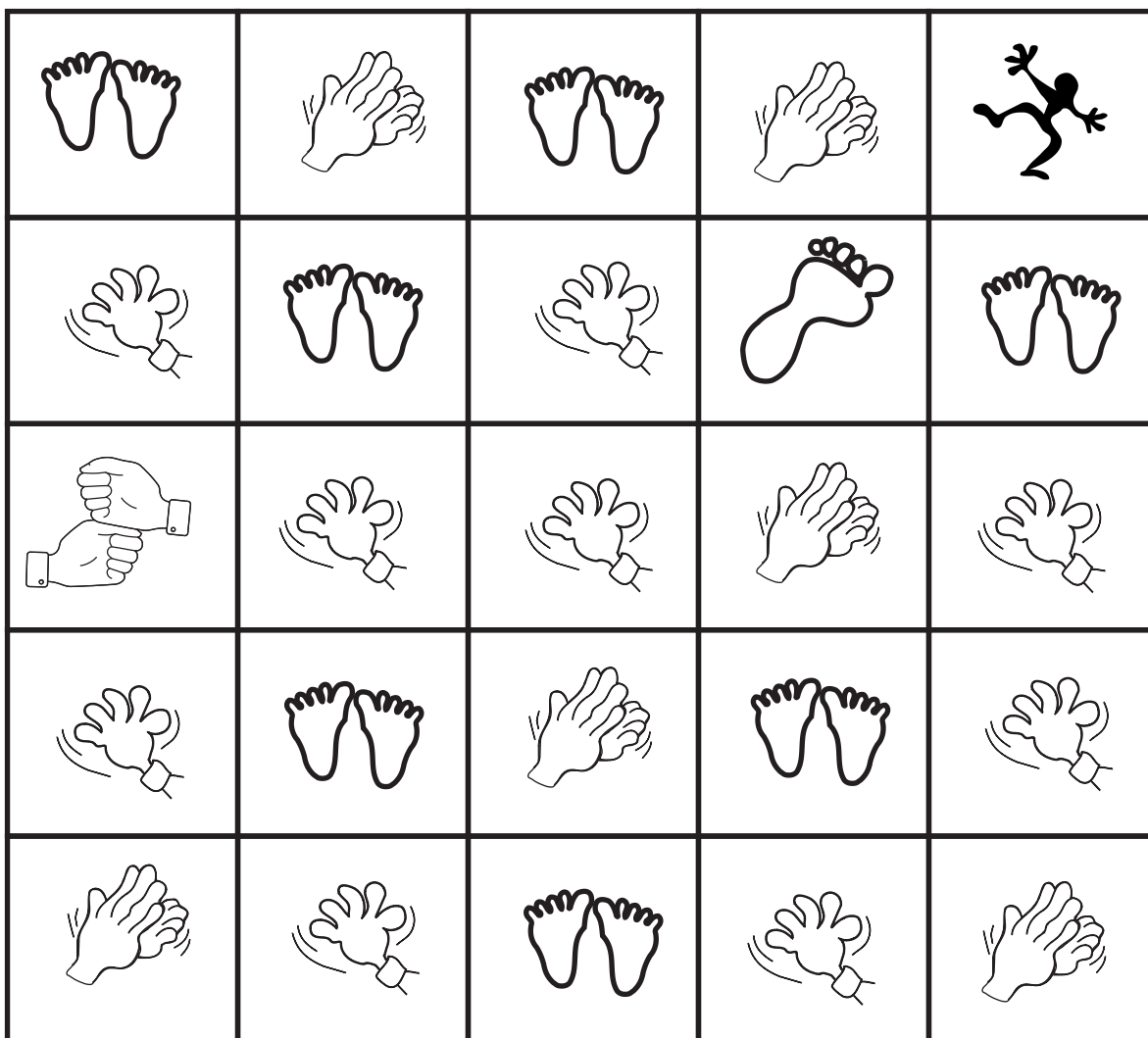


Code:







	clap		wiggle toes
	wave		stomp feet
	fists		shake body

Mystery Dance #2

Directions: Cross out any pictures that are the same. When done, use the code below to perform the mystery dance.

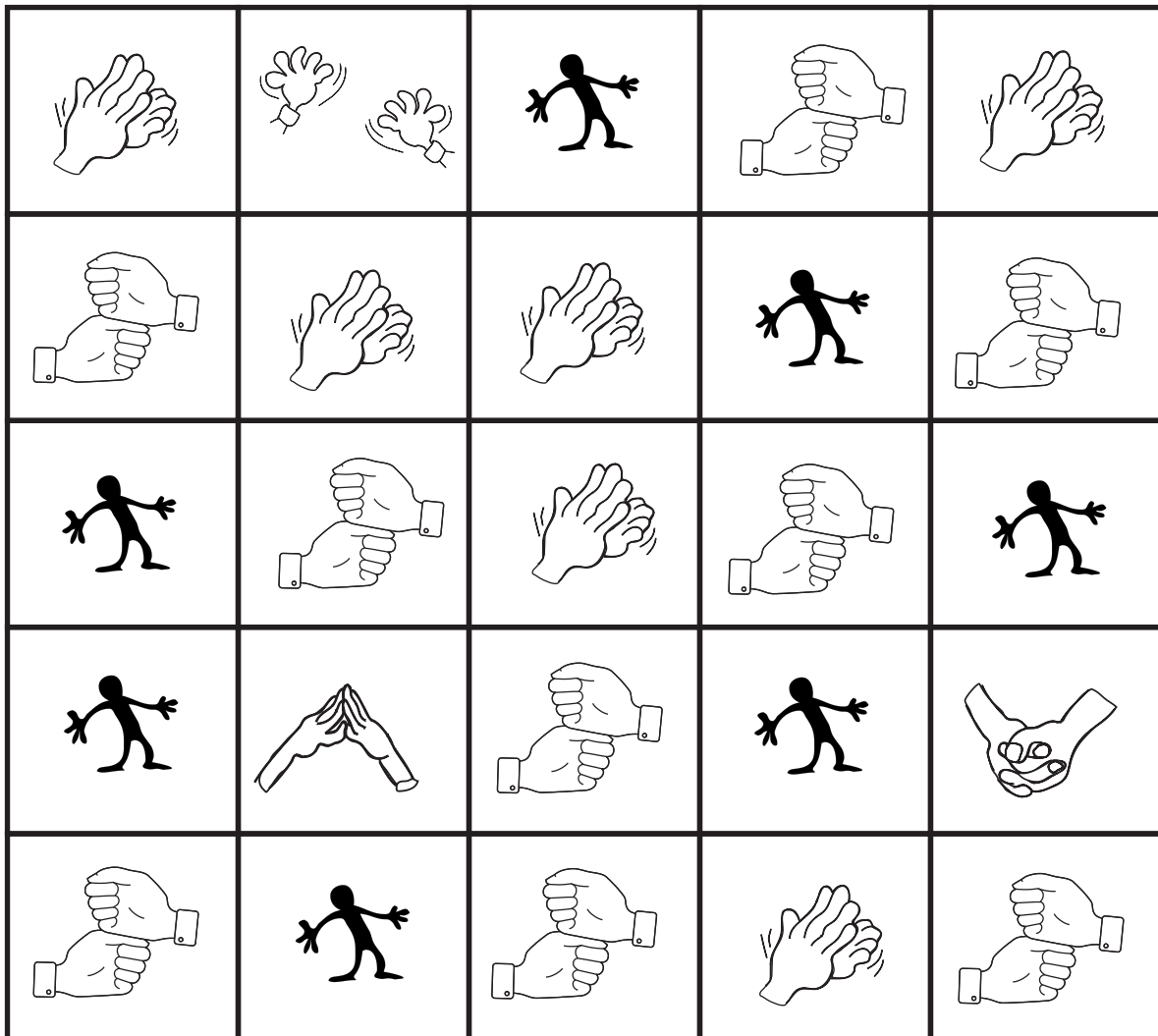


Code:







	clap		wiggle toes
	wave		stomp feet
	fists		shake body

Mystery Dance #3

Directions: Cross out any pictures that are the same. When done, use the code below to perform the mystery dance.

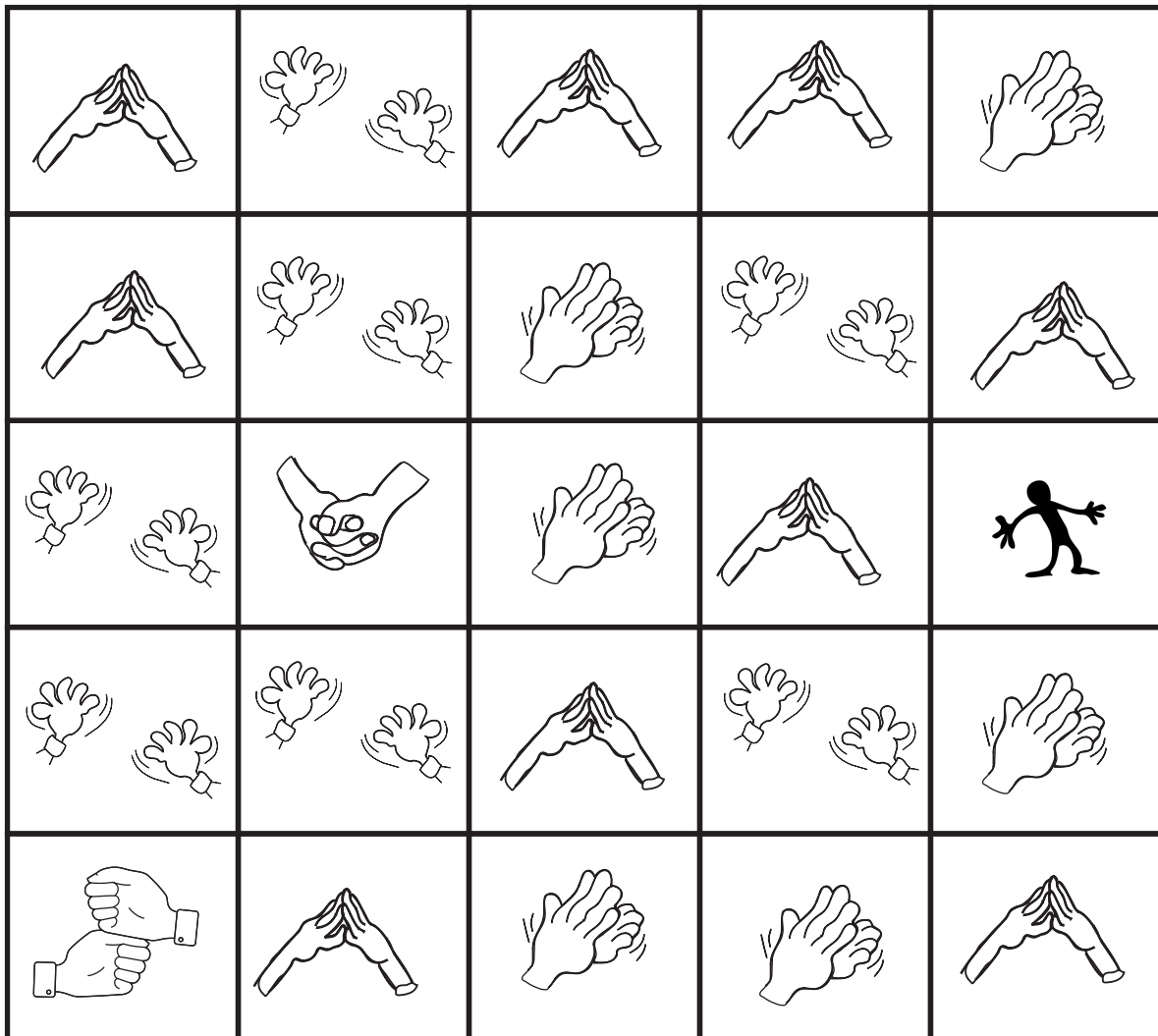


Code:





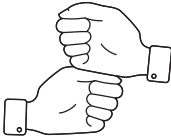

	clap		squeeze fingers
	shake hands		push hands
	fists		shake arms

Mystery Dance #4

Directions: Cross out any pictures that are the same. When done, use the code below to perform the mystery dance.

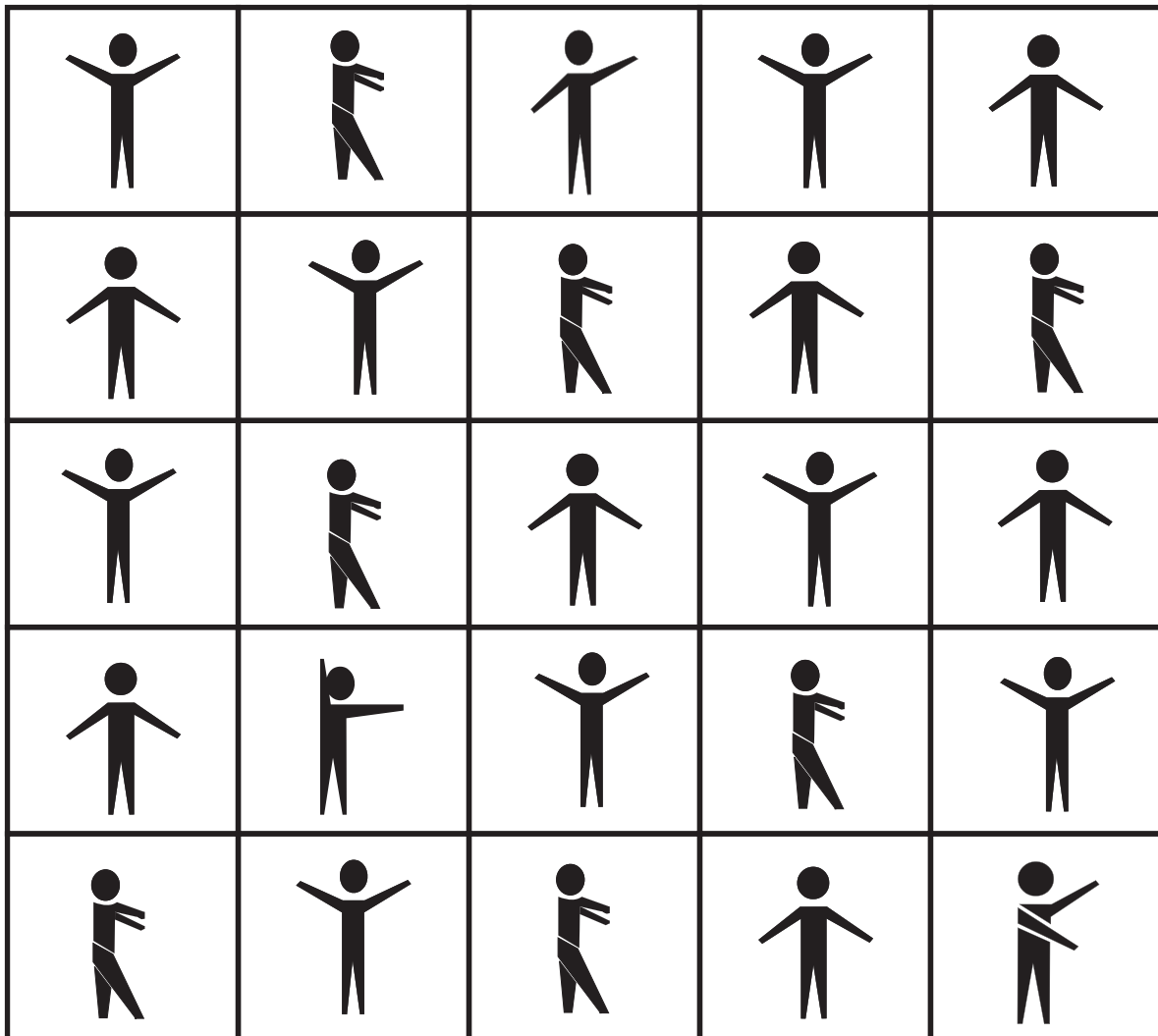


Code:







	clap		squeeze fingers
	shake hands		push hands
	fists		shake arms

Mystery Dance #5

Directions: Cross out any pictures that are the same. When done, use the code below to perform the mystery dance.

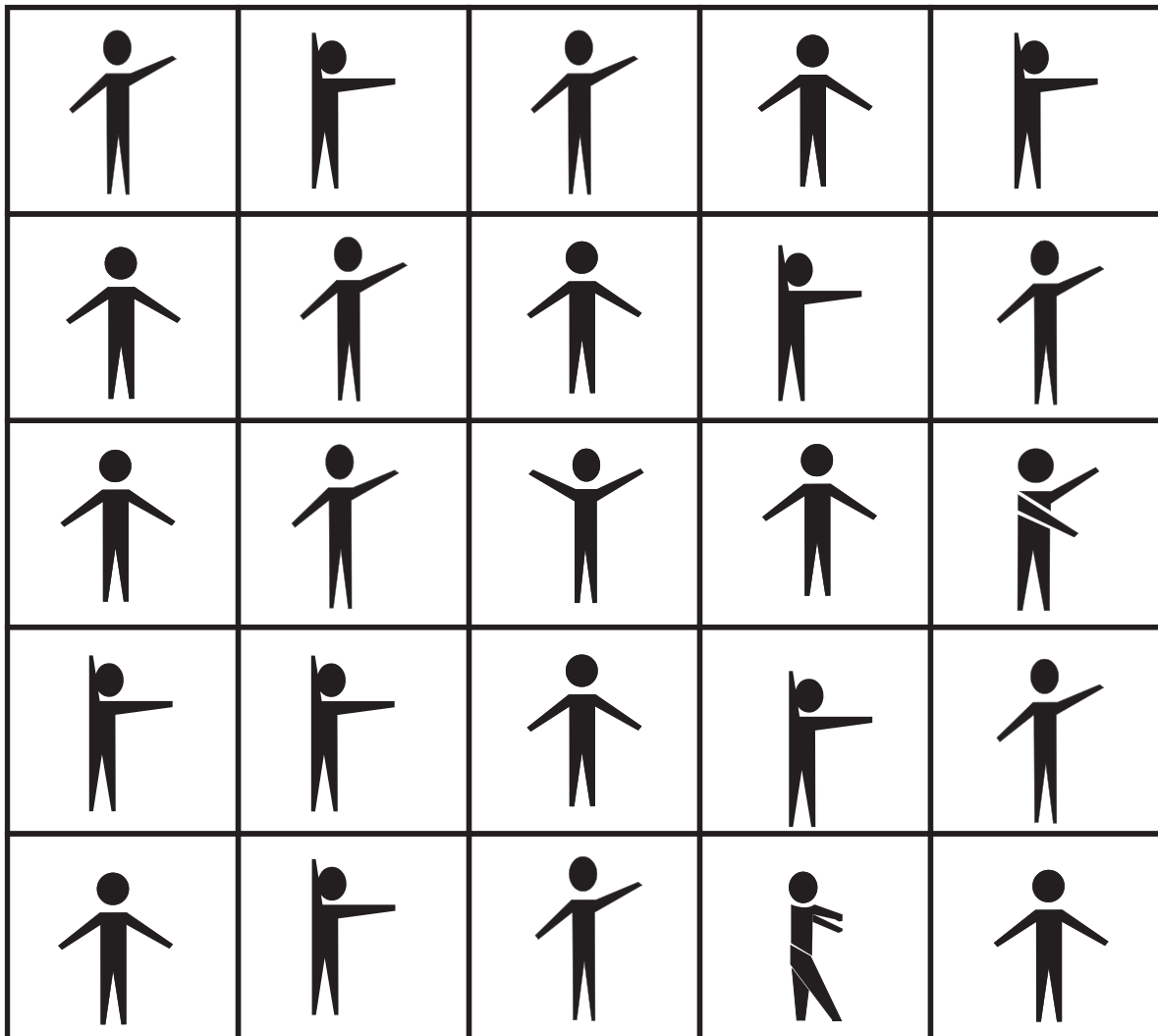


Code:







	arms overhead		arms down low
	Kick to side		one arm up, one arm down
	arms to side		arm across body

Mystery Dance #6

Directions: Cross out any pictures that are the same. When done, use the code below to perform the mystery dance.

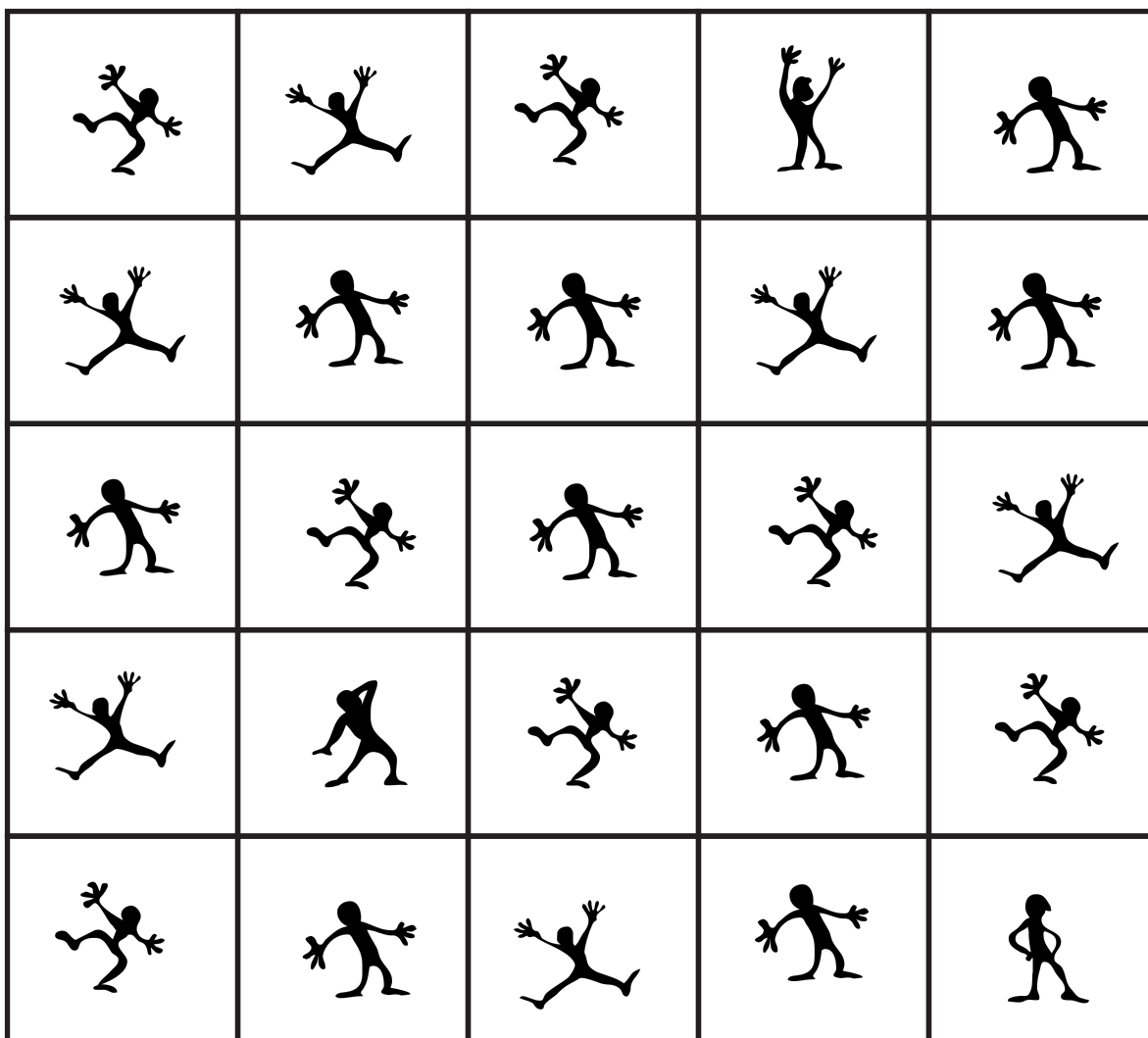


Code:







	arms overhead		arms down low
	Kick to side		one arm up, one arm down
	arms to side		arm across body

Mystery Dance #7

Directions: Cross out any pictures that are the same. When done, use the code below to perform the mystery dance.

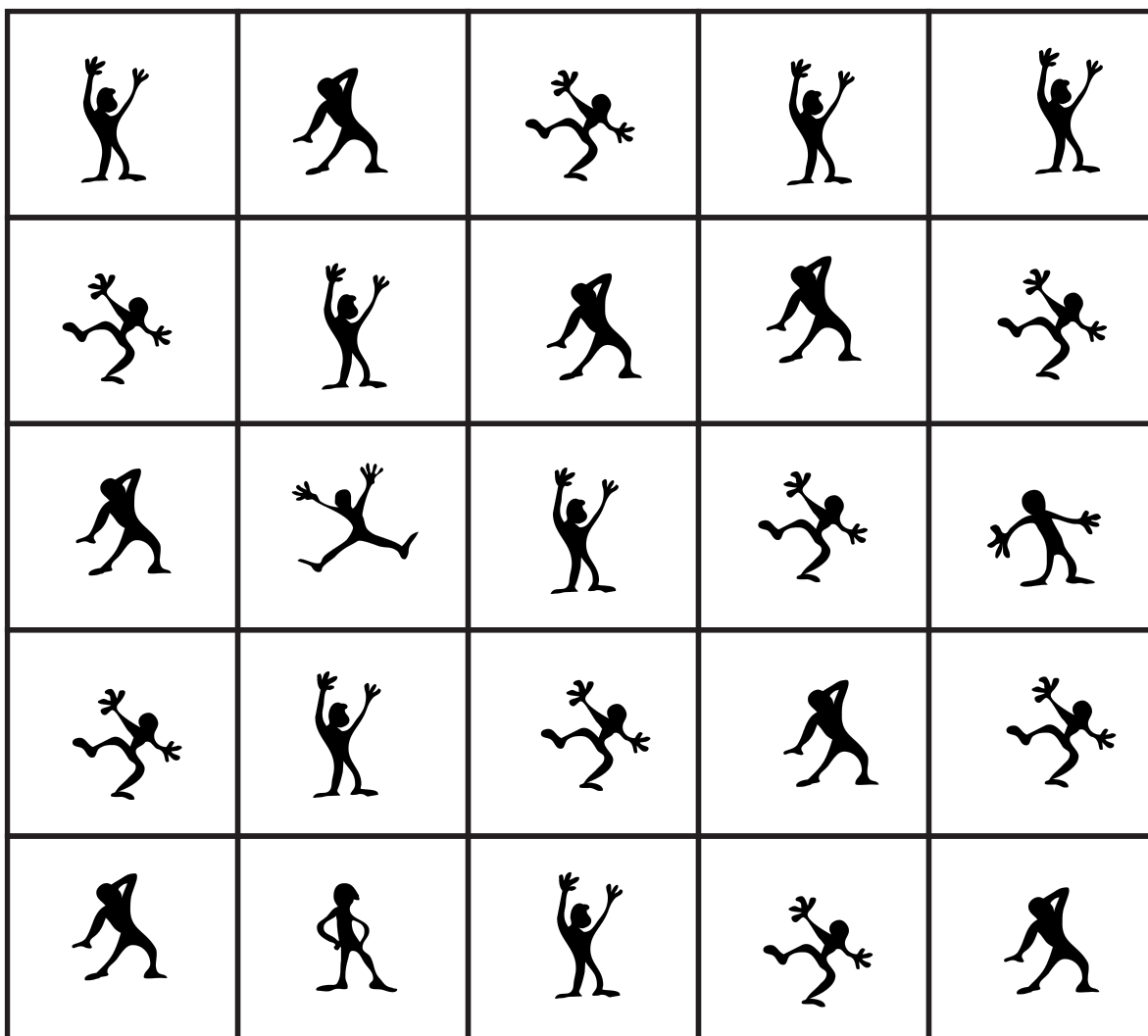


Code:







	arms out to side bend backwards		elbow up and slide across floor
	wave arms overhead		big jump in the air arms and legs out
	jump on one foot arms out		hands on hips and shake your hips

Mystery Dance #8

Directions: Cross out any pictures that are the same. When done, use the code below to perform the mystery dance.



Code:



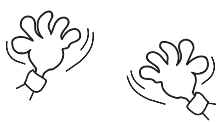
	arms out to side bend backwards		elbow up and slide across floor
	wave arms overhead		big jump in the air arms and legs out
	jump on one foot arms out		hands on hips and shake your hips

Hand Warm Ups #1

Directions: Cross out any numbers that are the same. When done, write the numbers in the boxes below and perform the hand warm ups for that many seconds.

2	3	9	7	5
5	1	2	1	4
7	8	7	3	1
3	4	2	5	5
1	5	7	4	6

Code:

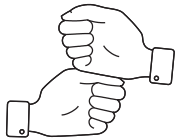


<input type="text"/>	seconds		squeeze fingers
<input type="text"/>	seconds		push hands
<input type="text"/>	seconds		shake hands

Hand Warm Ups #2

Directions: Cross out any numbers that are the same. When done, write the numbers in the boxes below and perform the hand warm ups that many times.

9	5	8	9	2
4	9	8	2	4
8	4	2	8	8
4	1	9	6	2
9	7	1	2	9

Code:

<input type="text"/>		fists
<input type="text"/>		shake arms
<input type="text"/>		clap and press

Movement Break #1

Directions: Cross out any numbers that are the same. When done, write the numbers in the boxes below and perform the movement breaks that many times.

9	8	11	18	14
9	4	2	10	11
10	11	9	6	18
14	2	4	14	2
2	12	11	9	14

Code:

<input type="text"/>	Squats
<input type="text"/>	Jump in Place
<input type="text"/>	Jumping Jacks

Movement Break #2

Directions: Cross out any numbers that are the same. When done, write the numbers in the boxes below and perform the movement breaks that many times.

10	12	11	1	3
15	14	3	15	6
6	12	10	14	1
4	19	3	10	9
19	1	12	15	14

Code:

<input type="text"/>	Wall Push Ups perform push up with hands on a wall
<input type="text"/>	Hands Presses elbows at shoulder height, palms together and push
<input type="text"/>	Chair Push Ups sitting in chair, put hands on sides seat, straighten elbows and push up

Movement Break #3

Directions: Cross out any numbers that are the same. When done, write the numbers in the boxes below and perform the movement breaks that many times.

2	8	3	6	2
1	3	5	1	3
4	2	6	4	8
2	4	8	7	9
1	8	6	1	3

Code:

<input type="text"/>	seconds	Balance with one foot in front of the other
<input type="text"/>	seconds	Balance on right foot
<input type="text"/>	seconds	Balance on left foot

Movement Break #4

Directions: Cross out any numbers that are the same. When done, write the numbers in the boxes below and perform the movement breaks that many times.

13	10	14	16	17
18	16	12	13	14
15	14	13	17	18
18	17	18	16	13
14	19	16	19	17

Code:

<input type="text"/>	Windmills Stand up, touch right hand to left foot and stand back up. Now left hand to right foot and stand back up.
<input type="text"/>	March in Place March in place with knees high.
<input type="text"/>	Cross Overs Standing up, raise left knee up and touch right hand to left knee. Repeat raising right knee up and touch left hand to right knee.

Make Your Own Movement Break

Directions: Fill in numbers and movement breaks below. Make sure three numbers are not repeated. Give the worksheet to the individual to complete. Cross out any numbers that are the same. When done, write the numbers in the boxes below and perform the movement breaks that many times.

Movement Breaks

Code:

Answers:

Mystery Word #1: SKIP
Mystery Word #2: SLIDE
Mystery Word #3: CLAP
Mystery Words #4: PLAY OUTSIDE
Mystery Words #5: RUN FAST
Mystery Word #6: WALKING
Mystery Word #7: READING
Mystery Word #8: PAINT
Mystery Word #9: WRITE
Mystery Word #10: PLAYGROUND

Mystery Dance #1: Wave - Stomp Feet - Shake Body
Mystery Dance #2: Shake Body - Wiggle Toes - Fists
Mystery Dance #3: Shake Hands - Push Hands - Squeeze Fingers
Mystery Dance #4: Squeeze Fingers - Shake Arms - Fists
Mystery Dance #5: Arms to Side - One Arm Up/ One Arm Down - Arm Across Body
Mystery Dance #6: Arms Overhead - Arm Across Body - Kick to Side
Mystery Dance #7: Wave Arms Overhead - Elbow up and slide - Hands on Hips and Shake
Mystery Dance #8: Big Jump - Arms to Side - Hands on Hips and Shake

Hand Warm Ups #1: 9 - 8 - 6
Hand Warm Ups #2: 5 - 6 - 7

Movement Break #1: 8 - 6 - 12
Movement Break #2: 11 - 4 - 9
Movement Break #3: 5 - 7 - 9
Movement Break #4: 10 - 12 - 15

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