

Get Up and Move Dice Game

This fun game is a great way for the family to get involved and move together! It's also fun to build the giant dice (developing fine motor skills) and coming up with phrases that will go on the dice.

What you need:

- 2 cardboard gift boxes or other square cardboard boxes
- Black paint or black construction paper
- Chalk or coloured paint to write



What to do:

1. Paint or wrap black construction paper around the boxes
2. On one box write action words (for example: jump, run, walk, spin, shake, wiggle)
3. On the other box write directional words (straight, in circles, high, forward, backward)
4. Go outdoors and let your child roll the dice and follow the directions the dice provides – for example “Jump forward”

Source: <https://bit.ly/3u21JJR>

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