

## Weather Dice Activity

Here is an activity which the whole family can get involved in starting from a young age. Developing and using our gross motor skills supports your child's physical development and it has also been shown to have a positive impact on learning, important school day functions, such as attention and memory. Body awareness is a vital tool you can support your children with. With every movement or exercise they

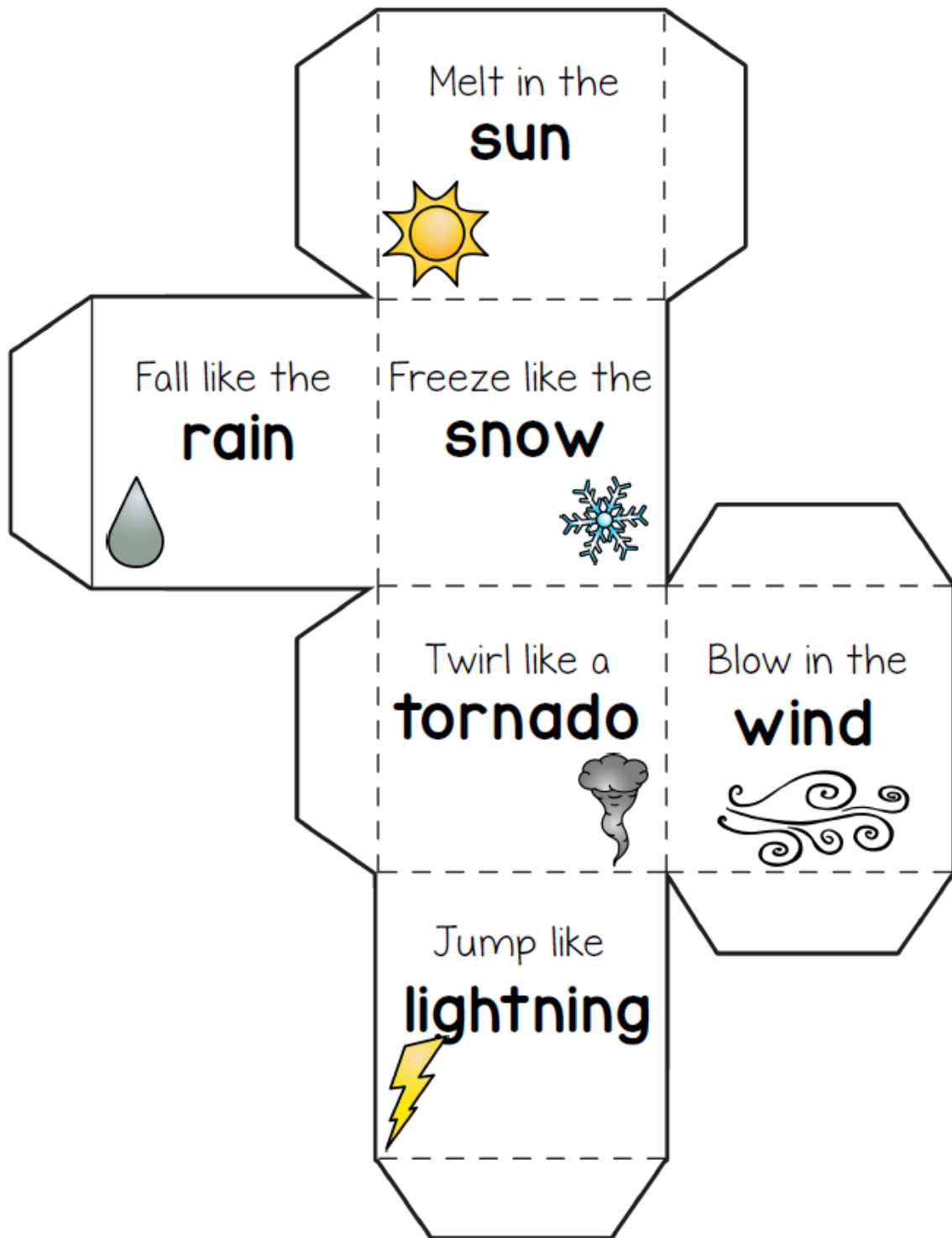
do they are learning more about how their body moves and their awareness of themselves in the space around them.

### Materials:

- Paper /card
- Scissors
- Sellotape

### Steps

1. See template below which can be printed. If you don't have a printer you could get creative and draw the outline of the template on a piece of paper or card.
2. Use a scissors to cut out the template.
3. Fold the cube template on the dotted lines – sellotaping it together.
4. Once you have folded your cube dice, you're ready to get moving. Why not make a game of it. Each take turns to roll the cube and act out whichever movement you land on. Demonstrate first yourself.
5. Encourage your child to use big and small movements.
6. Remember to ask your child afterwards how and where they feel it their body.
7. Be silly and have fun with it.



Source: Life over C's [Free Printable Weather Gross Motor Dice for Kids - \(lifeovercs.com\)](http://lifeovercs.com)