

Roll a movement break

Roll a dice, find the picture that matches the number. Hold the pose for 20 seconds. Repeat 2 more times!

Dice	1st Roll	2nd Roll	3rd Roll
	 Lunge	 Warrior Pose	 Down dog
	 Cow pose	 Cat pose	 Boat pose
	 Superman	 Bridge	 Half Kneel
	 Tip-toes	 Warrior 2	 Cobra
	 Leg up bridge	 High Kneel	 Mountain Pose
	 Arm up bridge	 Plank	 Stretching cat