



Roll and Move!

Bring the whole family into a playful movement challenge. Roll two picture dice, say what they show, and combine the pictures into a silly action.

Helps Your Child Grow



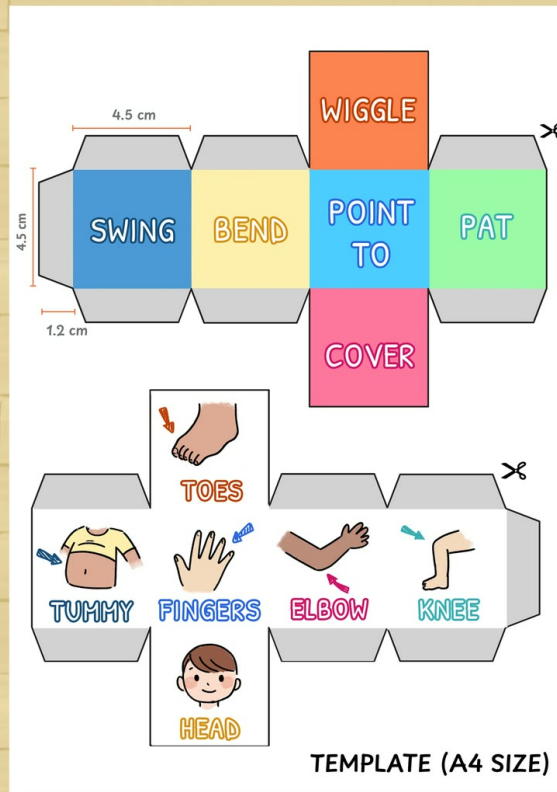
Gross Motor

Combining actions such as jumping, bending, and clapping gives your child practice moving and coordinating the large muscles of their body.

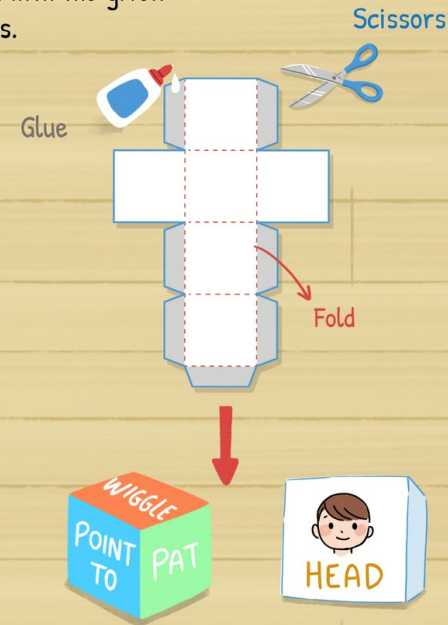


Emergent Literacy

Looking at a picture, hearing its name, and saying it again helps your child connect familiar symbols with spoken words.



Print the provided template or draw your own with the given measurements.



What You'll Need

1. Scissors
2. glue
3. two printed or hand-drawn dice templates, folded along the dotted lines and glued at the tabs



Meet the Body-Part Die

Look at each side of the body-part die together. Point out the pictures, such as eyes, hands, and feet. Ask quick questions and take turns pointing so your child becomes familiar with each symbol before the movement challenge begins.

Observations

- Points to the matching picture after naming a body part with you
- Watches the die and waits for your next question

Tips

- Show one side at a time, name the picture together, and ask your child to point to the matching part of their body.
- If your child cannot name a body part yet, answer your own question as you point to it. Then invite your child to touch the same part on their body.



Add the Action Die

Once the body-part pictures are familiar, bring out the action die. Roll both dice, name each picture, and combine them into one action. Then invite your child to point, repeat the words, and try the action.

Observations

- Bends their knees to match the action shown on the die
- Makes the matching movement after you name what the dice show

Tips

- If the movement does not match the dice, repeat the direction gently and demonstrate it once more.
- Roll both dice and invite your child to say and do the two-part direction with you. A few rounds can make the combinations feel familiar.
- Pause after naming both pictures. Your child may need a moment to combine the two pieces of information, so speak slowly and wait.



Take Turns to Roll and Move

When your child knows how the game works, invite other family members to join. Take turns rolling, naming the result, and doing the action together. For another version, one person calls out the dice while someone else performs the movement.

Observations

- Invites another family member to join the game
- Invents playful and unusual movements

Tips

- If your child notices someone who has not joined, encourage a simple invitation: "Let's ask Dad to play too!"
- Celebrate each completed action in a way your family enjoys - with a high five, a hug, or a spin while holding hands.
- Warm physical play and shared celebration can make the activity feel connected and enjoyable.