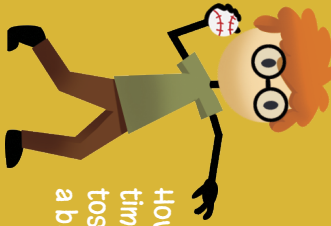




INSTRUCTIONS

1. Cut out this shape and fold it into the shape of a dice.
2. Glue or tape the flaps to hold it together.
3. Roll the dice and see if you can complete the challenge!

ACTIVE **FOR** LIFE®



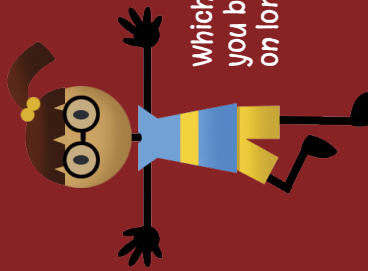
How many times can you toss and catch a ball?



Wildcard!
Pick your own activity.



How high can you jump?



Which leg can you balance on longest?



How far can you crab walk?



Try throwing a paper ball in a waste basket with either hand.

More activities at activeforlife.com/play/