Dice Movement Break

Theme: Winter

|  |  |
| --- | --- |
| 1 | Melt like a snowman  |
| 2 | 2 figure-skating vertical rotations…1 at a low level & 1 at a high level |
| 3 | Snowboarding... do 3 proper landings! |
| 4 | 4 Snow angel jumping jacks in the air! |
| 5 | Balance on each skate for 5 seconds! (10 seconds total) |
| 6 | Throw 6 snowballs as fast as you can! |

Dice Movement Break

Purpose:

* This activity is made to do when students are getting restless and need to move
* It is easy and will get the most out of a break from learning
* This movement break can engage all students and be adaptable to all students needs skill levels
* Can adapt movement break for all classroom spaces

How to play:

* Roll and get students to do corresponding movement activity
* Get students engaged by asking students to help roll the dice during the activity
* When students are waiting for next number to be rolled they could do a movement to keep them moving at all times (ex. Jumping Jacks)

Themes:

* Themes could change often to keep students engaged in the movement breaks

(ex. winter, fall, Christmas, animals)

* Having many theme charts on hand will make the breaks quick and easy

Equipment:

* Large Dice