







# ROLL-A-DIE ACTIVITY CARDS









Instructions: Cut out the category cards below. Grab a die and pick out one of the 4 categories. Each player takes turns rolling the die. Whatever number you land on is the movement you perform!

## ANIMAL WALKS

- |  |   |
|--|---|
|  Kangaroo hops |  Bear walk           |
|  Crab walk     |  Backwards bear walk |
|  Seal walk     |  Frog jumps          |







PROJECT PLAY  
THERAPY

## SINGLE LIMB STANCE

- |   |   |
|---|---|
|  Stand on right foot |  Hop on right foot |
|  Stand on left foot  |  Hop on left foot  |
|  Tree pose           |  Step ups          |







PROJECT PLAY  
THERAPY

## COORDINATION

- |  |   |
|--|---|
|  Jumping jacks |  Same side scissor jacks     |
|  Toe touches   |  Opposite side scissor jacks |
|  Cross crawls  |  High knees                  |

PROJECT PLAY  
THERAPY

## MOVEMENT BREAKS

- |   |   |
|---|---|
|  Run in place      |  Skip        |
|  Twirl in a circle |  Squat jumps |
|  Gallop            |  Step ups    |

PROJECT PLAY  
THERAPY