

Make your own movement dice

On this dice, write a different physical activity on each face. It could be something you do by yourself, or something you do with a friend or family member. Get creative – it could be sing to your favourite song, take the dog for a walk, play ball outside, do cosmic yoga, or build an indoor obstacle course. The options are endless!!

It's as easy as

- Decorate the dice
- Write the activity on each face
- Cut out the dice
- Get an adult to help you glue it together
- **START MOVING!**

