













ROLL SOME BRAIN BREAKS

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-6 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and take 10 deep breaths.

| | Column #1 | Column #2 | Column #3 | Column #4 | Column #5 |
|------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------|
| 1  | 10 jumping jacks | Wiggle your whole body for a count of 10. | Bring R elbow to L knee and L elbow to R knee 5 times | Jump in place 10 times. | Rub your entire R arm with your L hand |
| 2  | Squeeze your R hand firmly with your L hand | 5 wall push ups | Move the upper half of your body | Spin in a circle 3 times to the right | Touch L hand to bottom of R foot. Repeat 5x. |
| 3  | Move the right side of your body | Spread legs apart and bend at waist looking between knees. Repeat 5x. | Make 10 small circles with your arms | 10 jumps over a pencil on floor | Give yourself a big hug for 10 seconds |
| 4  | Rub your entire L arm with your R hand | Touch R hand to bottom of L foot. Repeat 5x. | Twist at the waist 10 times with arms out to the side | Spin in a circle 3 times to the left | Make 10 large circles with your arms |
| 5  | Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x. | March in place with knees high for a count of 10 | Squeeze your L hand firmly with your R hand | Move the left side of your body | Touch R hand to L foot and then L hand to R foot 5 times |
| 6  | Run in place for a count of 15 | Move the lower half of your body | Touch hands overhead and try to balance on one foot for 5 seconds. | Tap your feet on the floor while making small circles with fingers for 10 sec. | Take 10 deep breaths |

ROLL SOME EXERCISE

Directions: Roll one die for each of the columns. Perform the exercise that matches the number you rolled on the die. For example, if you roll a 1,3,2,6,5 you would perform the following exercises: run in place for 30 seconds, 20 high kicks to the front, 10 lateral jumps, arms up and air box for 30 seconds and reach high on tip toes and hold for 10 seconds.

| | Column #1 | Column #2 | Column #3 | Column #4 | Column #5 |
|------------------------------------------------------------------------------------------|-----------------------------------------------|------------------------------------------------|-----------------------------------|----------------------------------------------|---------------------------------------------------------------|
| 1  | Run in place for 30 seconds | 20 jumping jacks | 20 high knees in place | Pretend to jump rope for 30 seconds | Jump in place 15 times |
| 2  | 10 mountain climbers | 10 squats | 10 lateral jumps | 10 high kicks to each side | arms at shoulder height and make small circles for 20 seconds |
| 3  | 10 lunges | 20 high kicks to the front | 5 jumps 5 squats | 10 push ups | 10 stomach crunches |
| 4  | 10 jumps feet out and feet together | 5 hops on right foot | 5 hops on left foot | Jog in place for 30 seconds | March in place for 20 seconds |
| 5  | 5 jumps backwards | Run as fast as you can in place for 20 seconds | Walk in place for 30 seconds | Walk in place with knees high for 10 seconds | Reach high on tip toes and hold for 10 seconds |
| 6  | Hop on right foot 3x and then on left foot 3x | Kick feet up hitting bottom 10x | 10 high karate kicks to each side | Arms up and air box for 30 seconds | 10 wall push ups |