

MOVEMENT

BREAKS FOR THE MIND AND BODY

CLEAR YOUR MIND AND GET THE CREATIVE JUICES FLOWING WITH SIMPLE PHYSICAL MOVEMENT. ROLL THE DICE AND GET MOVING!

ROLL AND ADD THE DICE TOGETHER TO FIND THE MOVEMENT ACTIVITY OR DO A MOVEMENT ACTIVITY FOR EACH DIE ROLLED.

ROLL 2 - DO 5 FROG JUMPS

ROLL 3 - JOG IN PLACE FOR 20 SECS

ROLL 4 - DO 10 JUMPING JACKS

ROLL 5 - CRAB WALK ACROSS THE ROOM

ROLL 6 - BEAR CRAWL ACROSS THE ROOM

ROLL 7 - TOSS AN IMAGINARY BALL OVER YOUR HEAD 5 TIMES

ROLL 8 - 10 AIR SQUATS

ROLL 9 - 5 BLAST-OFFS

(SQUAT DOWN AND THEN JUMP INTO THE AIR WITH YOUR ARMS OVERHEAD)

ROLL 10 - 10 MOUNTAIN CLIMBERS

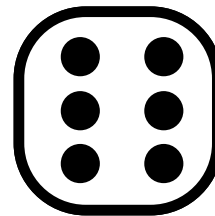
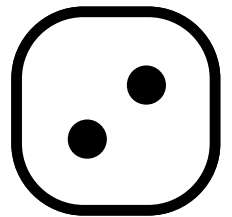
(GET DOWN ON THE PALMS OF YOUR HANDS AND TIPS OF YOUR TOES TO FORM A PLANK. PULL YOUR LEFT KNEE IN TOWARDS YOUR CHEST, STRAIGHTEN OUT YOUR LEG, SWITCH SIDES AND ALTERNATE. COUNT TO 10 TOTAL)

ROLL 11 - HOLD A PLANK POSITION ON HANDS AND TOES FOR 10 SECONDS

ROLL 12- ARM CIRCLES

(DO 5 ARM BIG CIRCLES IN EACH DIRECTION, 5 LITTLE ARM CIRCLES IN EACH DIRECTION)

1+7=8



4+2=6

