

Exercise Square Dice

Use 2 square gift boxes to make square dice. Wrap the boxes in various wrapping paper. Put stickers on each side of the box (one sticker on one side, two stickers on the next, etc.) Take turns rolling the dice. Count up the number that you get and do the corresponding actions for each number for a great workout! Add music for even more fun!

#2: 2 head rolls

#3: 3 toe touches (reach for the sky, touch your toes)

#4: 4 arms circles

#5: 5 hops on one foot

#6: 6 twirls

#7: 7 scissor kicks

#8: 8 knee lifts

#9: 9 sit ups

#10: 10 push ups

#11: 11 jumping jacks

#12: balance on one leg for 12 seconds

