

# ROLL SOME FUN

## 30 no-prep, boredom busting brain breaks

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Roll a Creature, Roll a Cartoon, Roll a Unicorn, Roll A Mountain, Roll Shapes, Roll An Alphabet, Roll A Scavenger Hunt, Roll a Color, Roll the 5 Senses, Roll Head and Toes, Roll In Under, Roll to the Rhythm, Roll Some Dances, Roll Away You, Roll Some Brackets, Roll Some Numbers, Roll Some Y, Roll Some, Roll Some Action Verbs, Roll Winter, Roll Some Valentines, Roll Spring, Roll Summer, Roll Fall, Roll Halloween, Roll Thanksgiving, Roll December, DIY Roll, Roll Some Relaxation

Each activity includes instructions and a grid for rolling and recording answers.

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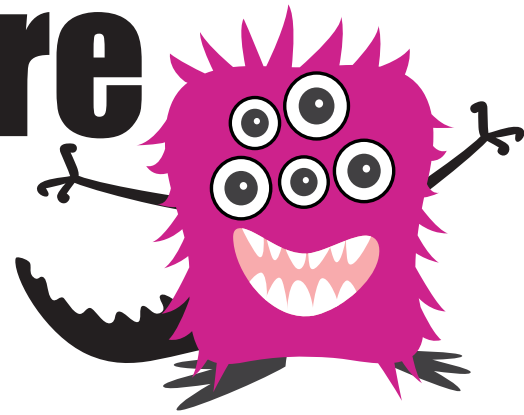
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# Roll a Creature


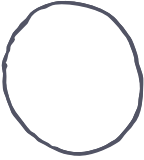













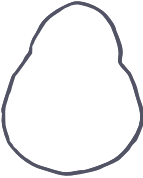






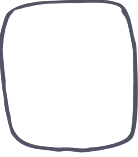













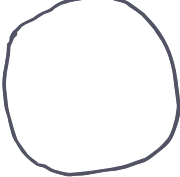







**Directions:** Roll one die for each part of the creature. Continue until your creature is complete. For example, the creature on the right was from the numbers 5, 3, 2, 2, 5 and 6.

	Body	Legs	Eyes	Mouth	Arms	Horns/Tails
1 						
2 						
3 						
4 						
5 						
6 						


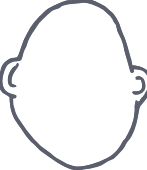






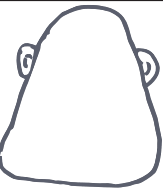






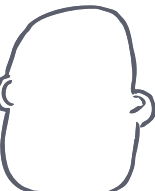






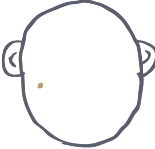


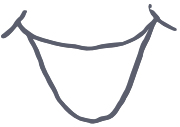



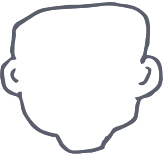












# Roll a Cartoon Face #1

**Directions:** Roll one die for each column. On another piece of paper, draw the cartoon face. Start in the first column and roll the die. Draw the image that corresponds to the number on the die. Proceed to the next column until you finish the face.

	head	ears	nose	eyes	mouth	hair
1 						
2 						
3 						
4 						
5 						
6 						

# Roll a Cartoon Face #2

**Directions:** Roll one die for each column. On another piece of paper, draw the cartoon face. Start in the first column and roll the die. Draw the image that corresponds to the number on the die. Proceed to the next column until you finish the face.

	Head	eyes	nose	mouth	hair	extras
1 						
2 						
3 						
4 						
5 						
6 						

# Roll a Unicorn



**Directions:** Roll one die for each part of the unicorn. Continue until your unicorn is complete.

For example, the unicorn on the right was from the numbers 4-6-6-3-1.

	Head	eyes	nose	mouth	glasses	extras
1 						
2 						
3 						
4 						
5 						
6 						

# Roll A Monster


















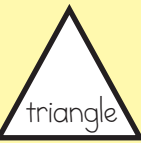






**Directions:** Roll one die for each body part of the monster. For example, the monster on the right was from the numbers 4-1-1-5-6. Continue until your monster is complete.



	body	eyes	mouth	legs	top of head
1 					
2 					
3 					
4 					
5 					
6 					

# Roll Shapes and Numbers







**Directions:** Roll one die for each column. Find an object that matches the shape or number that you roll. For example, if you roll a two on your die in column #1 you must find an object that is a square shape. If you roll a one in column #2 you have to find 3 of the same objects. If you do not want to go on a hunt, you can draw the shapes or write the numbers that you roll.

	Column #1	Column #2	Column #3	Column #4	Column #5	Column #6
1 	 circle	3	 rectangle	4	 oval	8
2 	 square	2	 star	1	 heart	3
3 	 star	1	 triangle	9	 diamond	5
4 	 heart	6	 oval	8	 square	7
5 	 triangle	4	 circle	5	 circle	2
6 	 diamond	7	 square	3	 rectangle	6



# Roll An Alphabet Hunt


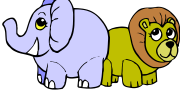









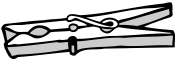



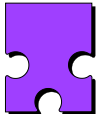




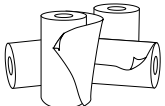


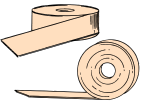

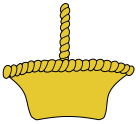




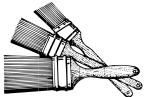





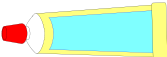
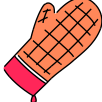
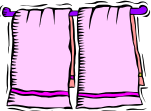



**Directions:** Roll one die for each column. Find an object that starts with the letter that you roll in each column for a total of 6 objects. For example if you roll a 2-3-1-5-4-4 you would find objects that start with the letters A, P, D, B, C and S. If you do not want to go on a hunt, roll the die and practice writing the letters.

	Column #1	Column #2	Column #3	Column #4	Column #5	Column #6
1 	Tt	Hh	Dd	Kk	Oo	Rr
2 	Aa	Xx	Rr	Ww	Ee	Jj
3 	Kk	Pp	Ss	Ee	Nn	Bb
4 	Dd	Ll	Zz	Uu	Cc	Ss
5 	Ff	Nn	Ii	Bb	Yy	Aa
6 	Oo	Vv	Mm	Gg	Xx	Hh

# Roll A Scavenger Hunt

**Directions:** Roll one die for each column. Start with Row #1. Whatever number you roll on the die, quickly find that item in the row. Continue rolling the die and finding the corresponding item in the row. Record your time for how fast you can find all 6 items that you roll.







Time: \_\_\_\_\_

	Row #1	Row #2	Row #3	Row #4	Row #5	Row #6
1 	stuffed animal 	shoelace 	watch 	fork 	lunch bag 	crayon 
2 	cookie cutter 	quarter 	measuring spoons 	clothes pin 	plastic cup 	white socks 
3 	puzzle piece 	hat 	pencil 	button 	toothbrush 	paper towel 
4 	apron 	piece of tape 	muffin tin 	basket 	colander 	flashlight 
5 	whisk 	paintbrush 	penny 	bowl 	ladle 	dish soap 
6 	toothpaste 	oven mitt 	one towel 	paper clip 	shopping bag 	key 

# Roll a Color Hunt

**Directions:** Roll one die for each column. Find an object that corresponds to the color that you roll. For example, if you roll a 2 for column #1 you need to find a red object. Repeat with each column until you find the 6 colored objects that you rolled. Record your time.







Time: \_\_\_\_\_

	Column #1	Column #2	Column #3	Column #4	Column #5	Column #6
1 	orange	yellow	green	blue	purple	green
2 	red	blue	orange	yellow	red	purple
3 	green	orange	purple	orange	green	blue
4 	yellow	purple	yellow	red	yellow	orange
5 	blue	green	red	purple	blue	red
6 	purple	red	blue	green	orange	yellow

# Roll the 5 Senses







**Directions:** Roll one die for each of the five senses. Find an object that matches the number you rolled on the die for each sense. For example, if you roll a 1 in the sight column you have to find something pretty. Repeat for each of the 5 senses. Record your time.

Time:
-------

	sight	hearing	touch	smell	taste
1 	PRETTY	SILENT	FURRY	SPICY	SWEET
2 	COLORFUL	LOUD	SMOOTH	FLOWERY	SOUR
3 	UGLY	WHISTLING	COLD	STINKY	FRUITY
4 	DULL	RINGING	BUMPY	FRESH	GROSS
5 	SHINY	QUIET	ROUGH	DIRTY	SUGARY
6 	CIRCULAR	NOISY	FUZZY	FRAGRANT	DRY

# Roll Head Shoulders, Knees and Toes, Knees and Toes







Directions: Roll one die for each of the body parts below. Replace the body parts that you roll into the song Head, Shoulders, Knees and Toes. Sing and perform the song with the different body parts. For example, if you roll a 1, 3, 4 and 6 sing and do the motions to the song as “Foot, fingers, chin and wrist, chin and wrist. Foot fingers, chin and wrist, chin and wrist. Eyes and ear and nose and mouth. Foot, fingers, chin and wrist, chin and wrist.”

	HEAD	SHOULDERS	KNEES	TOES
1 	foot	ankles	thigh	arm
2 	knee	elbows	thumb	cheek
3 	hips	fingers	hair	neck
4 	back	eyebrows	chin	spine
5 	palm	stomach	heart	teeth
6 	waist	forehead	calf	wrist

# Roll In Under 2 Minutes







**Directions:** Roll one die for each of the activities listed in the column. Complete all six activities before 2 minutes is up! For example, if you roll a 2,1,3,4,6,5 you would try to complete the following in under 2 minutes: sing itsy bitsy spider line, move like a snake, draw a smile face, sing pat-a-cake line, gallop like a horse and draw a house.

Time:
-------

	Sing	act	draw	Sing	act	draw
1 	Baa, baa black sheep have you any wool...	move like a snake	snowman	I'm a little teapot short and stout, here is my handle...	flap arms like a bird	sun
2 	Itsy bitsy spider climbed up the water spout...	dance like a rock star	heart	A,B,C,D,E,F, G,H,I,J,K,L, M,N,O,P,Q,R, S,T,U,V,W,X, Y and Z...	crawl like a crab	cloud
3 	Twinkle, twinkle little star, how I wonder what you are...	move like a bear	smile face	Here we go round the mulberry bush...	waddle like a duck	star
4 	London Bridges falling down, falling down, falling down..	move like a ballet dancer	balloon	Pat a cake, pat a cake, baker's man...	fly like a bee	apple
5 	Rock a bye baby on the tree top, when the wind blows...	move like a monkey	flower	Ring around the rosie, pocket full of posies...	swim like a fish	house
6 	If you are happy and you know it clap your hands...	move like a tap dancer	kite	Happy birthday to you, happy birthday to you...	gallop like a horse	sad face

# Roll to the Right or Left





































Directions: Roll one die for each of the actions listed in the column. Act out each action for a count of 10. R means right and L means left. For example, if you roll a 6, 1, 3, 4 and 5 you have to perform each action 10x - slide to the right, kick left foot, touch right toes, hop on right foot and touch right ankle.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	<b>Wave R hand</b>	<b>Kick L foot</b>	<b>Side step to the R</b>	<b>Wiggle R leg</b>	<b>Lift R arm</b>
2 	<b>Hop on L foot</b>	<b>Jump to the L</b>	<b>Tap R knee</b>	<b>Snap L fingers</b>	<b>Touch L elbow</b>
3 	<b>Kick R foot</b>	<b>Side step to the L</b>	<b>Touch R toes</b>	<b>Wiggle L fingers</b>	<b>Slide to the L</b>
4 	<b>Clap to the L</b>	<b>Lunge to the R</b>	<b>Touch R leg</b>	<b>Hop on R foot</b>	<b>Hop on 1 foot to the L</b>
5 	<b>Wave R arm</b>	<b>Tap L knee</b>	<b>Go on toes on R foot</b>	<b>Lunge to the L</b>	<b>Touch R ankle</b>
6 	<b>Slide to the R</b>	<b>High knees R leg</b>	<b>Spin to the L</b>	<b>Tap R foot</b>	<b>Stomp L foot</b>

# Roll Some Dance Moves

Directions: Roll one die for each of the dance moves listed in the column. Act out each dance move to create a dance routine. For example, if you roll a 1, 3, 2, 4 and 6 you would complete the following dance routine















	Column #1	Column #2	Column #3	Column #4	Column #5
1 					
2 					
3 					
4 					
5 					
6 					



# Roll Away Your Boredom



**Directions:** Roll one die. This will be your row number. Roll the second die. This is your column number. For example, if you roll a 2 and a 3, try putting on some music and dance. If you roll a 5 and 6, then play school.

	1 	2 	3 	4 	5 	6 
1 	<b>Make a collage with words from magazines</b>	<b>Find a contest to enter</b>	<b>Start a club</b>	<b>Start a new collection from nature objects</b>	<b>Create a new game to play</b>	<b>Set up a pretend store</b>
2 	<b>Read a book</b>	<b>Wash your bicycle or toy cars</b>	<b>Put on some music and dance!</b>	<b>Create a new recipe</b>	<b>Play a board game</b>	<b>Build a house of cards</b>
3 	<b>Paint rocks</b>	<b>Make a hide out</b>	<b>Create a mini secret land for small toys</b>	<b>Put on a pretend pet show</b>	<b>Write a poem about your 10 favorite things</b>	<b>Fly a paper airplane</b>
4 	<b>Take a walk outdoors</b>	<b>Play balloon volleyball</b>	<b>Trace your hand. Color it all different colors</b>	<b>Play a game of cards</b>	<b>Ride your bicycle or scooter</b>	<b>Make an obstacle course</b>
5 	<b>Make a pretend commercial</b>	<b>Write a letter to someone</b>	<b>Paint a self portrait</b>	<b>Put on a puppet show</b>	<b>Create a pretend circus</b>	<b>Play school</b>
6 	<b>Draw your dream house</b>	<b>Play hopscotch</b>	<b>Write down 5 ideas for your own business</b>	<b>Write and illustrate a comic strip</b>	<b>Jump rope</b>	<b>Open a pretend art gallery with your artwork</b>







# Roll Some Brain Breaks

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-6 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and take 10 deep breaths.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15 seconds	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths





































# Roll Some Exercise

**Directions:** Roll one die for each of the columns. Perform the exercise that matches the number you rolled on the die. For example, if you roll a 1,3,2,6,5 you would perform the following exercises: run in place for 30 seconds, 20 high kicks to the front, 10 lateral jumps, arms up and air box for 30 seconds and reach high on tip toes and hold for 10 seconds.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Run in place for 30 seconds	20 jumping jacks	20 high knees in place	Pretend to jump rope for 30 seconds	Jump in place 15 times
2 	10 mountain climbers	10 squats	10 lateral jumps	10 high kicks to each side	arms at shoulder height and make small circles for 20 seconds
3 	10 lunges	20 high kicks to the front	5 jumps 5 squats	10 push ups	10 stomach crunches
4 	10 jumps feet out and feet together	5 hops on right foot	5 hops on left foot	Jog in place for 30 seconds	March in place for 20 seconds
5 	5 jumps backwards	Run as fast as you can in place for 20 seconds	Walk in place for 30 seconds	Walk in place with knees high for 10 seconds	Reach high on tip toes and hold for 10 seconds
6 	Hop on right foot 3x and then on left foot 3x	Kick feet up hitting bottom 10x	10 high karate kicks to each side	Arms up and air box for 30 seconds	10 wall push ups

# Roll Some Yoga Poses

Directions: Roll one die for each of the activities listed in the column. Complete each pose for at least 10 seconds. For example, if you roll a 2, 6, 4, 2 and 6 you would complete the following yoga poses: cobra, table, crescent moon, plank and child's pose.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 					
2 					
3 					
4 					
5 					
6 					







# Roll Some Cardio

Directions: Roll one die for each of the cardiovascular activities listed in the column. Perform each aerobic exercise for a count of 30. For example, if you roll a 3, 2, 5, 2 and 4 you would complete the following exercises for 30 seconds each: trunk twists, windmills, jump front to back, jump up and mini squats.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Run	Cardio boxing	Lunges side to side	Jog	Burpees
2 	Jump feet in and out	Wind-mills	High knees	Jump up	Jumping jacks
3 	Trunk twists	Jump squats	Jog in place	Butt kicks	Mountain climbers
4 	Jump rope	Walk	Front high kicks	Toe touches	Mini squats
5 	Power skips	Kick	Jump front to back	Push ups	Squats
6 	Jump and turn	Lunges front to back	Toe raises	Ski Jumps	Jump side to side







# Roll Some Action Verbs

Directions: Roll one die for each of the action verbs listed in the column. Act out each action verb for a count of 10. For example, if you roll a 5, 3, 2, 6 and 1 you would complete the following action verbs: shake, stretch, leap, clap and wave.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	<b>March</b>	<b>Kneel</b>	<b>Slide</b>	<b>Jog</b>	<b>Wave</b>
2 	<b>Stomp</b>	<b>Hop</b>	<b>Leap</b>	<b>Gallop</b>	<b>Skip</b>
3 	<b>Twist</b>	<b>Stretch</b>	<b>Bend</b>	<b>Run</b>	<b>Balance</b>
4 	<b>Wiggle</b>	<b>Walk</b>	<b>Scamper</b>	<b>Swing</b>	<b>Crawl</b>
5 	<b>Shake</b>	<b>Kick</b>	<b>Sway</b>	<b>Turn</b>	<b>Squat</b>
6 	<b>Dance</b>	<b>Lunge</b>	<b>Tip-toe</b>	<b>Clap</b>	<b>Meditate</b>




# Roll Winter Brain Breaks

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 6-3-2-1-4 you would perform the following brain breaks: pretend to have a snowball fight, squeeze fingers like gloves on, stomp feet through snow, make body like icicle and make body into different sized pine trees.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Slide feet out and in pretending to ice skate 20x.	Boots on! Reach with 2 hands, pretend to put R boot on then L.	Pretend to make a snow angel.	Make body straight like an icicle - arms overhead, feet together on tiptoes. Hold straight for 10s.	Put knees together, hands at side, waddle like a penguin.
2 	Pretend to fly around like a snowy owl.	Arms up at shoulder height, form a big, round circle like an snowman. Turn to the L and R.	Stomp your feet, knees high, through deep snow 20x.	Feet apart, arms out, sparkle your feet and fingers like a snowflake.	Jump 5x, knees up high, over some pretend snow banks.
3 	Brrr..... Rub R foot with L hand. Switch, rubbing L foot with R hand.	Gloves On! Squeeze each finger on R hand with L hand. Squeeze each finger of L hand with R hand.	Twirl around 3x to R and then 3x to L like an ice skater.	Brrr..... It's cold. Give yourself a big hug for 10 seconds.	Make your body into the letters in L-E-T I-T S-N-O-W.
4 	Float and spin like a snowflake 3 times to the right.	Keep fingers together like mittens are on. Press hands together for 10 s.	Bend knees, squatting slightly, pretend to ski jump. Hold for 10s.	Stand up tall, pretend to melt slowly to floor like a melting snowman.	Make your body into a small tree, medium tree and tall pine tree.
5 	Hands together on R side of body, Pretend to shovel snow over L shoulder. Repeat 10x.	Pretend to cross country ski. R foot, R hand forward and switch L arm L foot forward. Repeat 10x.	Sit in chair hold both feet up, knees straight. Lean L then R. Pretend to sled downhill for 10 s.	Float and spin like a snowflake 3 times to the left.	It's cold out...Rub your entire L arm with your R hand.
6 	Pretend to have snow ball fight. Bend down, make snowball, stand up and throw 10x.	Hands on floor, knees straight hold position like polar bear for 10s.	Hands together on L side of body, Pretend to shovel snow over R shoulder. Repeat 10x.	Using your feet, spell F-R-O-S-T-Y on the floor.	Pretend you can see your breath in the cold. Take 10 deep breaths in and out.

# Roll Some Valentine Brain Breaks







**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 5-3-6-1-2 you should perform the following actions: move upper body x 20 seconds, make body into letters in heart, draw back bow like Cupid holding position for 10 seconds, jump like bouncing ball 10 times and wiggle body for 10 seconds.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Get your heart pumping by running in place x 30s.	Clasp fingers over heart, move hands in and out like pumping heart 10x.	Raise R hand up and L hand down like Cupid's diagonal arrow. Hold 10 s.	"Have a Ball on Valentine's Day". Jump 10x like bouncing ball.	"You Rule". Arms over head, feet together straight like ruler for 15 s.
2 	"I Am TOADally yours" Hop like frog 10x.	"I Get a Kick Out of You" - Kick each leg out 10x.	"Let's Stick Together". Stick R hand on L foot. Stick L hand on R foot. Repeat 5x.	You are in love! Tap your feet and clap hands at the same time 10x.	"I Am Crazy for You". Wiggle your body like crazy for 10s.
3 	Jump in place 14x for February 14th.	Make your body into the letters in H-E-A-R-T	"You Move Me". Move only the lower part of your body for 20s.	Give yourself a big loving hug for 10 seconds.	"You're a Slam Dunk" Perform 10 pretend jump shots.
4 	Clasp hands together. Draw a big heart in the air. Do 5x.	Raise L hand up and R hand down like Cupid's diagonal arrow. Hold 10s.	Squat down low and slowly stand up tall like a budding rose.	"I Would QUACK up without you." Waddle like duck for 10s.	"Have a DINO-mite Day". Stomp feet like dinosaur 10x.
5 	"You Move Me". Move only the upper part of your body for 20s.	"It's A Joy Being Your Friend". Jump for joy in place 10x.	"You're an All Star" - perform 10 star jumps (jumping jacks).	Using your feet - spell v-a-l-e-n-t-i-n-e on the floor.	"I'd SNAP at the Chance to Be with You". Open/close arms like alligator mouth 10x.
6 	"You Make My Heart Race" - run in place x 30 seconds.	"My Heart Beats for You". Pretend to play drums while marching in place for 20s.	Draw back your bow like Cupid in lunge position. Hold steady 10 s.	"You Make Me Feel Sky High". Pretend to fly for 20 seconds.	Take 10 long, deep breaths in and out.









# Roll Spring Brain Breaks

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 2-1-4-6-2 you should perform the following actions: twirl 3x to the left as if floating in the breeze, squat and stand up like a blooming flower, 10 squats like you are planting seeds, pretend to shovel dirt over right shoulder and make your body into the letters in Spring.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Hop like a bunny 20x.	Squat down low, slowly stand up opening up arms like a blooming flower.	Flap arms 20x like a soaring bird.	Tap fingers on desk quietly and tap feet to make the sound of rain.	Pretend to throw 5 baseball pitches with your right hand.
2 	Twirl 3x to the left as if floating in the breeze.	Squat down and waddle on the floor like a baby chick.	Pretend to jump in puddles 10x.	Keep feet on floor, bend over and touch the floor making body in a rainbow.	Make your body into the letters in S-P-R-I-N-G.
3 	Go up on tip toes, chest out and flap wings like a robin 10x.	It's raining! Run in place for 30 sec. pretending to run from the storm.	Spring Cleaning - pretend to dust off each foot, leg and arm.	Shake your hands and legs like the rays of the sun.	For 10 sec. hold your arms out to side, feet together like an umbrella.
4 	Wiggle like a worm.	Pretend to balance on your right foot in a puddle for 10 sec.	Squat down low and pretend to plant seeds. Do 10 squats.	Pretend to throw 5 baseball pitches with left hand.	Hold your hands up in the air and run in place like you are flying a kite.
5 	Hold an egg position for 10 sec. Tuck knees to chest, wrap arms around legs.	Flap your butterfly wings slowly 10x.	Pretend to shovel dirt over left shoulder 10x.	Sit with legs apart, feet together. Flutter your legs like butterfly wings.	Pretend to balance on left foot in a puddle for 10 seconds.
6 	Buzz around the room like a bee.	Move your body like a caterpillar.	Clasp hands together. Air write the word F-L-O-W-E-R	Pretend to shovel dirt over right shoulder 10x.	Take 10 long, deep breaths in and out.


# Roll Summer Brain Breaks

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 3-1-4-6-2 you should perform the following actions: stand sideways and pretend to surf, stand up slowly like a sunflower, squat down and pretend to pick strawberries, stomp feet to make a thunderstorm and make your body into the letters in SUMMER.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Bounce up and down like a beach ball 20x.	Squat down low, slowly stand up opening up arms like a blooming sunflower.	Flap arms up and down 10x like you are opening and closing a beach umbrella.	Pretend to jump over ocean waves 10x.	Pretend you are walking across hot sand on your tip toes for 20 steps.
2 	Twirl 3x to the left as if floating in the breeze.	Crab walk across the floor.	Squat down and wrap your arms around your legs like you are doing a cannonball into the water.	Keep feet on floor, bend over and touch the floor making body in a rainbow.	Make your body into the letters in S-U-M-M-E-R.
3 	Stand sideways and lean forward and back like you are surfing.	Go backpacking! Walk around the room with your knees high.	Clasp your hands together. Pretend to row a canoe 10x on the right side then 10x on the left side.	Shake your hands and legs like the rays of the sun.	Move your arms and legs like you are swimming for 20 seconds.
4 	Move like a floppy fish.	Pretend you are a flamingo and balance on your right foot for 10 sec.	Squat down low and pretend to pick strawberries. Do 10 squats.	Pretend to throw a frisbee 5x with left hand.	Hold your hands up in the air and run in place like you are flying a kite.
5 	Pretend to throw a frisbee 5x with your right hand.	Flap your butterfly wings slowly 10x.	Jump side to side like you are on a jet ski jumping waves.	Sit with legs apart, feet together. Flutter your legs like butterfly wings.	Pretend you are a flamingo and balance on your left foot for 10 sec.
6 	Buzz around the room like a bee.	March around the room like you are in a parade.	Clasp hands together. Air write the word S-W-I-M-M-I-N-G	Stomp your feet very quickly to make the sound of a thunderstorm.	Take 10 long, deep breaths in and out.







# Roll Fall Brain Breaks

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: run in places for a count of 10, then pretend to jump in leaves 5x, 20 squats, run in place for a count of 50 with a victory dance, move the left side of your body only and move the right side of your body only. No dice available? Perform the activities across Row#1, the next break do Row#2, etc.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Run in place for a count of 10, then pretend to jump in	Do 20 scissor jumps - stand R leg in front of L and switch.	Stand up tall. Slowly lower your body to the ground like a falling leaf.	Pretend to run in place through a big pile of leaves for 30 seconds.	Stand with feet together and arms at side like a scarecrow for 20 seconds.
2 	Pretend to do 20 jumping jacks in the leaves.	Perform 20 squats.	Move your body like a tree blowing in the wind but do not move your feet.	Pretend to lift up leaves off the floor and throw them in the air. Repeat 10x.	Jump in place counting by 5's until you get to 50.
3 	Do 10 chair push ups.	Jump in place counting by 2's until you get to 30.	Touch L hand to bottom of R foot. Repeat 5x.	Move the left side of your body only.	Pretend to be a scarecrow for 20 seconds. Wiggle your body like you have no bones.
4 	Twist at the waist 10 times with arms out to	Hold hands w/ partner. Turn 3x to R and 3x to L.	Run in place for a count of 50. Touchdown!	Hold your pencil up and air write 10 words from around the room.	Do 5 wall push ups at 5 different spots on the wall.
5 	Field Goal: Kick R leg up and touch with L hand. Kick L leg up and touch with R hand. Repeat 10x.	10 jumps over a pencil on floor	Hold 2 pencils in your hands in front of you. Make circles in the same and different directions.	Move the lower half of your body only.	Move the right side of your body only.
6 	Tap your pencil on your desk while marching in place.	Do arm circles while you sing the alphabet.	Run in place while you recite the months of the year.	Tree Pose: Stand on one foot next to your desk for 10 sec. Switch feet.	Take 10 deep breaths







# Roll Halloween Brain Breaks

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: stomp your feet and walk like a monster in place for a count of 30, perform 20 squats, trunk twists 10x, spin in a circle to the left 3x and tap your pencil on desk while marching in place. No dice available? Perform the activities across Row#1, the next break do Row#2, etc.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Stomp your feet and walk like a monster in place for a count of 30.	Make your body into the shape of candy corn. Hold for 10 seconds.	Squat down and wrap arms around your knees. Balance for 5 seconds.	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	Spin in a circle 3x to the right.
2 	Move your arms up and down 10x like bat wings.	Perform 20 squats.	Do 10 chair push ups.	Do 20 scissor jumps - stand R leg in front of L and switch.	Move your body like a spooky tree blowing in the wind but do not move your feet.
3 	Make your legs into the shape of a witch's hat. Reach for the ground. Hold for 5 seconds.	Wiggle your whole body like a skeleton for 20 seconds.	Touch L hand to bottom of R foot. Repeat 5x.	Spin in a circle 3x to the left.	Squeeze your R arm with your L hand. Squeeze your L arm with your R hand.
4 	Balance on your left foot for 10 seconds.	Walk like a zombie in place for a count of 30.	Feet shoulder width apart. Twist your trunk to the L and R. Repeat 10x.	Hold your pencil up and air write 10 words from around the room.	Balance on your right foot for 10 seconds.
5 	Feet shoulder width apart. Touch your R hand to your L foot. Stand up. Touch L hand to R foot. 10x.	Jump in place while you spell Halloween.	March in place and clap your hands at the same tempo for a count of 15.	Spooky Tree Pose: Stand on one foot next to your desk for 10 sec. Switch feet.	Tap your pencil on your desk while marching in place.
6 	Move the right side of your body only.	Touch your head, shoulders, knees and toes. Repeat 3x.	Move the left side of your body only.	Move the lower half of your body only.	Take 10 deep breaths






# Roll Thanksgiving Brain Breaks

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 20 squats, touch L hand to bottom of R foot 5x, run in place for a count of 50 with a victory dance, jump in place counting by 5s, and move the right side of your body only. No dice available? Perform the activities across Row#1, the next break do Row#2, etc.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Perform 20 squats.	Move your body like a tree blowing in the wind but do not move your feet.	Hold your pencil up and air write 10 words from around the room.	Perform 10 chair push ups.	Stand with feet together and arms overhead like a tall stalk of wheat for 20 seconds.
2 	Perform 20 jumping jacks.	Touch L hand to bottom of R foot. Repeat 5x.	Do 20 scissor jumps - stand R leg in front of L and switch.	Pretend to lift up leaves off the floor and throw them in the air. Repeat 10x.	Move the left side of your body only.
3 	Do 10 wall push ups.	Jump in place counting by 2's until you get to 30.	Squat down low and stay still. Count to 5 then pop up like popcorn. Repeat 5x.	Jump in place counting by 5's until you get to 50.	Waddle like a turkey around the room.
4 	Pretend to row the Mayflower while singing Row, Row, Row Your Boat.	Hold 2 pencils in your hands in front of you. Make circles in the same and different directions.	Run in place for a count of 50. Touchdown! Do a victory dance.	Stand up tall. Slowly lower your body to the ground like a falling leaf.	Do 5 wall push ups at 5 different spots on the wall.
5 	Field Goal: Kick R leg up and touch with L hand. Kick L leg up and touch with R hand. Repeat 10x.	10 jumps over a pencil on floor	Hold your pencil up and air write "Happy Thanksgiving".	Do arm circles while you sing the alphabet.	Move the right side of your body only.
6 	Twist at the waist 10 times with arms out to the side	Tap your pencil on your desk while marching in place.	Move the lower half of your body only.	Run in place while you recite the months of the year.	Take 10 deep breaths







# Roll December Brain Breaks

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: stomp reindeer hooves 20 times, squat down like a tiny elf 10x, make your body into a small, medium and tall tree, jump for joy 10x and rub R foot with L hand - switch, rubbing L foot with R hand.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Stomp your reindeer hooves 20 times.	Twinkle your lights - Open and close your fingers 10x.	Raise and lower your arms slowly like an angel 10 x.	With feet wide, rock left and right like a bell ringing.	Bend into the shape of a candy cane, touch your toes 10x.
2 	Clasp hands overhead, feet apart to make holiday tree. Hold for 10 seconds.	Squat down low like a tiny elf 10x.	Run, run as fast as you can in place for 30 seconds.	Make your body into the letters in H-A-P-P-Y H-O-L-I-D-A-Y-S	Arms up at shoulder height, form a big, round circle like an ornament. Turn to the L and R.
3 	Feet apart, arms above head, twinkle your feet and fingers.	Celebrate! Tap your feet and clap hands at the same time for 10 sec.	Be a drummer, drumming. Tap hands on desk and tap feet on floor.	Jump for joy 10x in place.	Give yourself a big holiday hug for 10 seconds.
4 	It's cold out...Rub your entire L arm with your R hand.	Jump 10x with feet out and hands up to make a holiday tree.	Make your body into a small tree, medium tree and tall tree.	Twist in a circle like a candy cane 3 times to the left	Stand tall on R foot like the North Pole sign for 5 seconds.
5 	Twist in a circle like a candy cane 3 times to the right.	March in place with knees high like a nutcracker 10x.	Hold hands for 10 sec. behind head to make reindeer antlers.	Using your feet - spell j-i-n-g-l-e b-e-l-l-s on the floor.	Brrr..... Rub R foot with L hand. Switch, rubbing L foot with R hand.
6 	Make your body into the letters in the word S-A-N-T-A	Run in place while you sing Jingle Bells.	Stand tall on R foot like the North Pole sign for 5 seconds.	Polar Express: Move arms like train wheels and march in place for 30 sec.	Take 10 long, deep breaths in and out as if you are blowing out a candle.







# DIY Roll Some Fun

**Directions:** Fill in the blank boxes with activities or exercises. Roll one die for each of the columns. Complete each activity in each of the 5 columns. For example, if you roll a 3 on your first roll, complete the activity written in the third box in column one. Continue rolling for each column.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 					
2 					
3 					
4 					
5 					
6 					

# Roll Some Relaxation

Directions: Roll one die for each of the activities listed in the column. Complete each activity for at least 10 seconds. For example, if you roll a 1,3,2,5 and 6 you would complete the following relaxation exercises: give yourself a hug, walk in place slowly, think happy thoughts, stretch your arms overhead and take 10 deep breaths.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Give yourself a hug	Count to 10	Take 5 deep breaths	Do downward dog yoga pose.	Do wall push ups
2 	Imagine being outdoors	Stretch your back muscles	Think happy thoughts	Sit in a chair and touch your toes	Do 10 shoulder rolls
3 	Close your eyes	Walk in place slowly	Lay your head on the desk	Pretend you are smelling a flower	Stretch your neck muscles
4 	Do the yoga tree pose	Gently squeeze hands together	Gently shake your arms	Contract arm muscles and relax	Count to 10 backwards
5 	Draw circles	Contract leg muscles and relax	Imagine walking on the beach	Stretch your arms overhead	Gently shake your legs
6 	Pretend to blow 10 bubbles	Imagine strolling along a path	Look out the window	Imagine your favorite vacation	Take 10 deep breaths