

Play-and-Move Dice

These play-and-move dice turn exercise into a game that changes with every roll! Make sure you have enough room indoors or outside to move around, then roll both dice. The dice will reveal which exercise you should try and for how many seconds you should keep moving.

What You'll Need:

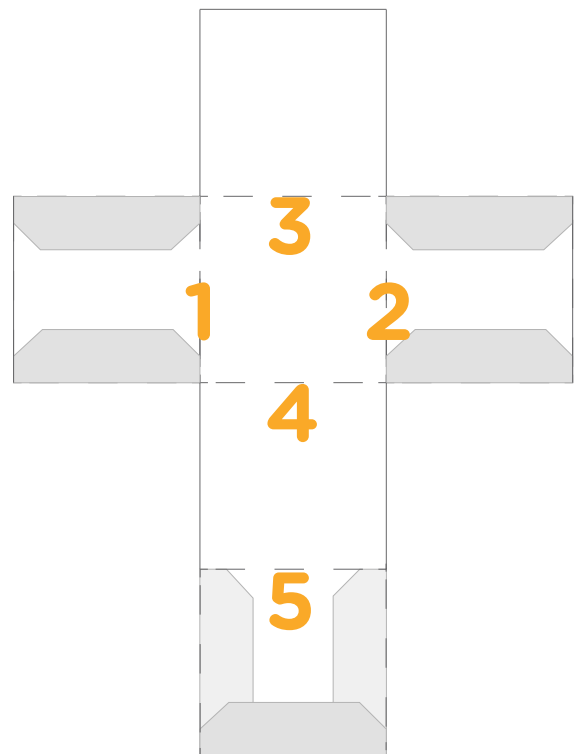
- Dice Pattern Printouts (on paper or cardstock)
- Markers or Crayons
- Scissors
- Glue Stick



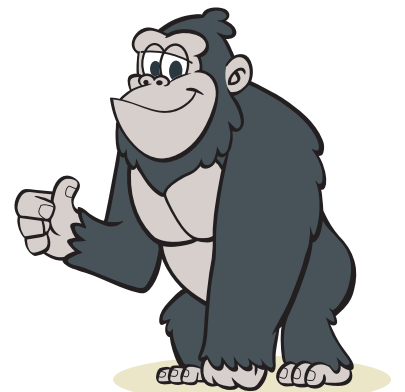
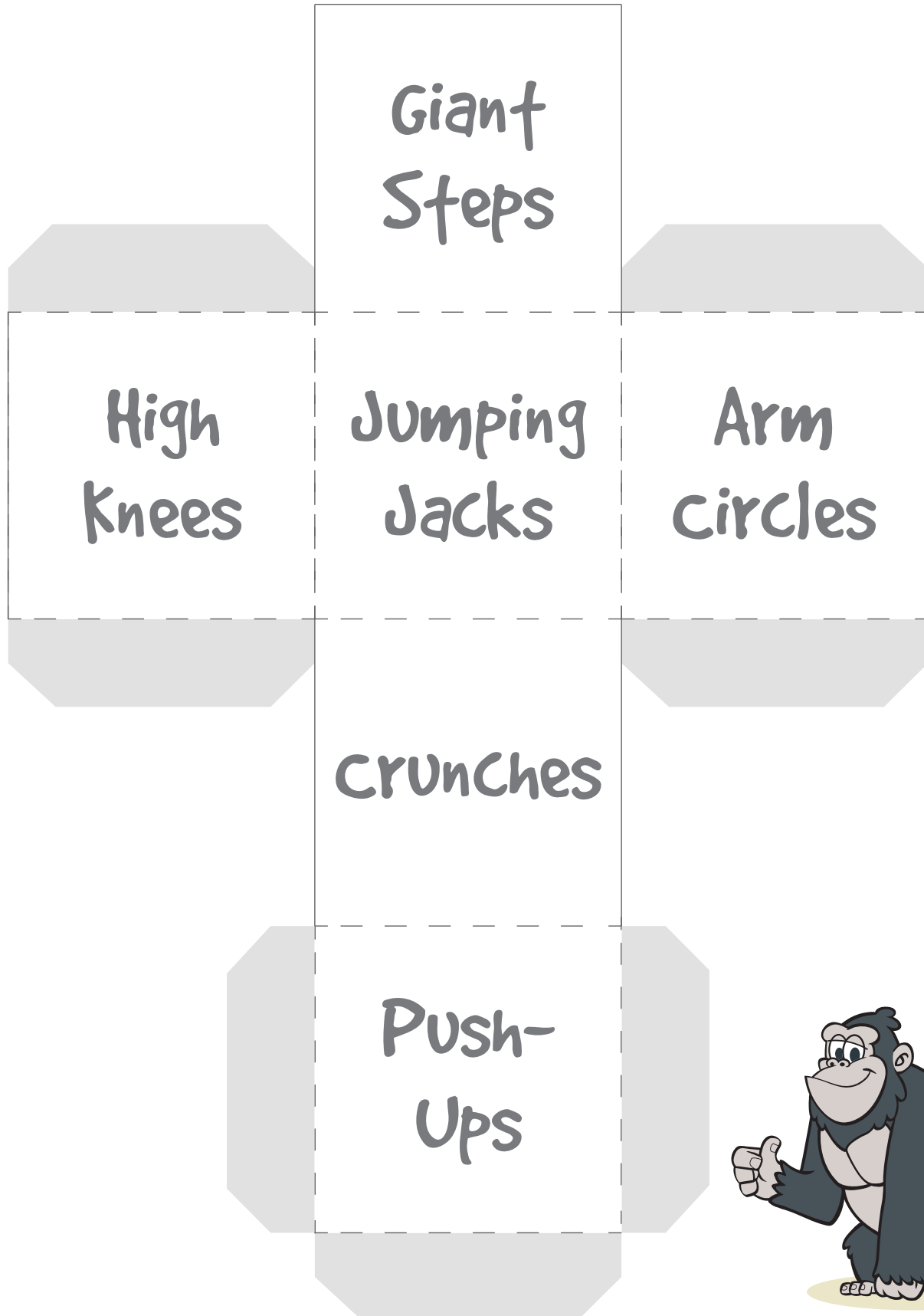
What You'll Do:

- Using markers or crayons, color the dice squares your favorite colors.
- Cut out the dice pattern printouts along the solid lines.
- Fold the flaps along the dashed lines, folding the flaps towards the wrong side of each pattern.
- Use the glue stick to apply glue to the top side of each flap.
- Follow this Folding Diagram to fold the dice lines. Place the dice patterns colored side down on a table. Fold the dice on lines 1 and 2 so the dice sides stand upright. Fold up on line 3, pressing this side to the glued flaps to create a box shape.
- Fold the dice on line 4, pressing this side to the glued flaps. Fold the dice on line 5, pressing this side to the glued flaps to finish the box shape.

Folding Diagram



Exercise Dice Pattern



Time Dice Pattern

