



## **Name of activity: Gross Motor Dice**

**Purpose / Key words:** gross motor, executive functioning, motor planning, self regulation, core strength

**Age range:** K- grade 2, grade 3-5,

### **Materials:**

- Dice (1-2)
- Pencil and paper

### **Instructions**

1. Choose 6 physical / gross motor activities to correspond to each number on a die
2. The number that is rolled determines the activity the child must complete
  - a. Each activity can be completed as a set ( i.e. of 5, 10, 15) or for a set time (i.e. 10 seconds, 30 seconds, 1 minute)

### **Activity Modification**

- **To simplify**
  - The parent can complete the game with the child to demonstrate each activity
- **To make more challenging**
  - Incorporate dice into a larger obstacle course:
    - Use the activity chosen as stations within a larger obstacle course, or as means to get from point A to point B
  - Increase the # of sets / time limit on each activity to increase difficulty

# Roll the Dice

*A gross motor game of chance*

**Assign a gross motor activity to each number on the die (1 - 6)**

**i.e. hopscotch, bear crawl, frog jump, Yoga poses, jumping jacks, hop on 1 foot, march, gallop, skip, run, spin, push-ups, crab walk, sit ups, superman pose, dance, etc...**

**Whatever number is rolled determines the order in which the activities are completed**

- **Executive Function**: On their own or with some help from an adult, the child can come up with which activities to do and the set/time limit for each activity
- **Handwriting**: The child can write out each of the activities on the Dice chart
- **Self-regulation strategy**: When a child needs a quick movement break, roll the dice to determine 1-2 activities that the child can complete to help bring their engines back to an appropriate zone

