



SpinnerGames.Fun

Dice Brain Break



<https://SpinnerGames.Fun>

Fun way to roll the Dice !!

In the Menu - Spinner Style, choose your favorite Spinner. Then select Dice to Roll.

Name :

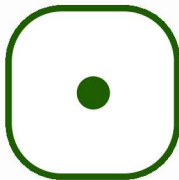
Class :

Dice Brain Break

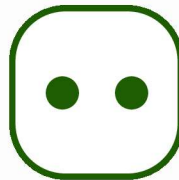
Roll the dice and perform the Yoga Position
of the number you get.



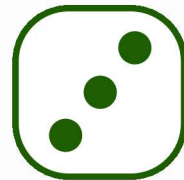
Viveksana



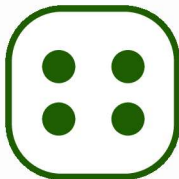
Utthita Trikonasana



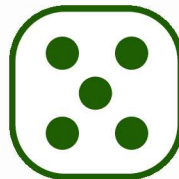
Vatayanasana



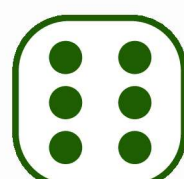
Bhujangasana



Ardha Chandrasana



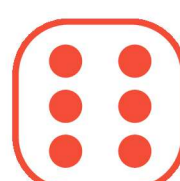
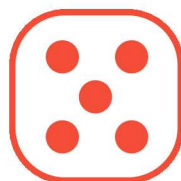
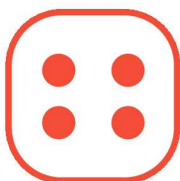
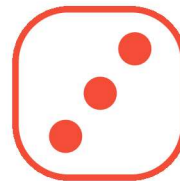
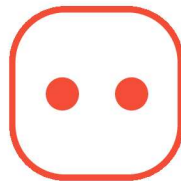
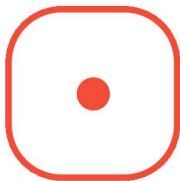
Ardha Padmasana



DICE BRAIN BREAK

It's Yoga Time!

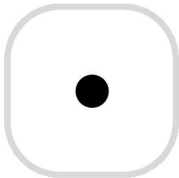
Roll a 6-sided dice. See which yoga position matches that number and do the activity together!



DICE BRAIN BREAK

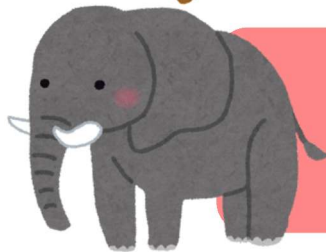
Animal Action

Roll a 6-sided dice. See which action matches that number and do the activity together!



SCRATCH

like a Monkey



STOMP

like an Elephant



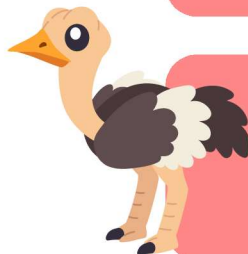
JUMP

like a Frog



SNAP

like a Crocodile



RUN

like an Ostrich

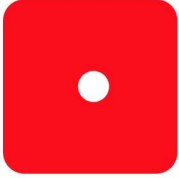


ROAR

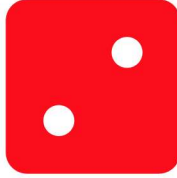
like a Tiger

Let's Get Moving!

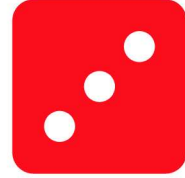
Stand up near your desk, roll the die and get moving. Each 60 seconds change your movement by rolling the die again.



Dance In Place



Be An Airplane



Tightrope Walking



Touch Your Toes



Be A Windmill



Jumping Jacks