



Activity Cube

- ◆ Tape or glue a small box so all sides are sealed.
- ◆ Label each side with an exercise or activity. Some suggestions:
 - Jumping Jacks
 - Hop on one foot
 - Windmill
 - Arm circles
 - Run in place
 - Dance in place
 - Bounce a ball
- ◆ Have children take turns gently tossing the cube and everyone do the action displayed.



**adapted from amandasmearman.com*