



BRAIN BOOST ~ Dice Game

How To Play:

1. Select 6 different movement activities (write or draw them in)
2. Grab a die and start rolling. You can take turns with all the family members playing.
3. Do the corresponding activity to the number you roll. For example, if you roll a two, everyone has to do that activity.
4. You can also set a corresponding number to each item so the game lasts longer and everyone gets more movement in. Maybe you do 10 times for each roll or switch the amounts based on the activity or age of your kids.
5. Find what works best for your kids and make it a fun experience game you can all play.

	
	
	
	
	
	