

THE MOVE CUBE

Let's get moving!

Moving is good for your whole body. Because moving is so good for you, you should move every day. To move, you can dance or run or jump. Can you name other healthy ways to move?

What You'll Learn

You can move in lots of fun ways. It doesn't matter how you move. It just matters that you move and play!

Get a grown-up to help you play this game.

HOW TO PLAY

You Will Need:

1. Move Cube page
2. Scissors
3. Tape

Get Ready to Play:

1. Ask a grown-up for help to make the Move Cube.
2. To make your cube, cut the cube picture out on the solid lines.
3. Now, fold the cube picture along the dotted lines to make your cube look like dice.
4. Fold and tuck the flaps inside the cube.
5. Tape the edges to hold the cube together.

THE MOVE CUBE

Play:

1. Take turns gently rolling the cube.
2. When the cube lands, look at the picture that faces up.
3. Do that move for as long as it takes you to sing, "Happy Birthday." When you get to the end of the song, stop.
4. Roll the cube again to get your next move!

Remember

You should move every day to keep your body healthy. It doesn't matter what you do. You can run, jump, or dance. It's just important that you move!

The Move Cube

1 Ask a grown-up to cut out and make the cube. Here's what they need to do:

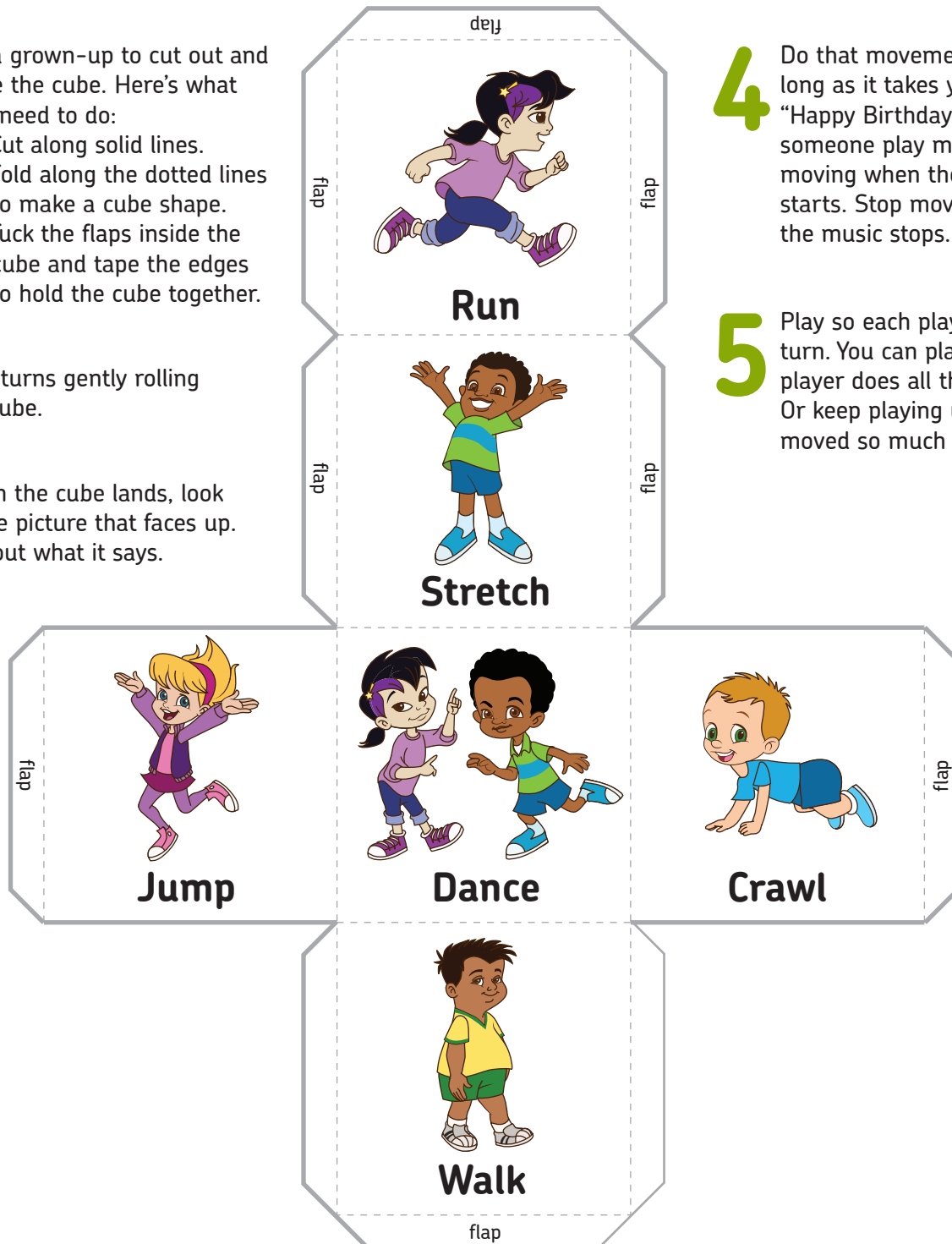
- Cut along solid lines.
- Fold along the dotted lines to make a cube shape.
- Tuck the flaps inside the cube and tape the edges to hold the cube together.

2 Take turns gently rolling the cube.

3 When the cube lands, look at the picture that faces up. Call out what it says.

4 Do that movement for as long as it takes you to sing "Happy Birthday". Or have someone play music. Start moving when the music starts. Stop moving when the music stops.

5 Play so each player gets a turn. You can play until each player does all the moves. Or keep playing until you've moved so much you're tired!



I MOVED AWARD

Did you move and play hard today? That's so good for your body. You get a prize for moving and playing! Here is a cool wristband. Ask your mom or dad to cut it out and tape it around your wrist. Wear it all day.

Moving is good for your body and your brain. Moving keeps your muscles, bones, and heart strong. You should move every day to stay healthy. Jump, dance, or run. Just move! Moving feels so good!



I moved and played hard today!



I moved and played hard today!



I moved and played hard today!

