

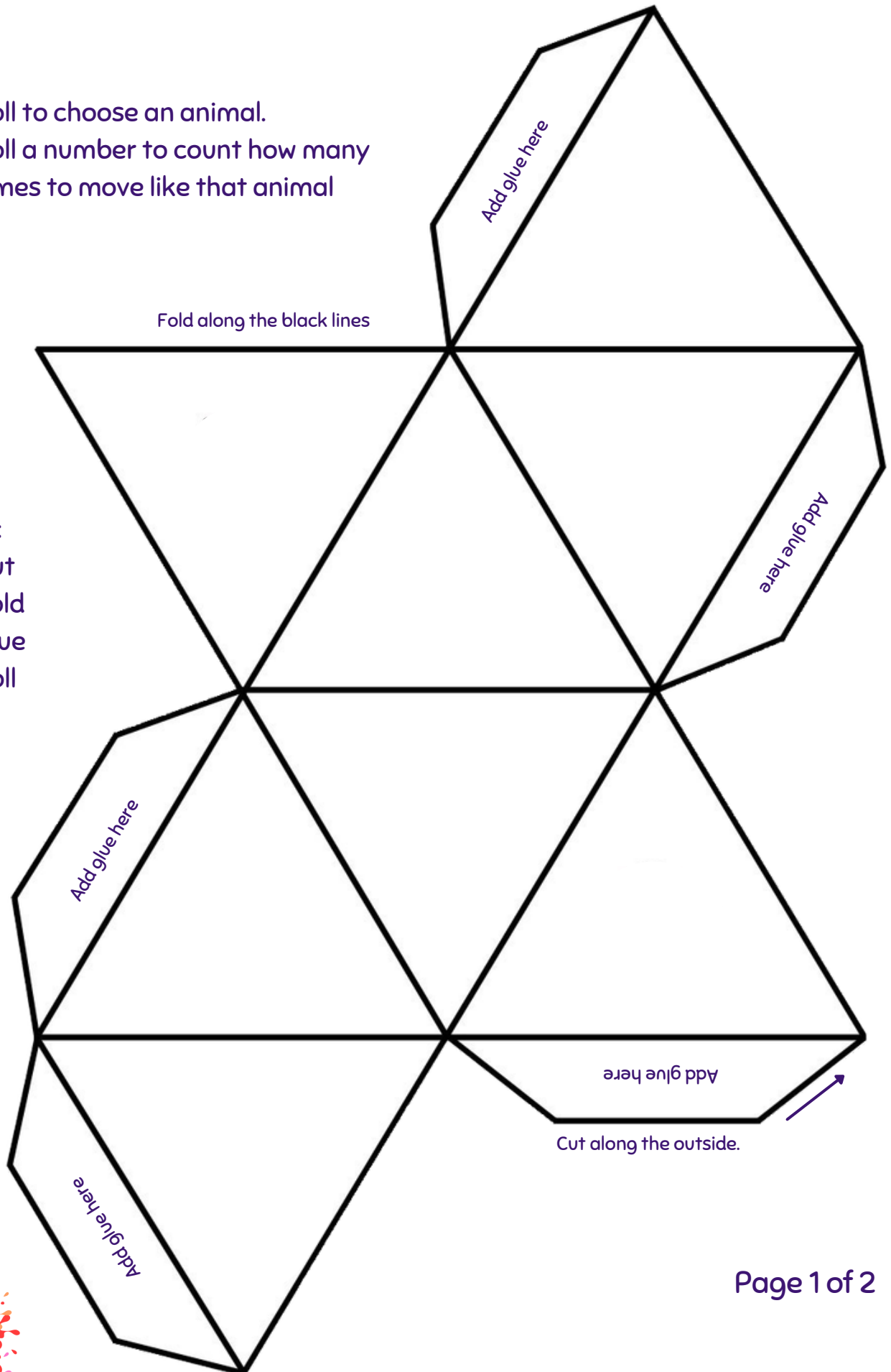
ANIMAL ROLL

- Roll to choose an animal.
- Roll a number to count how many
- times to move like that animal

Fold along the black lines

Steps:

1. Cut
2. Fold
3. Glue
4. Roll



Page 1 of 2

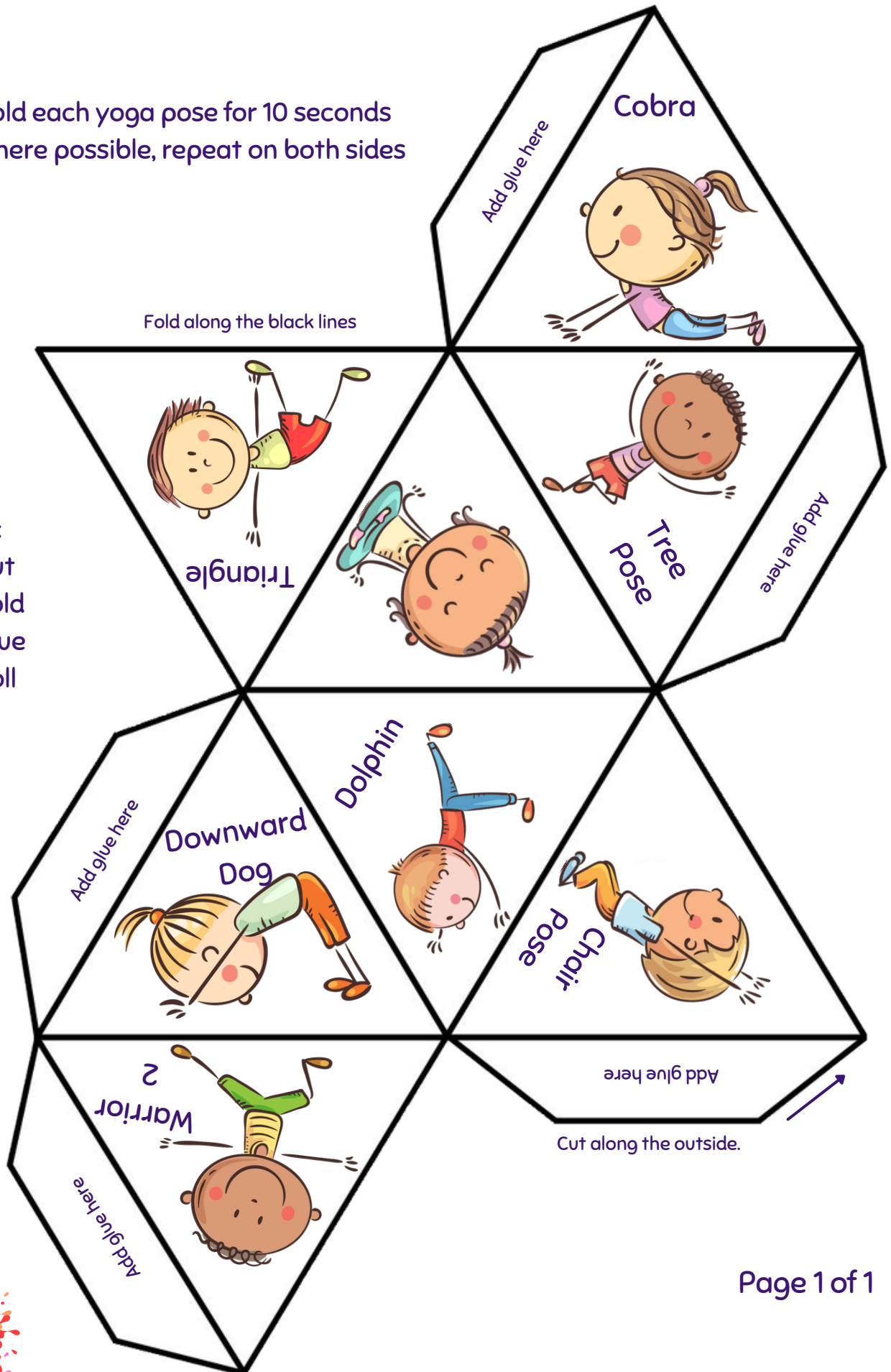
YOGA ROLL

- Hold each yoga pose for 10 seconds
- Where possible, repeat on both sides

Fold along the black lines

Steps:

1. Cut
2. Fold
3. Glue
4. Roll



Page 1 of 1

ANIMAL ROLL

Roll to choose an animal to pretend to be

Fold along the black lines

Steps:

1. Cut
2. Fold
3. Glue
4. Roll



Page 1 of 2

ACTIVITY ROLL

- Roll to choose an animal.
- Roll an activity and pretend to be your animal trying to do it.

Fold along the black lines

Steps:

1. Cut
2. Fold
3. Glue
4. Roll



Cut along the outside.

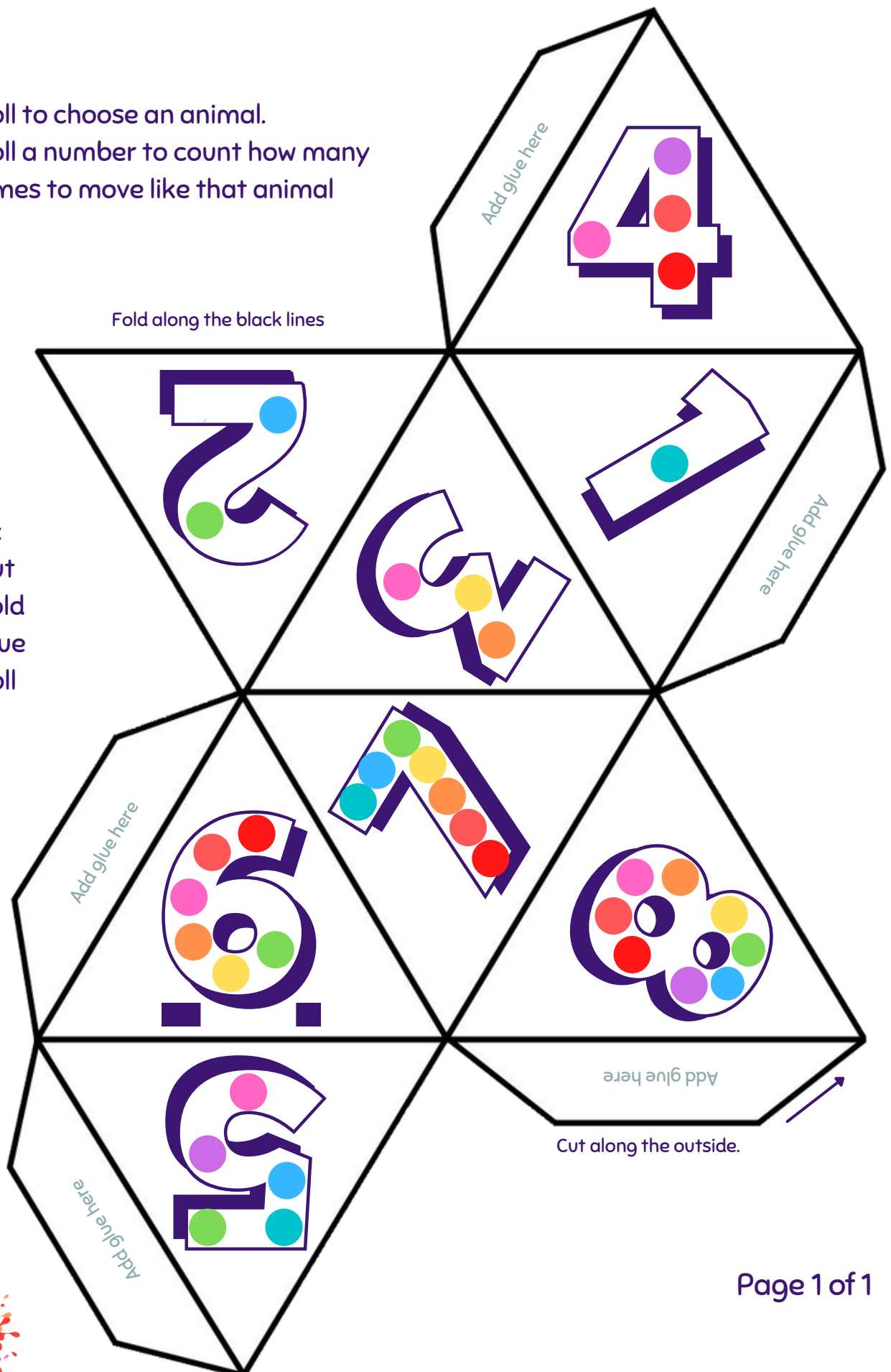
NUMBER ROLL

- Roll to choose an animal.
- Roll a number to count how many
- times to move like that animal

Fold along the black lines

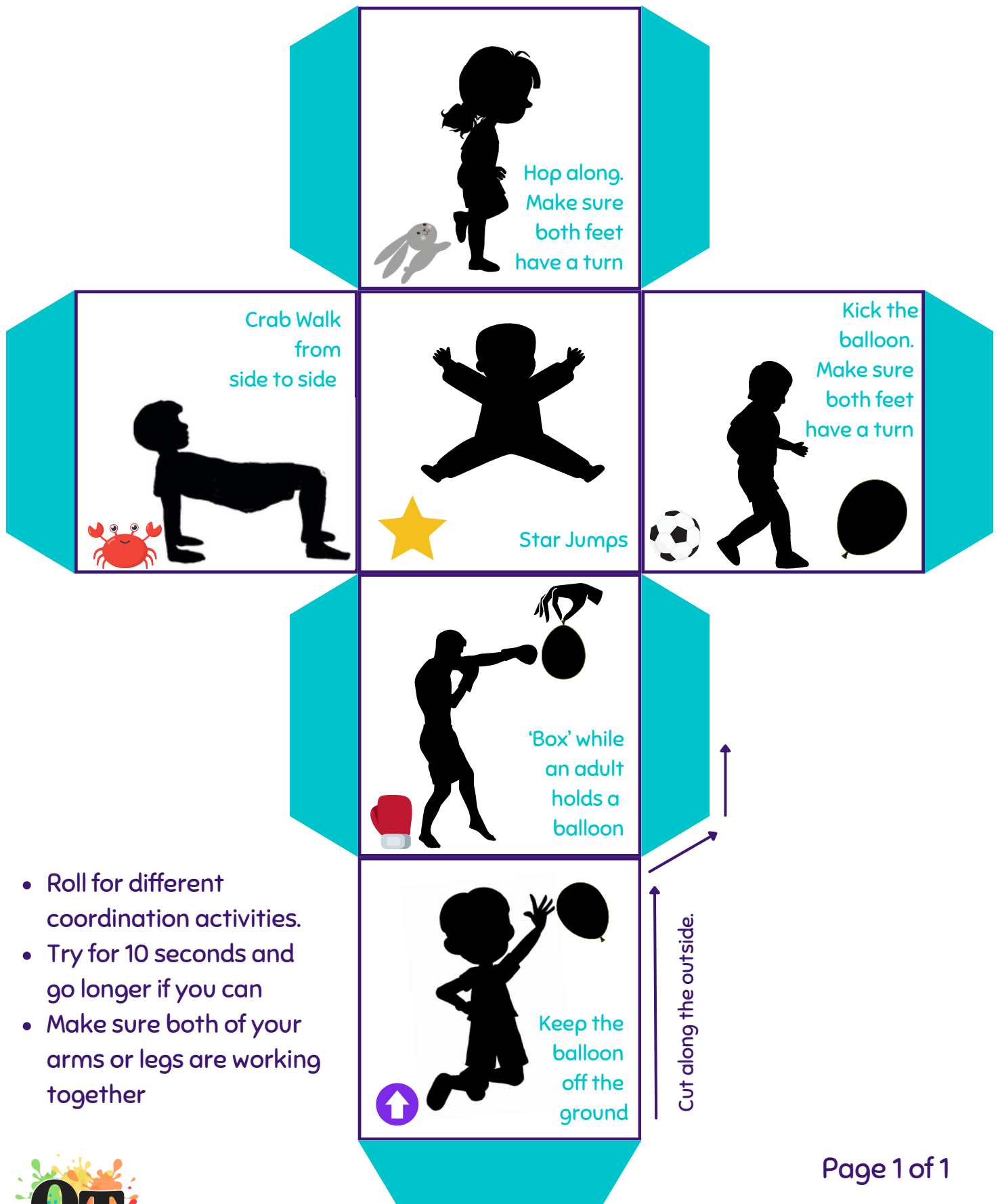
Steps:

1. Cut
2. Fold
3. Glue
4. Roll



Page 1 of 1

COORDINATION ROLL



- Roll for different coordination activities.
- Try for 10 seconds and go longer if you can
- Make sure both of your arms or legs are working together