Physical Activity Cubes

- spin in a circle
- hop on 1 foot
- stretch
- flap like a bird
- dance
- jump 5 times

- Copy the template onto cardstock.
- Laminating will increase durability.
- Cut on solid lines, fold on dashed lines to form a box.
- Tape or glue tabs to inside.
- Use often as a transition activity between learning tasks during the school day.
- A student or group rolls their box and whatever lands “up” is what they do for 1 minute.
- Physical movement increases oxygen flow to the brain and helps everyone!

- This version developed by Rosemary Martin, Supporting Science, Inc. www.sciencecutups.com