



ROLL THE DICE FITNESS

BRAIN BOOST STRATEGIES

LESSON PLAN

Purpose

Brain Boost activities are short bursts of movement meant to energize the body and brain. It refreshes our thinking and helps us discover another solution to a problem or see a situation through a different lens. Teachers need less than 5 minutes for these exercises to make an impact on learning.

Materials

- Roll the Dice Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- [Exercise Choice Video](#) (optional)
- Dice
- [List of Exercises](#)

Procedure:

- Assign an exercise to each number on one die (1-6)
- Roll the die, or use an online virtual die, to determine the exercise to complete
- Students should complete each exercise 10x and then roll again

Modifications:

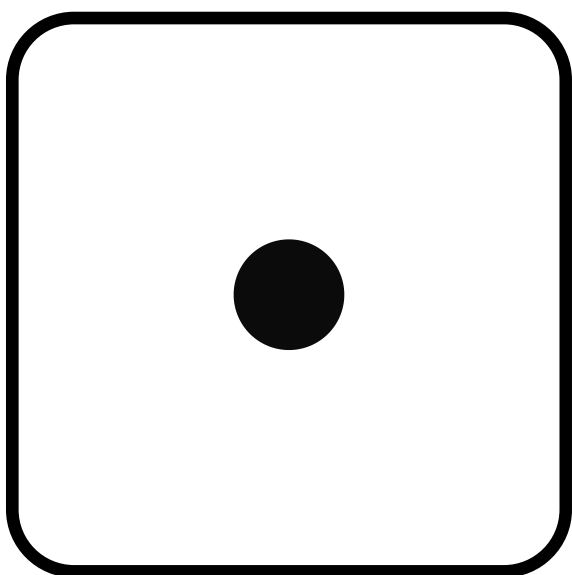
- Use two dice and complete a math equation to determine the number of repetitions for a given exercise

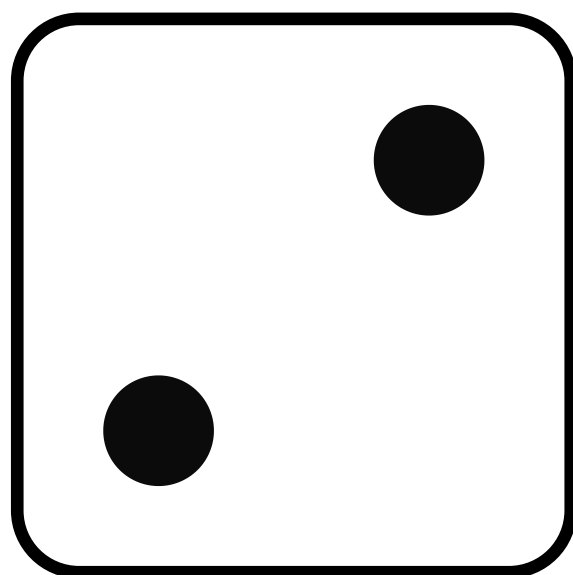


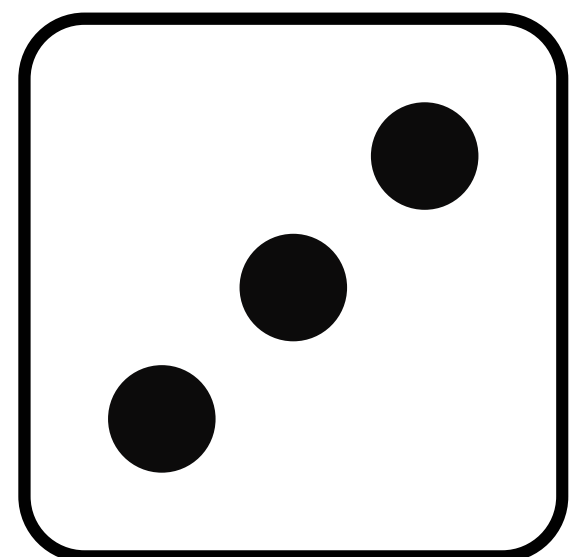


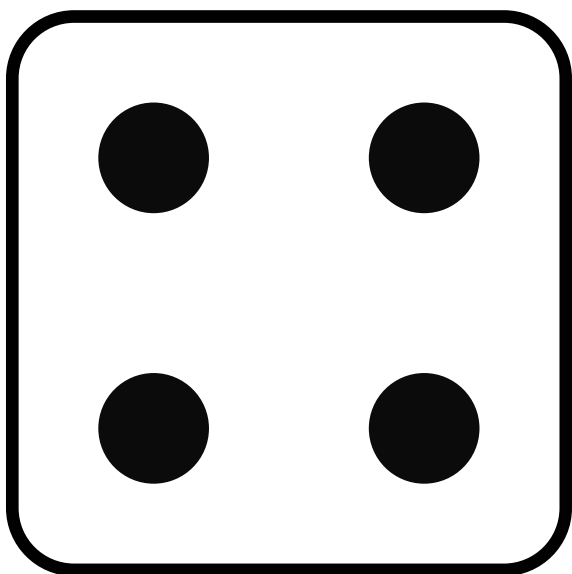
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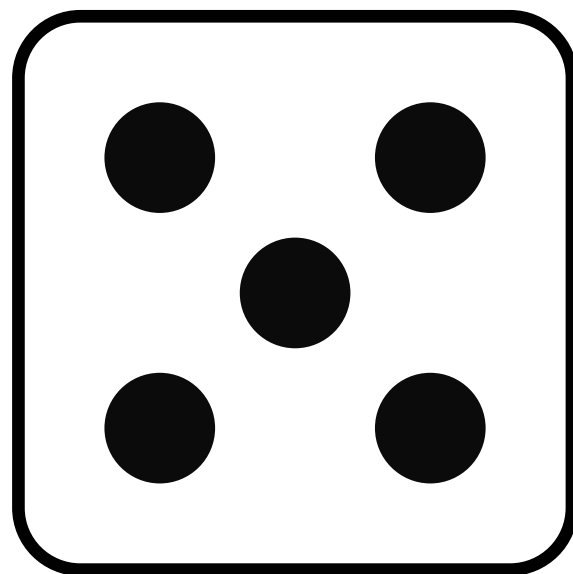
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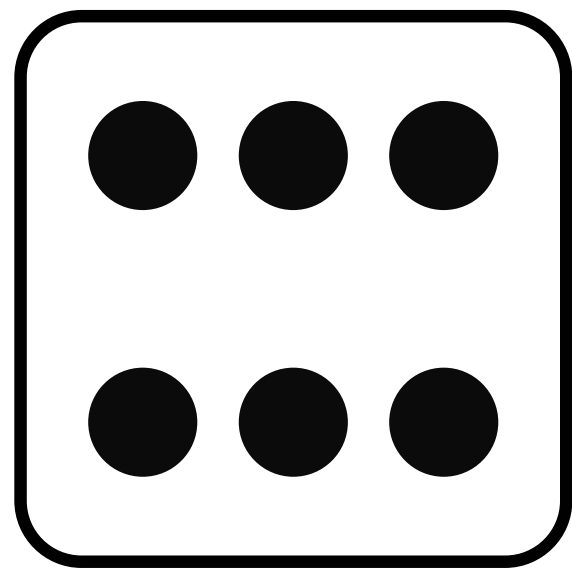














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