



DICE AND MOTION - GRADES K-5



Needed Material: Small to large inflated dice

For example- https://www.amazon.com/s?k=inflatable+dice&ref=nb_sb_noss_2

Instructions: For this activity, a large or small dice will be used. Each number on the dice will represent a physical movement. Let the students roll the dice and whatever number it falls on will be the movement that the entire class will do. You can use this activity to help with basic math problems and it can also be used for brain breaks.

1= Jump or run/wheel to one side of the room and back

2= Spin

3= Squat or chest press

4= Run/ wheel in a circle 4 times

5= Leg kick/ punches

6= Touch your toes