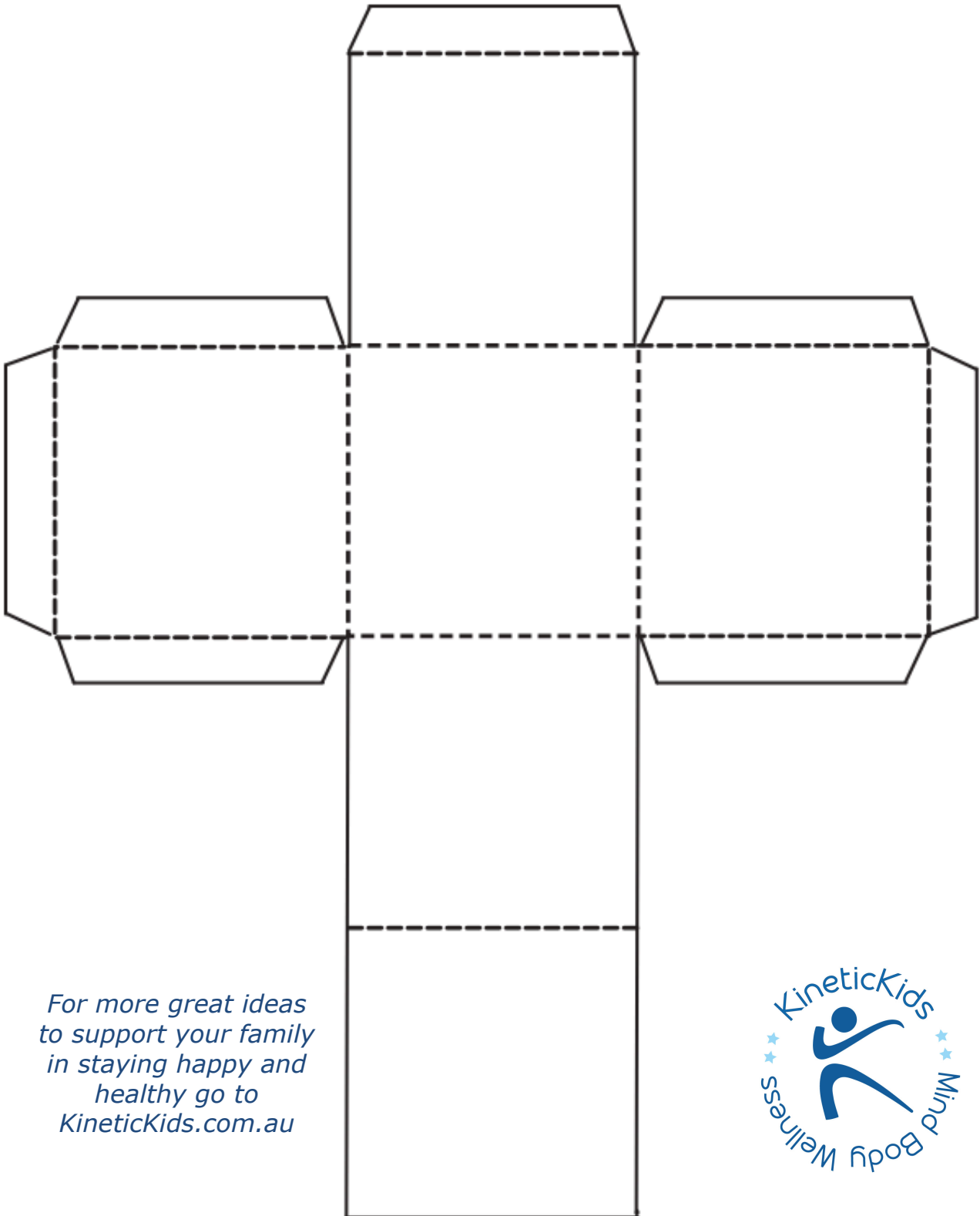


Make your own KineticKids exercise adventure dice

To make your own KineticKids exercise dice, pick six activities. For example: jog on the spot; jumping jacks; hop on one foot; push up; sit up; downward dog; chair pose; tree pose; cobra pose; Warrior 2 pose; resting pose. Write (or draw) one activity in each square. Cut out the shape. Fold along the dotted lines. Fold down the flaps. Glue the flaps to the insides to create a cube.



*For more great ideas
to support your family
in staying happy and
healthy go to
KineticKids.com.au*

