

ROLL... ADD... MOVE!

Directions: Roll the dice. Add the two numbers together. Perform the action that matches the number you rolled.

2	10 jumping jacks
3	Make 10 large circles with your arms
4	Wiggle your whole body for a count of 10
5	Spin in a circle 3 times to the right
6	Make 10 small circles with your arms
7	Give yourself a big hug for 10 seconds
8	Spin in a circle 3 times to your left
9	Run in place for a count of 15
10	Touch hands overhead and try to balance on one foot for 5 seconds
11	March in place with knees high for a count of 10
12	10 jumps over a pencil on the floor