

# MOVE CUBE

## Dance



## How to make the Move Cube

1. Color your cube.
2. Cut along the solid line.
3. Fold along the dotted line to form the cube.
4. Tuck the flaps inside the cube and tape or glue all the edges together.

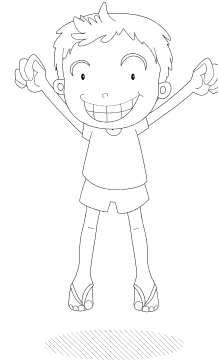
## Hop on 1 foot



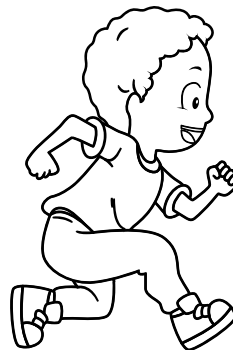
## Stretch



## Jump



## Run in place



## How to play with the Move Cube

1. Gently roll the cube.
2. When the cube lands, look at the picture that faces up.
3. Do that activity for 30 seconds.
4. Play so that each player gets a turn. You can play until each player does every move, or until you've moved so much you're tired!

## Jumping jacks



Funded in part by USDA SNAP.  
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