

# Roll with the Dice

Involve movement and counting in this active game



**Playing is Learning!**

## Materials:

Set of Dice (large foam or sponge dice desirable)

## Procedure:

1. Children sitting in a circle
2. One child stands up and rolls the dice or die into the center of the circle
3. The child who rolled the dice/die identifies the number showing (counts the dots) and asks the other children to stand up and do an exercise (of his choosing) that many times
4. The game continues until everyone has had a chance to roll the dice/die
5. Suggestions of exercises: touching toes, jumping jacks, jogging in place, torso twists, side stretches, arm circles, jumping up and down, hopping, etc.
6. Challenge older children to perform push-ups, sit-ups, etc.

## Sharron Krull

Teacher • Trainer • Author •  
Play Guru • Consultant

2831 Lakeview Drive  
Santa Cruz, CA 95062

Office: (831) 713-5323  
Mobile: (925) 980-8353  
Fax: (831) 713-5324

[Sharron@SharronKrull.com](mailto:Sharron@SharronKrull.com)

[www.SharronKrull.com](http://www.SharronKrull.com)

