Joyful Movement

How to play

What you will need:

1 Dice
A game piece for each player to keep track of your space
(Try a coin, or game pieces from another game)
Your body!

Directions:

1.) Set each players’ game piece at the start
2.) Players take turns rolling the dice (Youngest goes first!)
3.) After every roll, move your game piece that many spaces on the board
4.) Do the corresponding activity each time you land on a space with a fitness challenge on it
5.) Keep playing until someone crosses the finish line
6.) Have fun!

Want an extra challenge?
Have everyone participate in each activity!