

Calm Down Dice

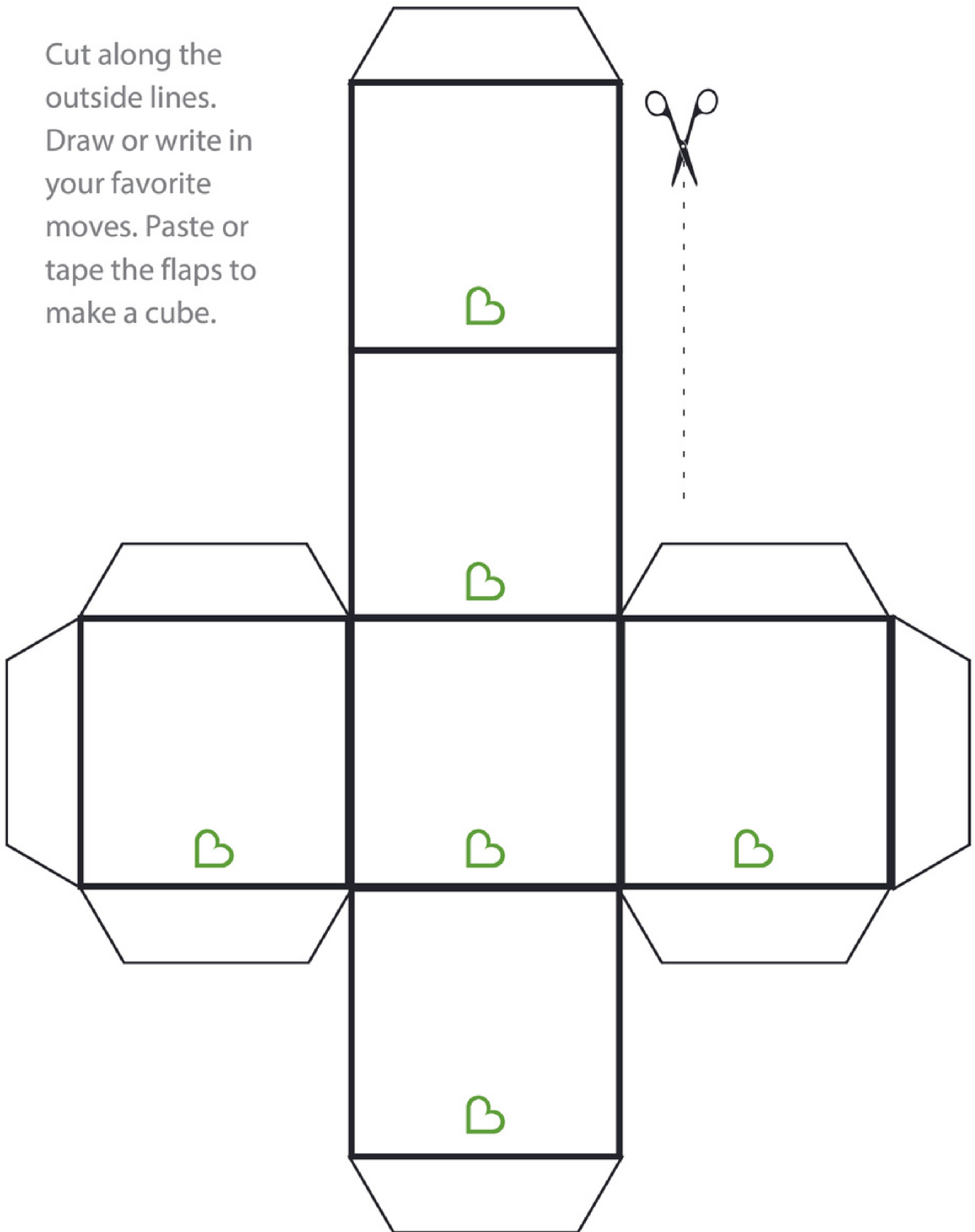


Print these activity dice for fun ways to take a Calm Down break with your child.

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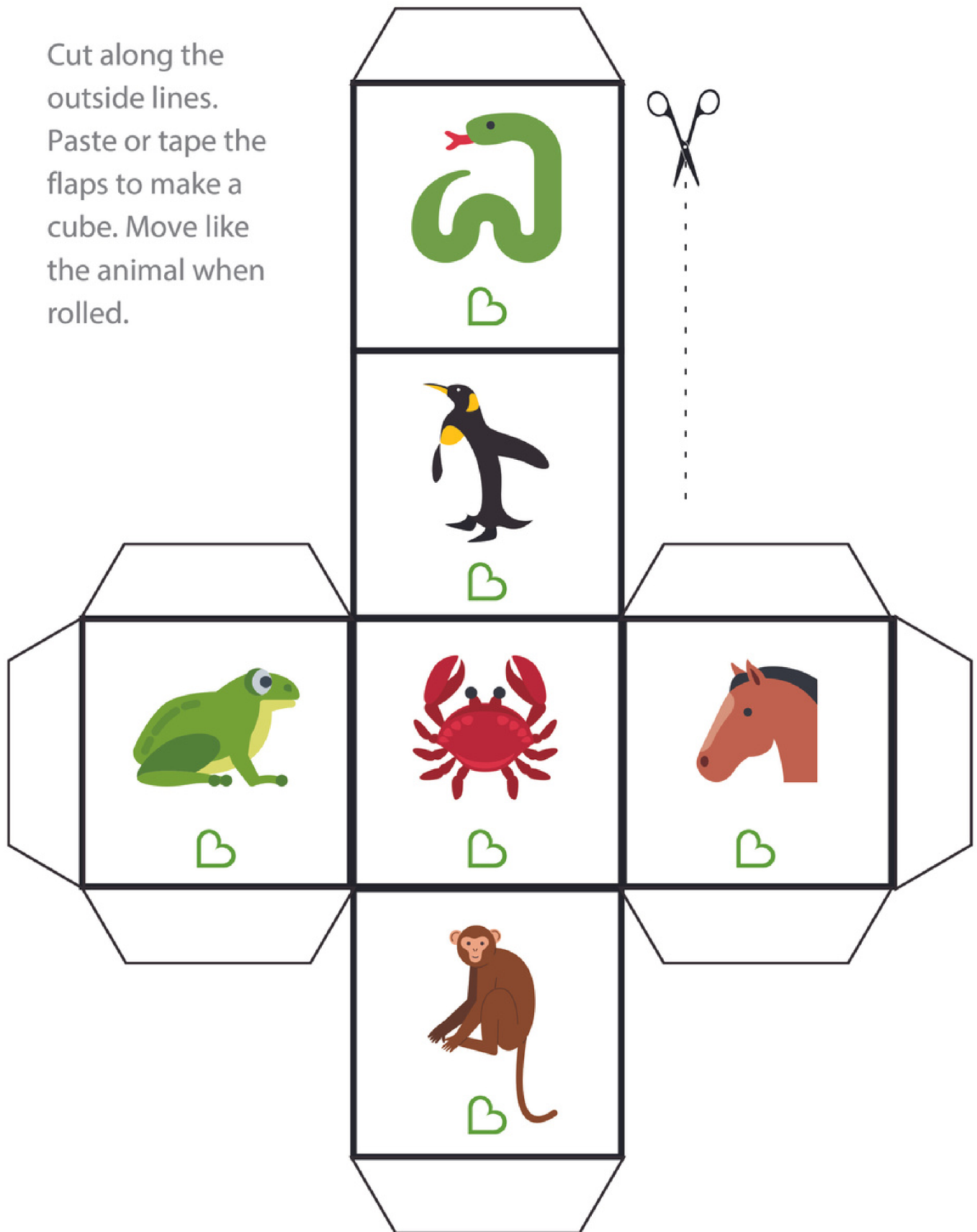
Physical Activity Dice

Cut along the outside lines.
Draw or write in your favorite moves. Paste or tape the flaps to make a cube.



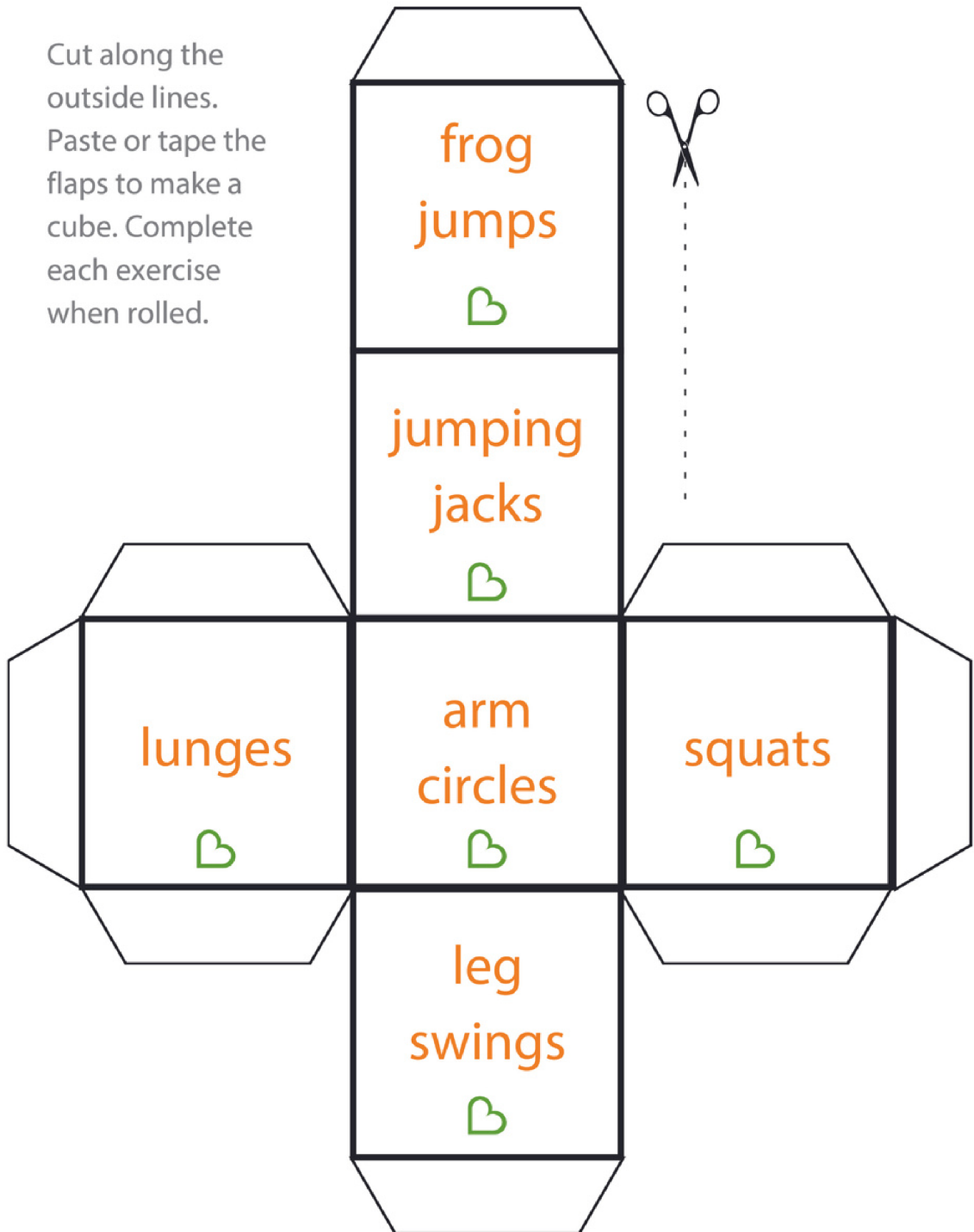
Physical Activity Dice: Animal Edition

Cut along the outside lines. Paste or tape the flaps to make a cube. Move like the animal when rolled.



Physical Activity Dice

Cut along the outside lines.
Paste or tape the flaps to make a cube. Complete each exercise when rolled.



Physical Activity Dice: Color Edition

Cut along the outside lines.
Paste or tape the flaps to make a cube. Move the way the color that is rolled makes your feel.

