



Children's Movement Dice Game

Moving our bodies is important for physical and mental health. Recent studies have shown that exercise not only results in positive physical outcomes for children, it also has been proven to play role in assisting children to manage their behaviour and mental health. It does this by helping them to tune out irrelevant stimuli and focus on the task at hand. Additionally, it.

These movement dice are designed to be a fun way of getting your children moving. Each side of the movement dice has an exercise to complete and the numbers dice tells you the how many of times to complete it. Simply follow the instructions below to put it together and they'll be having fun while moving in no time (and, as an added bonus, the cutting and gluing is a good chance for them to practice their fine motor skills!)

Instructions

1. Print dice on pages 2 and 3.
2. Cut around outline of dice.
3. Make creases on the internal lines to form a cube (folding so the images are facing out).
4. Place glue on grey flaps and secure to underside of adjacent square when folded into cube. Alternatively, place sticky tape along cut edges to secure dice.
5. Roll both dice and get moving!



