

Calm Down Dice

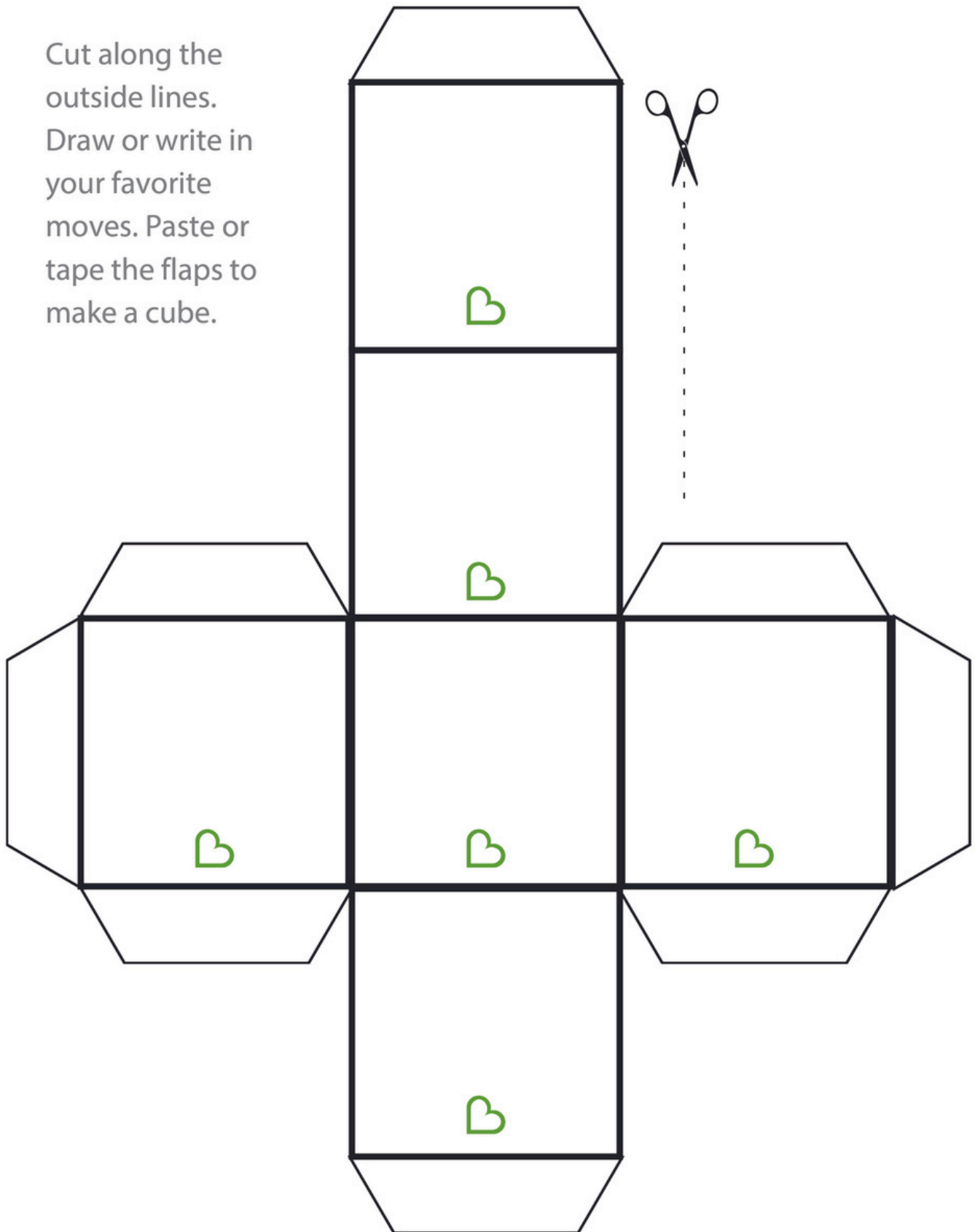


Print these activity dice for fun ways to take a Calm Down break with your child.

This project on Improving Mental, Behavioral and Academic Supports to Students and Families, Part 2 is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$434,555 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

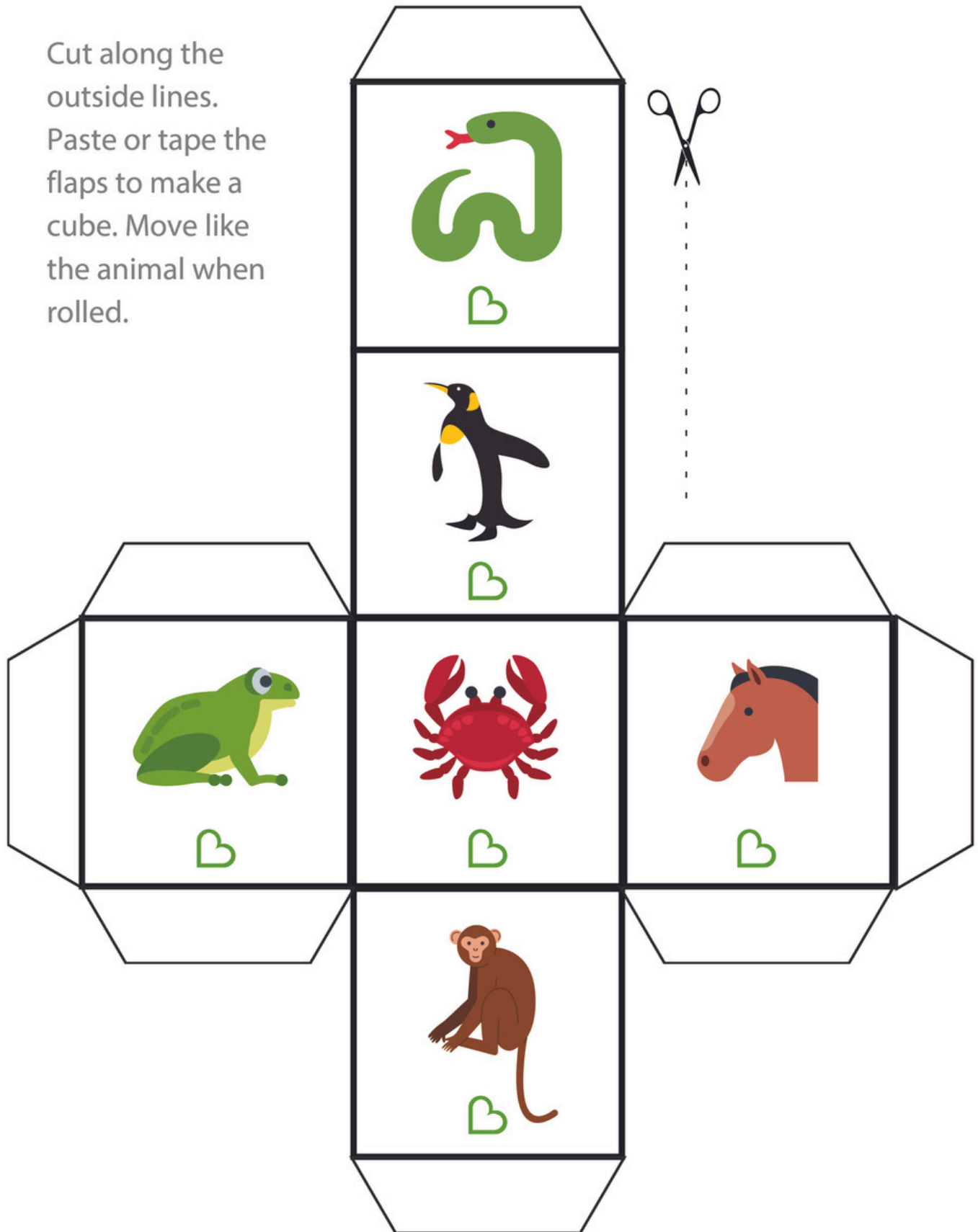
Physical Activity Dice

Cut along the outside lines.
Draw or write in your favorite moves. Paste or tape the flaps to make a cube.



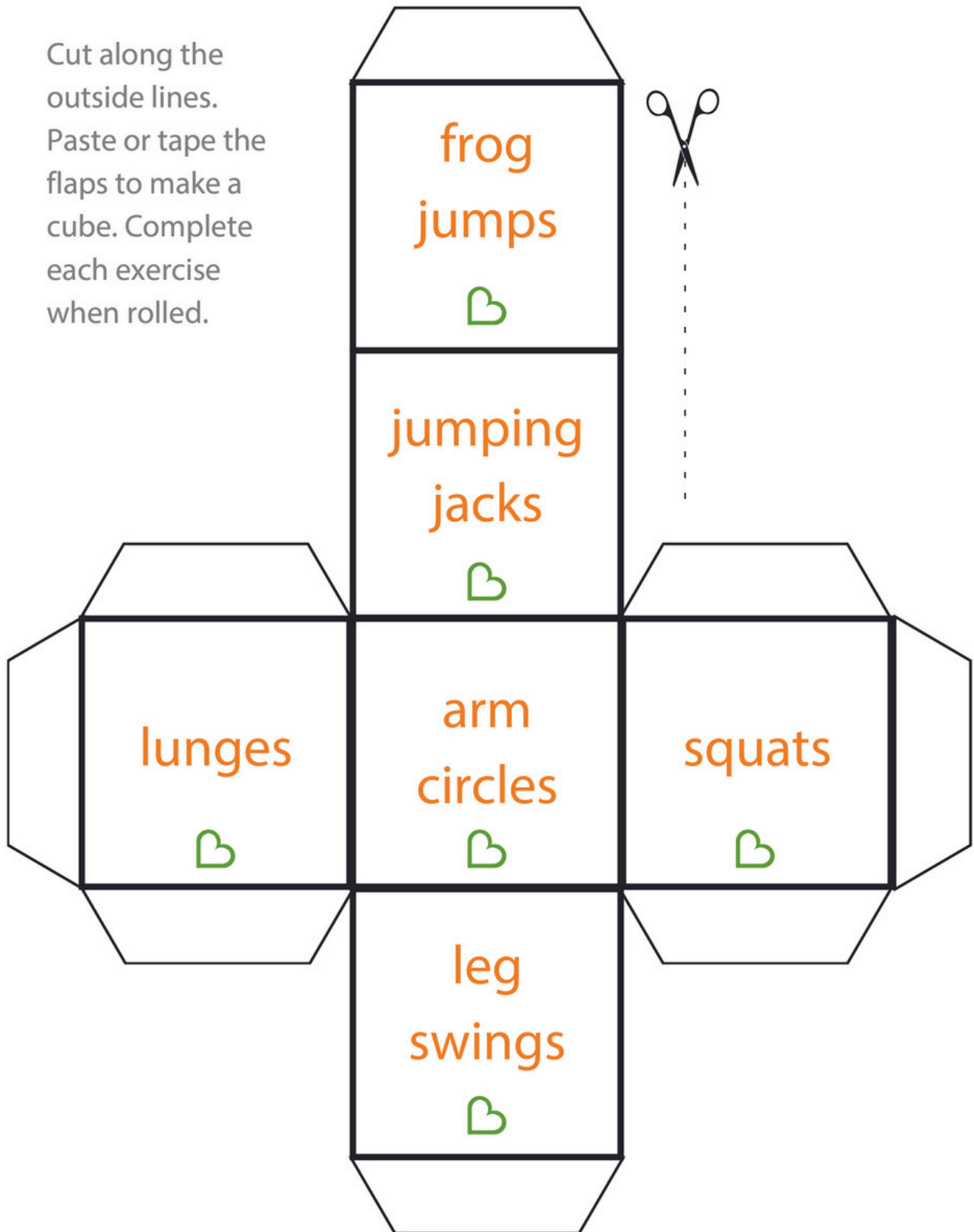
Physical Activity Dice: Animal Edition

Cut along the outside lines. Paste or tape the flaps to make a cube. Move like the animal when rolled.



Physical Activity Dice

Cut along the outside lines. Paste or tape the flaps to make a cube. Complete each exercise when rolled.



Physical Activity Dice: Color Edition

Cut along the outside lines. Paste or tape the flaps to make a cube. Move the way the color that is rolled makes your feel.

