



Assign each number of the dice to a different movement, eg. number 1 can be shake your arms, 2 can be spin around etc.

Take turns to roll the dice and make the movement.

This can also be a useful way to introduce brain breaks / movement breaks throughout the day.

Use these visuals to support:



**5 star jumps**



**run**



**10 hops**



**10 toe touches**



**5 sit ups**



**10 press ups**



**10 jumps**



**bear walk**



**10 arm circles**



**crab walk**



**10 twists**



**10 leg raises**

