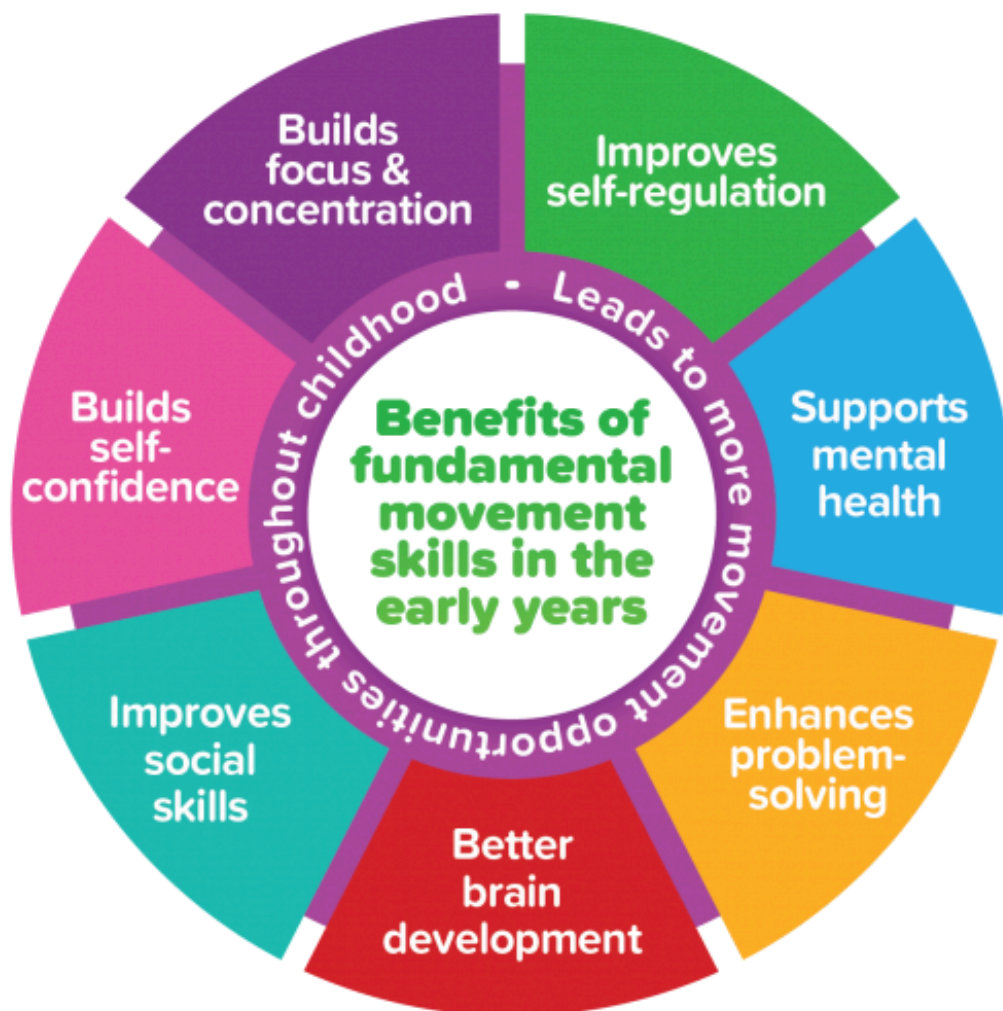


## Physical Activity Dice

Print out our animal activity dice and copy the actions of the animals you roll. While the kids have fun exploring how to jump, balance and stomp the afternoon away they are actually building strength and coordination and giving their brains powerful feedback to help with self-regulation.

Compression and traction through joints provides feedback to the brain which help children to feel calmer and able to concentrate better. This is just one of the added benefits on top of having fun!

If you aren't able to print out the physical activity dice, simply give each activity a number and role a regular dice!



For more physical activities and information visit  
[playgroupwa.com.au/bodiesandbrains](https://playgroupwa.com.au/bodiesandbrains)

# Physical Activity Dice

