



American Heart Association.

**KIDS** | **AMERICAN**  
**HEART** | **HEART**  
**CHALLENGE™** | **CHALLENGE™**

# MOVE MORE DICE GAME



## MATERIALS:

- Dice
- Space for movement
- Stopwatch

## HOW TO PLAY:

- Roll the dice.
- Complete the movement connected with the number for 30 seconds.
- If you are playing with more than one dice, add up the total number shown.

## ACTIVITY:

- 1 - RUN IN PLACE
- 2 - FROG JUMPS
- 3 - JUMPING JACKS
- 4 - HIGH KNEES
- 5 - TOUCH YOUR TOES
- 6 - ARM CIRCLES
- 7 - SQUATS
- 8 - WALK IN PLACE
- 9 - SINGLE LEG BALANCE
- 10 - AIR GUITAR
- 11 - HOP
- 12 - LEG LIFTS



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Life's Essential 8™

→ for kids