



## Family Activities

## May Week 2: Roll Dice Hop Spots

## Equipment

A cube-shaped box (like a tissue box or shipping box) that you can turn into a big die, with sides numbered 1-6  
Painters Tape



**Set Up** Put 2-3" pieces of tape down in a big circle or curvy line – the longer the better

**Let's Play!** Children will roll the box and jump forward that many pieces of tape. So, if he rolls a 3, he hops forward 3 spaces. Then, if the next person rolls a 5, she hops forward 5 spaces. Keep taking turns until everyone has reached the end of the tape pieces.

**Change Up** Get creative with where you put the pieces of tape. You can weave them all over your home – over furniture, around corners, etc. You can make it a scavenger hunt with prizes to find along the way.



## Family Activities

## May Week 2: Exercise Dice

## Equipment

The number die from Roll Dice Hop Spots  
A second cube-shaped box with pictures of exercises on each of the six sides: jumping jacks, pushups, sit ups, crab dips, squats, lunges – whatever you like.

The pictures don't have to be fancy! You can get your kids to help draw them.



**Set Up** Spread out so you have some room

**Let's Play!** One player rolls the exercise die and one rolls the number die. Then, everyone does the exercise that comes up the number of repetitions on the number die.

**Change Up** Add another number die to increase the repetitions.