



# ROLL SOME FUN

## ROLL A CARTOON FACE #1

Directions: Roll one die for each column. On another piece of paper, draw the cartoon face. Start in the first column and roll the die. Draw the image that corresponds to the number on the die. Proceed to the next column until you finish the face.

|   | head | eyes | nose | mouth | hair | access |
|---|------|------|------|-------|------|--------|
| 1 | □    | ○    | ∩    | ∩     | ∩    | ∩      |
| 2 | □    | ○    | ∩    | ∩     | ∩    | ∩      |
| 3 | □    | ○    | ∩    | ∩     | ∩    | ∩      |
| 4 | □    | ○    | ∩    | ∩     | ∩    | ∩      |
| 5 | □    | ○    | ∩    | ∩     | ∩    | ∩      |
| 6 | □    | ○    | ∩    | ∩     | ∩    | ∩      |

## ROLL A CARTOON FACE #2

Directions: Roll one die for each column. On another piece of paper, draw the cartoon face. Start in the first column and roll the die. Draw the image that corresponds to the number on the die. Proceed to the next column until you finish the face.

|   | head | eyes | nose | mouth | hair | access |
|---|------|------|------|-------|------|--------|
| 1 | □    | ○    | ∩    | ∩     | ∩    | ∩      |
| 2 | □    | ○    | ∩    | ∩     | ∩    | ∩      |
| 3 | □    | ○    | ∩    | ∩     | ∩    | ∩      |
| 4 | □    | ○    | ∩    | ∩     | ∩    | ∩      |
| 5 | □    | ○    | ∩    | ∩     | ∩    | ∩      |
| 6 | □    | ○    | ∩    | ∩     | ∩    | ∩      |

## ROLL A MONSTER

Directions: Roll one die for each body part of the monster. For example, the monster on the right was from the numbers 4-1-1-5-6. Continue until your monster is complete.

|   | body | eyes | nose | legs | top of head |
|---|------|------|------|------|-------------|
| 1 | □    | ○    | ∩    | ∩    | ∩           |
| 2 | □    | ○    | ∩    | ∩    | ∩           |
| 3 | □    | ○    | ∩    | ∩    | ∩           |
| 4 | □    | ○    | ∩    | ∩    | ∩           |
| 5 | □    | ○    | ∩    | ∩    | ∩           |
| 6 | □    | ○    | ∩    | ∩    | ∩           |

## ROLL SHAPES AND NUMBERS

Directions: Roll one die for each column. Find an object that matches the shape or number that you roll. For example, if you roll a 6 on your die in column #1 you must find an object that is a circle shape. If you roll a 1 in column #2 you have to find 2 of the same objects. If you do not want to go on a hunt, you can draw the shapes or write the numbers that you roll.

|   | Column #1 | Column #2 | Column #3 | Column #4 | Column #5 | Column #6 |
|---|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | ○         | 3         |           |           |           |           |
| 2 | □         | 2         |           |           |           |           |
| 3 | ☆         | 1         |           |           |           |           |
| 4 | ♥         | 6         |           |           |           |           |
| 5 | △         | 4         |           |           |           |           |
| 6 | ◇         | 7         |           |           |           |           |

## ROLL AN ALPHABET HUNT

Directions: Roll one die for each column. Find an object that starts with the letter that you roll in each column for a total of 6 objects. For example if you roll a 2-3-1-5-4-4 you would find objects that start with the letters A, F, D, B, C and S. If you do not want to go on a hunt, roll the die and practice writing the letters.

|   | Column #1 | Column #2 | Column #3 | Column #4 | Column #5 | Column #6 |
|---|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | Tt        | Hh        |           |           |           |           |
| 2 | Aa        | Xx        |           |           |           |           |
| 3 | Kk        | Pp        |           |           |           |           |
| 4 | Dd        | Ll        |           |           |           |           |
| 5 | Ff        | Nn        |           |           |           |           |
| 6 | Oo        | Vv        |           |           |           |           |

## ROLL A SCAVENGER HUNT

Directions: Roll one die for each column. Start with Row #1. Whatever number you roll on the die, quickly find that item in the row. Continue rolling the die and finding the corresponding item in the row. Record your time for how fast you can find all 6 items that you roll.

|   | Row #1        | Row #2 | Row #3 | Row #4 | Row #5      | Row #6 | Time: |
|---|---------------|--------|--------|--------|-------------|--------|-------|
| 1 | leafy twigs   | stick  | rock   | leaf   | leafy twigs | stick  |       |
| 2 | small pebbles | paper  | paper  | paper  | paper       | paper  |       |
| 3 | small pebbles | leaf   | leaf   | leaf   | leaf        | leaf   |       |
| 4 | small pebbles | leaf   | leaf   | leaf   | leaf        | leaf   |       |
| 5 | small pebbles | leaf   | leaf   | leaf   | leaf        | leaf   |       |
| 6 | small pebbles | leaf   | leaf   | leaf   | leaf        | leaf   |       |

## ROLL A COLOR HUNT

Directions: Roll one die for each column. Find an object that corresponds to the color that you roll. For example, if you roll a 2 for column #1 you need to find a red object. Repeat with each column until you find the 6 colored objects that you rolled. Record your time.

|   | Column #1 | Column #2 | Column #3 | Column #4 | Column #5 | Column #6 |
|---|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | orange    | yellow    |           |           |           |           |
| 2 | red       | blue      |           |           |           |           |
| 3 | green     | orange    |           |           |           |           |
| 4 | yellow    | purple    |           |           |           |           |
| 5 | blue      | green     |           |           |           |           |
| 6 | purple    | red       |           |           |           |           |

## ROLL THE 5 SENSES

Directions: Roll one die for each of the five senses. Find an object that matches the number you rolled on the die for each sense. For example, if you roll a 1 in the sight column you have to find something pretty. Repeat for each of the 5 senses. Record your time.

|   | sight  | hearing | touch | smell | taste |
|---|--------|---------|-------|-------|-------|
| 1 | pretty | silent  | funny | spicy | sweet |
| 2 | pretty | silent  | funny | spicy | sweet |
| 3 | pretty | silent  | funny | spicy | sweet |
| 4 | pretty | silent  | funny | spicy | sweet |
| 5 | pretty | silent  | funny | spicy | sweet |
| 6 | pretty | silent  | funny | spicy | sweet |

## ROLL IN UNDER 2 MINUTES

Directions: Roll one die for each of the five senses. Find an object that matches the number you rolled on the die for each sense. For example, if you roll a 2 in the sight column you have to find something pretty. Repeat for each of the 5 senses. Record your time.

|   | sight  | hearing                | touch      | smell   | taste                |          |
|---|--|------------------------|------------|---|----------------------|----------|
| 1 | Red, blue, black sheep have you any wool...                | move like a snake      | snowman    | I'm a little teardrop short and stout... here is my hand... | Hop arms like a bird | sun      |
| 2 | the baby spider climbed up the water spout...              | dance like a rock star | heart      | A,B,C,D,E,F,G,H,I,J,K,L,M,N,O,P,Q,R,S,T,U,V,W,X,Y and Z...  | crawl like a crab    | cloud    |
| 3 | Twinkle, twinkle little star, how I wonder what you are... | move like a bear       | smile face | Here we go round the mulberry bush...                       | waddle like a duck   | star     |
| 4 | London Bridges falling down, falling down, falling down... | move like a ballerina  | balloon    | Pat a cake, pat a cake, baker's man...                      | fly like a bee       | apple    |
| 5 | Rock a bye baby on the tree top, when the wind blows...    | move like a monkey     | flower     | Ring around the rosie, pocket full of posies...             | swim like a fish     | house    |
| 6 | If you are happy and you know it clap your hands...        | move like a top dancer | kite       | Happy birthday to you, happy birthday to you...             | gallop like a horse  | sad face |

## ROLL SOME EXERCISE

Directions: Roll one die for each of the activities listed in the columns. Complete all six activities before 2 minutes is up! For example, if you roll a 2 in the sight column you have to find something pretty. Repeat for each of the 5 senses. Record your time.

|   | Column #1                                     | Column #2        | Column #3 | Column #4 | Column #5 | Column #6 |
|---|---|------------------|-----------|-----------|-----------|-----------|
| 1 | Run in place for 30 seconds                   | 20 jumps         |           |           |           |           |
| 2 | 10 mountain climbers                          | 10 hops          |           |           |           |           |
| 3 | 10 lunges                                     | 20 kicks         |           |           |           |           |
| 4 | 10 jumps feet out and feet together           | 5 hop            |           |           |           |           |
| 5 | 5 jumps backwards                             | Run as an allie  |           |           |           |           |
| 6 | Hop on right foot 3x and then on left foot 3x | Kick feet bottom |           |           |           |           |

## ROLL AWAY YOUR BOREDOM

Directions: Roll one die. This will be your row number. Roll the second die. This is your column number. Graph out what activity to do. For example, if you roll a 2 and a 3, try putting on some music and dancing.

|   | 1  | 2                      | 3            | 4                        | 5                         | 6                      |
|---|--|------------------------|--------------|--------------------------|---------------------------|------------------------|
| 1 | MAKE A COLLAGE WITH WORDS FROM MAGAZINES | TRY A CONTEST TO ENTER | START A CLUB | START A NEW GAME TO PLAY | CREATE A NEW GAME TO PLAY | SET UP A PRETZEL STORE |
| 2 | READ A BOOK                              |                        |              |                          |                           |                        |
| 3 | PAINT SOME ROCKS                         |                        |              |                          |                           |                        |
| 4 | TAKE A WALK OUTDOORS                     |                        |              |                          |                           |                        |
| 5 | MAKE A PRETZEL COMMERCIAL                |                        |              |                          |                           |                        |
| 6 | DRAW YOUR DREAM HOUSE                    |                        |              |                          |                           |                        |

## ROLL SOME BRAIN BREAKS

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

|   | Column #1                           | Column #2                                 | Column #3  | Column #4                                | Column #5                                | Column #6                                |
|---|-------------------------------------|---|--|--|--|--|
| 1 | 10 jumping jacks                    | Wiggle your whole body for a count of 10. | Bring R elbow to L knee and L elbow to R knee 5 times. | Twist R hand to L hand 10 times.         | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. |
| 2 | 5 wall push ups                     | Move the upper half of your body.         | Twist R hand to L hand 10 times.                       | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. |
| 3 | 10 twists at the waist              | Twist R hand to L hand 10 times.          | Roll your entire R arm with your L hand.               | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. |
| 4 | 10 jumps over a pencil on the floor | Twist R hand to L hand 10 times.          | Roll your entire R arm with your L hand.               | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. |
| 5 | 5 wall push ups                     | Twist R hand to L hand 10 times.          | Roll your entire R arm with your L hand.               | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. |
| 6 | 10 jumps over a pencil on the floor | Twist R hand to L hand 10 times.          | Roll your entire R arm with your L hand.               | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. | Roll your entire R arm with your L hand. |

Your Therapy Source, Inc.  
43 South Main Street  
Schaghticoke, NY 12154  
[www.yourtherapysource.com](http://www.yourtherapysource.com)

Copyright © 2012 by Your Therapy Source, Inc. All rights reserved.

Visit  
[www.YourTherapySource.com](http://www.YourTherapySource.com)  
and  
[www.GrowingPlay.com](http://www.GrowingPlay.com)  
for more resources.

**Publisher's Note:** The publisher and author has made every attempt to make sure that the information in this book is correct and up to date. All physical activities require approval from a child's pediatrician. The author or the publisher will not be liable for any impairment, damage, accident or loss that may occur from any of the suggested activities in this book.


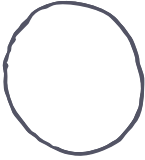













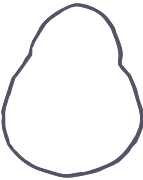






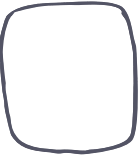













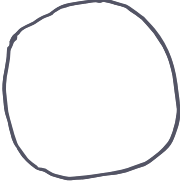





**Terms of Use:** The electronic books from Your Therapy Source Inc can only be purchased from this site. They are copyrighted by Your Therapy Source Inc. This book can only be used by the original purchaser. The files may not be reproduced or transferred to others in print or electronically. All rights reserved.

**Directions:**

Directions for **Roll Some Fun** are on each of the pages. Just print and play.


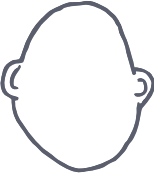



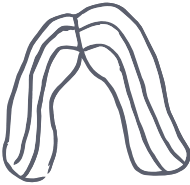


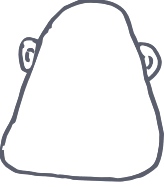






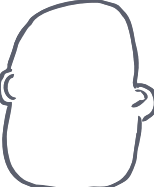






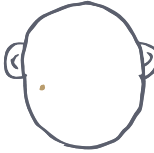






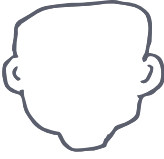












# ROLL A CARTOON FACE #1

**Directions:** Roll one die for each column. On another piece of paper, draw the cartoon face. Start in the first column and roll the die. Draw the image that corresponds to the number on the die. Proceed to the next column until you finish the face.

|  | head  | ears  | nose  | eyes   | mouth   | hair  |
|--|---|---|---|--|---|---|
| 1<br>   |    |    |    |    |    |    |
| 2<br>   |    |    |    |    |    |    |
| 3<br> |  |  |  |  |  |  |
| 4<br> |  |  |  |  |  |  |
| 5<br> |  |  |  |  |  |  |
| 6<br> |  |  |  |  |  |  |

# ROLL A CARTOON FACE #2

**Directions:** Roll one die for each column. On another piece of paper, draw the cartoon face. Start in the first column and roll the die. Draw the image that corresponds to the number on the die. Proceed to the next column until you finish the face.

|  | Head  | eyes  | nose  | mouth  | hair  | extras  |
|--|---|---|---|--|---|---|
| 1<br>   |    |    |    |    |    |    |
| 2<br>   |    |    |    |    |    |    |
| 3<br> |  |  |  |  |  |  |
| 4<br> |  |  |  |  |  |  |
| 5<br> |  |  |  |  |  |  |
| 6<br> |  |  |  |  |  |  |

# ROLL A MONSTER











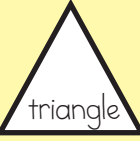






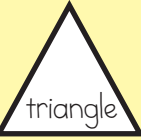








**Directions:** Roll one die for each body part of the monster. For example, the monster on the right was from the numbers 4-1-1-5-6. Continue until your monster is complete.

|       | body | eyes | mouth | legs | top of head |
|-------|------|------|-------|------|-------------|
| 1<br> |      |      |       |      |             |
| 2<br> |      |      |       |      |             |
| 3<br> |      |      |       |      |             |
| 4<br> |      |      |       |      |             |
| 5<br> |      |      |       |      |             |
| 6<br> |      |      |       |      |             |







# ROLL SHAPES AND NUMBERS

**Directions:** Roll one die for each column. Find an object that matches the shape or number that you roll. For example, if you roll a two on your die in column #1 you must find an object that is a square shape. If you roll a one in column #2 you have to find 3 of the same objects. If you do not want to go on a hunt, you can draw the shapes or write the numbers that you roll.

|  | Column #1   | Column #2 | Column #3   | Column #4 | Column #5  | Column #6 |
|--|---|-----------|---|-----------|--|-----------|
| 1<br>   | <br>circle     | 3         | <br>rectangle  | 4         | <br>oval        | 8         |
| 2<br>   | <br>square     | 2         | <br>star       | 1         | <br>heart       | 3         |
| 3<br> | <br>star     | 1         | <br>triangle | 9         | <br>diamond   | 5         |
| 4<br> | <br>heart    | 6         | <br>oval     | 8         | <br>square    | 7         |
| 5<br> | <br>triangle | 4         | <br>circle   | 5         | <br>circle    | 2         |
| 6<br> | <br>diamond  | 7         | <br>square   | 3         | <br>rectangle | 6         |

# ROLL AN ALPHABET HUNT


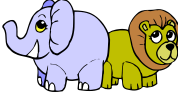









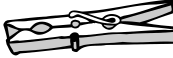



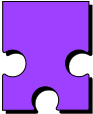




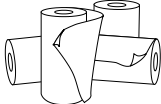


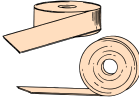






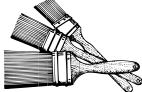





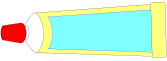

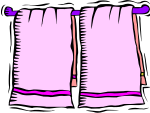



**Directions:** Roll one die for each column. Find an object that starts with the letter that you roll in each column for a total of 6 objects. For example if you roll a 2-3-1-5-4-4 you would find objects that start with the letters A, P, D, B, C and S. If you do not want to go on a hunt, roll the die and practice writing the letters.

|  | Column #1 | Column #2 | Column #3 | Column #4 | Column #5 | Column #6 |
|--|-----------|-----------|-----------|-----------|-----------|-----------|
| 1<br>   | Tt        | Hh        | Dd        | Kk        | Oo        | Rr        |
| 2<br>   | Aa        | Xx        | Rr        | Ww        | Ee        | Jj        |
| 3<br> | Kk        | Pp        | Ss        | Ee        | Nn        | Bb        |
| 4<br> | Dd        | Ll        | Zz        | Uu        | Cc        | Ss        |
| 5<br> | Ff        | Nn        | Ii        | Bb        | Yy        | Aa        |
| 6<br> | Oo        | Vv        | Mm        | Hh        | Xx        | Gg        |

# ROLL A SCAVENGER HUNT

**Directions:** Roll one die for each column. Start with Row #1. Whatever number you roll on the die, quickly find that item in the row. Continue rolling the die and finding the corresponding item in the row. Record your time for how fast you can find all 6 items that you roll.

Time: \_\_\_\_\_







|  | Row #1  | Row #2   | Row #3  | Row #4   | Row #5  | Row #6   |
|--|---|--|---|--|---|--|
| 1<br>   | stuffed animal<br> | shoelace<br>        | watch<br>            | fork<br>         | lunch bag<br>      | crayon<br>        |
| 2<br>   | cookie cutter<br>  | quarter<br>         | measuring spoons<br> | clothes pin<br>  | plastic cup<br>    | white socks<br>   |
| 3<br> | puzzle piece<br> | hat<br>           | pencil<br>         | button<br>     | toothbrush<br>   | paper towel<br> |
| 4<br> | apron<br>        | piece of tape<br> | muffin tin<br>     | basket<br>     | colander<br>     | flashlight<br>  |
| 5<br> | whisk<br>        | paintbrush<br>    | penny<br>          | bowl<br>       | ladle<br>        | dish soap<br>   |
| 6<br> | toothpaste<br>   | oven mitt<br>     | one towel<br>      | paper clip<br> | shopping bag<br> | key<br>         |



# ROLL A COLOR HUNT

**Directions:** Roll one die for each column. Find an object that corresponds to the color that you roll. For example, if you roll a 2 for column #1 you need to find a red object. Repeat with each column until you find the 6 colored objects that you rolled. Record your time.







Time:

|  | Column #1 | Column #2 | Column #3 | Column #4 | Column #5 | Column #6 |
|--|-----------|-----------|-----------|-----------|-----------|-----------|
| 1<br>   | orange    | yellow    | green     | blue      | purple    | green     |
| 2<br>   | red       | blue      | orange    | yellow    | red       | purple    |
| 3<br> | green     | orange    | purple    | orange    | green     | blue      |
| 4<br> | yellow    | purple    | yellow    | red       | yellow    | orange    |
| 5<br> | blue      | green     | red       | purple    | blue      | red       |
| 6<br> | purple    | red       | blue      | green     | orange    | yellow    |

# ROLL THE 5 SENSES

**Directions:** Roll one die for each of the five senses. Find an object that matches the number you rolled on the die for each sense. For example, if you roll a 1 in the sight column you have to find something pretty. Repeat for each of the 5 senses. Record your time.







Time:

|  | sight    | hearing   | touch  | smell    | taste  |
|--|----------|-----------|--------|----------|--------|
| 1<br>   | PRETTY   | SILENT    | FURRY  | SPICY    | SWEET  |
| 2<br>   | COLORFUL | LOUD      | SMOOTH | FLOWERY  | SOUR   |
| 3<br> | UGLY     | WHISTLING | COLD   | STINKY   | FRUITY |
| 4<br> | DULL     | RINGING   | BUMPY  | FRESH    | GROSS  |
| 5<br> | SHINY    | QUIET     | ROUGH  | DIRTY    | SUGARY |
| 6<br> | CIRCULAR | NOISY     | FUZZY  | FRAGRANT | DRY    |

# ROLL IN UNDER 2 MINUTES













**Directions:** Roll one die for each of the activities listed in the column. Complete all six activities before 2 minutes is up! For example, if you roll a 2,1,3,4,6,5 you would try to complete the following in under 2 minutes: sing itsy bitsy spider line, move like a snake, draw a smile face, sing pat-a-cake line, gallop like a horse and draw a house.

Time:

|  | Sing   | act                       | draw       | Sing   | act                   | draw     |
|--|--|---------------------------|------------|--|-----------------------|----------|
| 1<br>   | Baa, baa black sheep have you any wool...                  | move like a snake         | snowman    | I'm a little teapot short and stout, here is my handle...      | flap arms like a bird | sun      |
| 2<br>   | Itsy bitsy spider climbed up the water spout...            | dance like a rock star    | heart      | A,B,C,D,E,F, G,H,I,J,K,L, M,N,O,P,Q,R, S,T,U,V,W,X, Y and Z... | crawl like a crab     | cloud    |
| 3<br> | Twinkle, twinkle little star, how I wonder what you are... | move like a bear          | smile face | Here we go round the mulberry bush...                          | waddle like a duck    | star     |
| 4<br> | London Bridges falling down, falling down, falling down..  | move like a ballet dancer | balloon    | Pat a cake, pat a cake, baker's man...                         | fly like a bee        | apple    |
| 5<br> | Rock a bye baby on the tree top, when the wind blows...    | move like a monkey        | flower     | Ring around the rosie, pocket full of posies...                | swim like a fish      | house    |
| 6<br> | If you are happy and you know it clap your hands...        | move like a tap dancer    | kite       | Happy birthday to you, happy birthday to you...                | gallop like a horse   | sad face |


# ROLL AWAY YOUR BOREDOM

**Directions:** Roll one die. This will be your row number. Roll the second die. This is your column number. Graph out what activity to do. For example, if you roll a 2 and a 3, try putting on some music and dance.

|   | 1  | 2  | 3  | 4  | 5  | 6  |
|---|---|---|---|--|---|---|
| 1    | <b>MAKE A COLLAGE WITH WORDS FROM MAGAZINES</b>                                     | <b>FIND A CONTEST TO ENTER</b>  | <b>START A CLUB</b>   | <b>START A NEW COLLECTION FROM NATURE OBJECTS</b>                                    | <b>CREATE A NEW GAME TO PLAY</b>  | <b>SET UP A PRETEND STORE</b>   |
| 2    | <b>READ A BOOK</b>  | <b>WASH YOUR BICYCLE OR TOY CARS</b>  | <b>PUT ON SOME MUSIC AND DANCE!</b>   | <b>CREATE A NEW RECIPE</b>   | <b>PLAY A BOARD GAME</b>  | <b>BUILD A HOUSE OF CARDS</b>   |
| 3  | <b>PAINT SOME ROCKS</b>   | <b>MAKE A HIDE OUT</b>  | <b>CREATE A MINI SECRET LAND FOR SMALL TOYS</b>                                     | <b>PUT ON A PRETEND PET SHOW</b>   | <b>WRITE A POEM ABOUT YOUR 10 FAVORITE THINGS</b>                                     | <b>FLY A PAPER AIRPLANE</b>   |
| 4  | <b>TAKE A WALK OUTDOORS</b>   | <b>PLAY BALLOON VOLLEYBALL</b>  | <b>TRACE YOUR HAND. COLOR IT ALL DIFFERENT COLORS</b>                               | <b>PLAY A GAME OF CARDS</b>  | <b>RIDE YOUR BICYCLE OR SCOOTER</b>   | <b>MAKE AN OBSTACLE COURSE</b>  |
| 5  | <b>MAKE A PRETEND COMMERCIAL</b>  | <b>WRITE A LETTER TO SOMEONE</b>  | <b>PAINT A SELF PORTRAIT</b>  | <b>PUT ON A PUPPET SHOW</b>  | <b>CREATE A PRETEND CIRCUS</b>  | <b>PLAY SCHOOL</b>  |
| 6  | <b>DRAW YOUR DREAM HOUSE</b>  | <b>PLAY HOPSCOTCH</b>   | <b>WRITE DOWN 5 IDEAS FOR YOUR OWN BUSINESS</b>                                     | <b>WRITE AND ILLUSTRATE A COMIC STRIP</b>  | <b>JUMP ROPE</b>  | <b>OPEN A PRETEND ART GALLERY WITH YOUR ARTWORK</b>                                   |







# ROLL SOME BRAIN BREAKS

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-6 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and take 10 deep breaths.

|  | Column #1  | Column #2   | Column #3  | Column #4  | Column #5  |
|--|--|---|--|--|--|
| 1<br>   | 10 jumping jacks   | Wiggle your whole body for a count of 10.                             | Bring R elbow to L knee and L elbow to R knee 5 times              | Jump in place 10 times.  | Rub your entire R arm with your L hand                   |
| 2<br>   | Squeeze your R hand firmly with your L hand                        | 5 wall push ups   | Move the upper half of your body                                   | Spin in a circle 3 times to the right  | Touch L hand to bottom of R foot. Repeat 5x.             |
| 3<br> | Move the right side of your body                                   | Spread legs apart and bend at waist looking between knees. Repeat 5x. | Make 10 small circles with your arms                               | 10 jumps over a pencil on floor  | Give yourself a big hug for 10 seconds                   |
| 4<br> | Rub your entire L arm with your R hand                             | Touch R hand to bottom of L foot. Repeat 5x.                          | Twist at the waist 10 times with arms out to the side              | Spin in a circle 3 times to the left   | Make 10 large circles with your arms                     |
| 5<br> | Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x. | March in place with knees high for a count of 10                      | Squeeze your L hand firmly with your R hand                        | Move the left side of your body  | Touch R hand to L foot and then L hand to R foot 5 times |
| 6<br> | Run in place for a count of 15                                     | Move the lower half of your body                                      | Touch hands overhead and try to balance on one foot for 5 seconds. | Tap your feet on the floor while making small circles with fingers for 10 sec. | Take 10 deep breaths                                     |

# ROLL SOME EXERCISE

**Directions:** Roll one die for each of the columns. Perform the exercise that matches the number you rolled on the die. For example, if you roll a 1,3,2,6,5 you would perform the following exercises: run in place for 30 seconds, 20 high kicks to the front, 10 lateral jumps, arms up and air box for 30 seconds and reach high on tip toes and hold for 10 seconds.

|  | Column #1                                     | Column #2                                      | Column #3                         | Column #4                                    | Column #5   |
|--|---|--|-----------------------------------|--|---|
| 1<br>   | Run in place for 30 seconds                   | 20 jumping jacks                               | 20 high knees in place            | Pretend to jump rope for 30 seconds          | Jump in place 15 times  |
| 2<br>   | 10 mountain climbers                          | 10 squats                                      | 10 lateral jumps                  | 10 high kicks to each side                   | arms at shoulder height and make small circles for 20 seconds |
| 3<br> | 10 lunges                                     | 20 high kicks to the front                     | 5 jumps<br>5 squats               | 10 push ups                                  | 10 stomach crunches   |
| 4<br> | 10 jumps feet out and feet together           | 5 hops on right foot                           | 5 hops on left foot               | Jog in place for 30 seconds                  | March in place for 20 seconds                                 |
| 5<br> | 5 jumps backwards                             | Run as fast as you can in place for 20 seconds | Walk in place for 30 seconds      | Walk in place with knees high for 10 seconds | Reach high on tip toes and hold for 10 seconds                |
| 6<br> | Hop on right foot 3x and then on left foot 3x | Kick feet up hitting bottom 10x                | 10 high karate kicks to each side | Arms up and air box for 30 seconds           | 10 wall push ups  |

# Your Therapy Source Inc.



[www.YourTherapySource.com](http://www.YourTherapySource.com)

Visit

[www.YourTherapySource.com](http://www.YourTherapySource.com)

for a full list of our products including:

- documentation forms
- sensory motor activity ideas
- sensory processing resources
- visual perceptual activities
- music downloads

We ship digital items worldwide for FREE!

Visit our website for FREE hand-outs, articles, free newsletter, recent pediatric research and more!

Visit [www.GrowingPlay.com](http://www.GrowingPlay.com) for more activity ideas.

Find us at:

[www.Facebook.com/growingplay](http://www.Facebook.com/growingplay)

[www.Pinterest.com/growingplay](http://www.Pinterest.com/growingplay)

[www.Twitter.com/growingplay](http://www.Twitter.com/growingplay)

[www.GrowingPlay.blogspot.com](http://www.GrowingPlay.blogspot.com)

