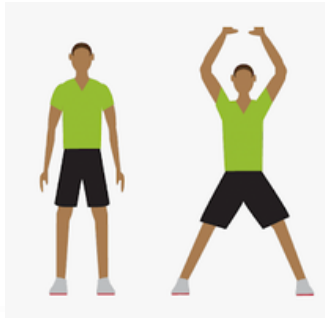
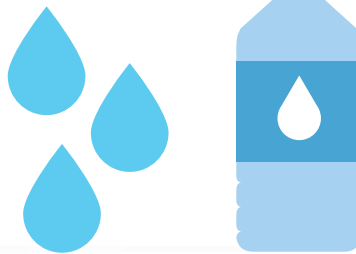


Jumping Jacks



Jogging in Place

Take a water
break!

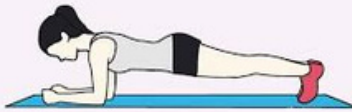


Push Ups



PUSH UPS

Plank



Lunges



Movement Challenge!

-Toss the die up in the air and whichever movement it lands on, do for 1 minute!

-If you do not land on "take a water break" after three throws, make sure to get some water before starting another movement!

*Focus on how the water makes you feel when you drink it - enjoy the feeling you experience when you're exercising and moving your body!

-How many different movements can you do in one session?

1. Cut out along the solid lines
2. Fold across the solid lines towards the blank side of the die
3. Tape the folds closed and create the cube!
4. Have fun!