

Yoga Dice Game

FuntasticOTTools.com

Description:

Have fun learning yoga and self-regulate with this yoga dice game! The game can be used as a tool to assist with providing calming, strengthening, and learning activities. The game can be incorporated in many different settings, such as home, therapy, and classroom.

Instructions:

Print out, cut along the lines, fold the flaps, secure with tape, and PLAY!

*To ensure the durability of the visual tool, you can print on hard paper (cardstock).

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Let's do some yoga by rolling the dice!

Instructions:

1. Cut along the outside lines.
2. Fold in the flaps.
3. Secure with tape.
4. Roll the dice and complete the yoga action. Try to hold for 10 seconds. Repeat this step for more fun!



Graphics by: Canva.com (Free Version)

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