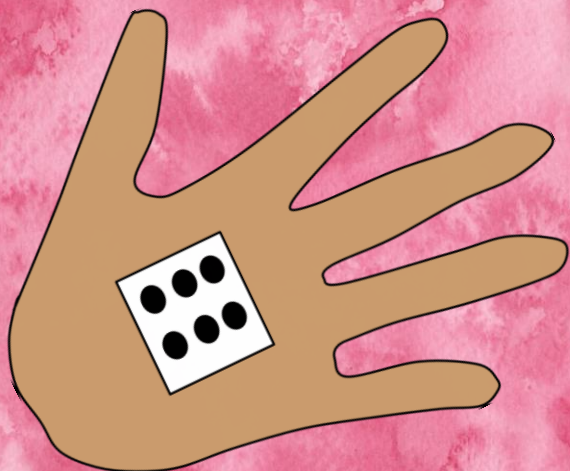
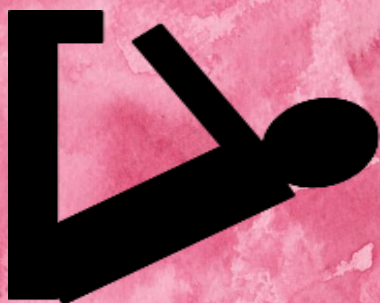


Roll the dice MOVEMENT BREAKS



Self regulation



Brain breaks



Sensory processing

Roll a brain break

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

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

Copyright Elizabeth Riski, OTD, OTR/L 2018

Roll a brain break

Roll a dice, find the picture that matches the number. Hold the pose until your teacher tells you to stop.

Dice	Pose
●	Chair push ups
● ●	Pull self to chair
● ● ●	Stretch overhead
● ● ● ●	Push hands on lap
● ● ● ● ●	Push hands on head
● ● ● ● ● ●	Stretch to the side

Copyright Elizabeth Riski, OTD, OTR/L 2018





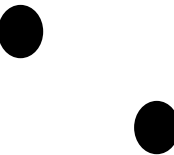



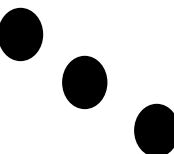



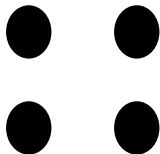


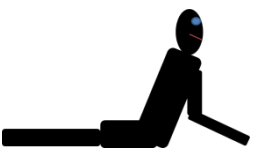
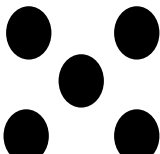



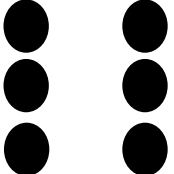
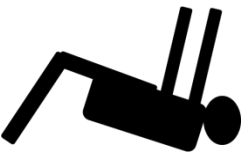


Roll a movement break

- Roll a break brain break is a fun way to help with movement breaks for a whole class, small group or 1 student! All of these are easy activities. You do not need any exercise equipment, however, you may need a yoga mat or carpet because there are poses that utilize the floor (plank, child's pose).
- For each roll a brain break there are 6 specific pages. However, there are two different set of directions given with different directions for 12 pages total. The first one is "...Hold the pose for 20 seconds..." (pages 3-9). The second post is "...Hold the pose until your teacher tells you to stop...". (pages 10-16). This allows you to customize as you see fit. Just as a reminder, pages 3-9 and 10-16 are the SAME pictures, but just different directions.
- Out of the 6 different brain break pages, 2 of the pages can be performed sitting down. This is perfect for small spaces and also for students of all abilities, who may utilize a wheelchair.
- Most of these exercises are self explanatory. Each box has a black and white clipart picture. If you are unsure of the pose, you can google the pose. However, for crossing midline, this means touching your opposite hand to your opposite knee. (For example, left hand touches right knee then right hand touches left knee). This is too much to write in one box :)
- Some of these names are names I made up. Other are yoga pose names.
- Please do not download unless you understand the directions. Please ask me any questions before or after you download, and before leaving a review. Reviews can make or break a store, and I am an OT, not a teacher, so sometimes I do not catch everything. I am always happy for feedback and will update a post if you find something wrong.

Specific directions :
Holding pose for 20
seconds



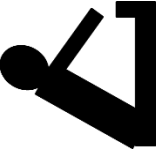
























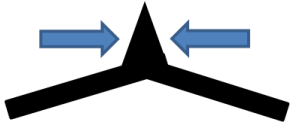








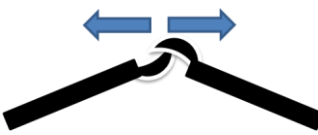


Roll a movement break

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

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





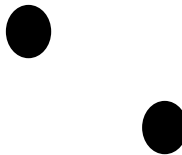



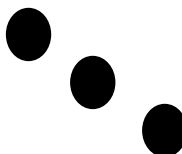



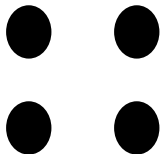



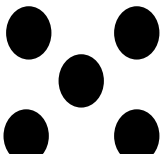

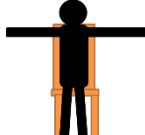
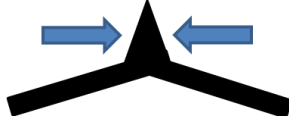
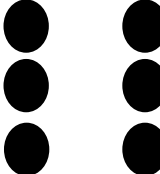


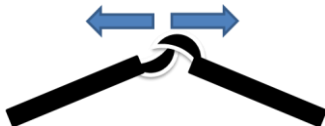
Roll a movement break

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
	 Opposite dog	 Star toes	 Tree pose
 	 One leg dog	 Stand on one foot	 Arm circles
  	 One arm dog	 March in place	 Stretching cat
   	 Down dog	 March in place crossing midline	 Plank
    	 Push hands together	 Mountain pose	 Child's pose
     	 Pull hands apart	 Hop on one foot	 Touching toes



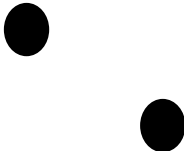

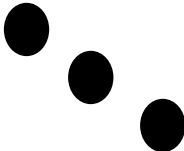

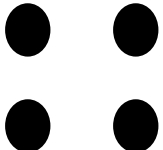

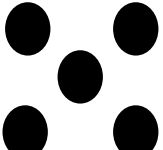

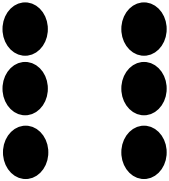

Roll a movement break

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

Dice	1 st Roll	2 nd Roll	3 rd Roll
	 Chair push ups	 Stretch knees to chest	 Make circles on the palm of your hand
	 Pull self to chair	 Stretch in front	 Put on imaginary gloves
	 Sit on hands	 Stretch over head	 Touch thumb to each finger
	 Push hands on lap	 Stretch to the side	 Cross midline
	 Push hands on head	 Arm circles	 Push hands together
	 Stretch hands behind back	 Skywrite your name	 Pull hands apart

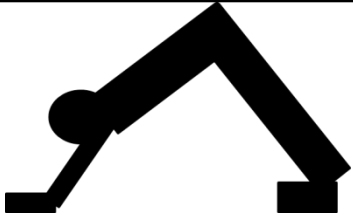
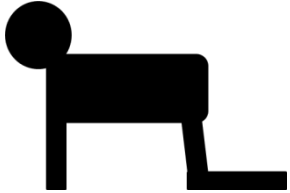



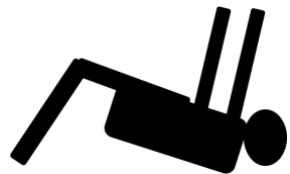
Roll a movement break

Roll a dice, find the picture that matches the number. Hold the pose for 20 seconds.

Dice	Pose
	 Lunge
	 Warrior pose
	 Warrior 2 pose
	 Mountain pose
	 Tree pose
	 March in place


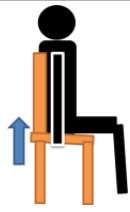


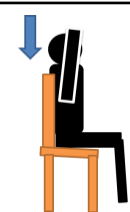
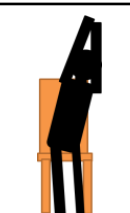
Roll a brain break

Roll a dice, find the picture that matches the number. Hold the pose for 20 seconds.

Dice	Pose
●	 Down dog
● ●	 Cow pose
● ● ●	 Superman
● ● ● ●	 Tiptoes
● ● ● ● ● ●	 Leg up bridge
● ● ● ● ● ●	 Arm up bridge

Roll a movement break





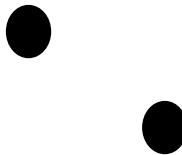



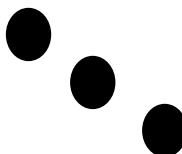



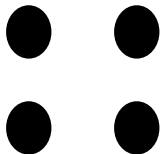


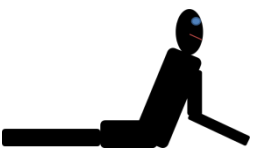
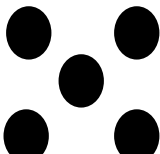



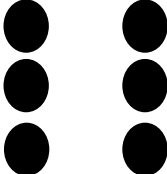
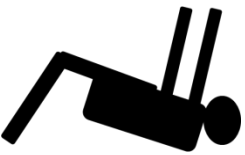


Roll a dice, find the picture that matches the number. Hold the pose for 20 seconds.

Dice	Pose
●	 Chair push ups
● ●	 Pull self to chair
● ● ●	 Stretch overhead
● ● ● ●	 Push hands on lap
● ● ● ● ●	 Push hands on head
● ● ● ● ● ●	 Stretch to the side

Specific Directions:
Holding pose until the
teacher tells you to
stop

Roll a movement break

Roll a dice, find the picture that matches the number. Hold the pose until your teacher tells you to stop. Repeat 2 more times!



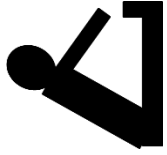
























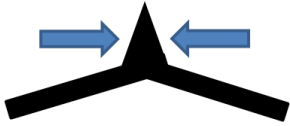








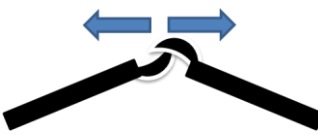


Dice	1 st Roll	2 nd Roll	3 rd Roll
	 Lunge	 Warrior Pose	 Down dog
	 Cow pose	 Cat pose	 Boat pose
	 Superman	 Bridge	 Half Kneel
	 Tiptoes	 Warrior 2	 Cobra
	 Leg up bridge	 High Kneel	 Mountain Pose
	 Arm up bridge	 Plank	 Stretching cat

Roll a movement break

Roll a dice, find the picture that matches the number.

Hold the pose until your teacher tells you to stop.





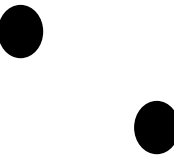



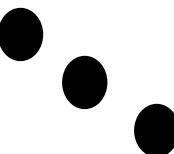



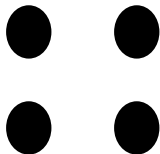



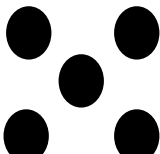

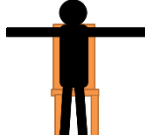
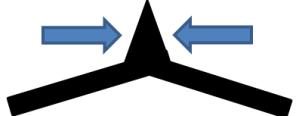
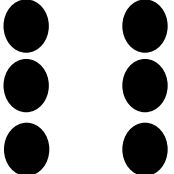


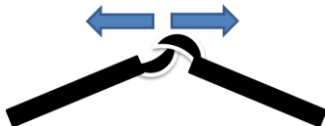
Repeat 2 more times!

Dice	1st Roll	2nd Roll	3rd Roll
	 Opposite dog	 Star toes	 Tree pose
 	 One leg dog	 Stand on one foot	 Arm circles
  	 One arm dog	 March in place	 Stretching cat
   	 Down dog	 March in place crossing midline	 Plank
    	 Push hands together	 Mountain pose	 Child's pose
     	 Pull hands apart	 Hop on one foot	 Touching toes

Roll a movement break



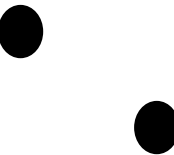

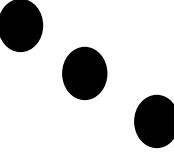
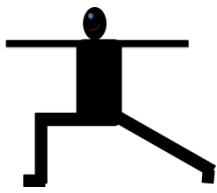
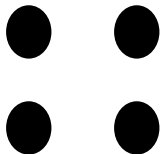

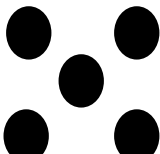

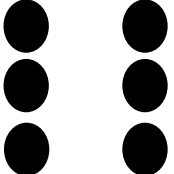

Roll a dice, find the picture that matches the number.
Hold the pose until your teacher tells you to stop.

Repeat 2 more times!

Dice	1 st Roll	2 nd Roll	3 rd Roll
	 Chair push ups	 Stretch knees to chest	 Make circles on the palm of your hand
	 Pull self to chair	 Stretch in front	 Put on imaginary gloves
	 Sit on hands	 Stretch over head	 Touch thumb to each finger
	 Push hands on lap	 Stretch to the side	 Cross midline
	 Push hands on head	 Arm circles	 Push hands together
	 Stretch hands behind back	 Skywrite your name	 Pull hands apart


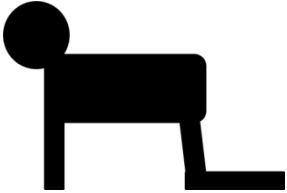




Roll a movement break

Roll a dice, find the picture that matches the number.
Hold the pose until your teacher tells you to stop.

Dice	Pose
	 Lunge
	 Warrior pose
	 Warrior 2 pose
	 Mountain pose
	 Tree pose
	 March in place


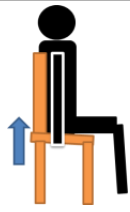


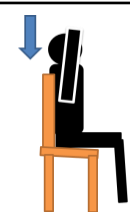
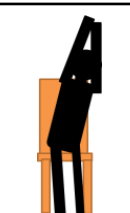
Roll a movement break

Roll a dice, find the picture that matches the number.
Hold the pose until your teacher tells you to stop.

Dice	Pose
●	 Down dog
● ●	 Cow pose
● ● ●	 Superman
● ● ● ●	 Tiptoes
● ● ● ● ● ●	 Leg up bridge
● ● ● ● ● ●	 Arm up bridge

Roll a movement break

Roll a dice, find the picture that matches the number.
Hold the pose until your teacher tells you to stop.

Dice	Pose
●	 Chair push ups
● ●	 Pull self to chair
● ● ●	 Stretch overhead
● ● ● ●	 Push hands on lap
● ● ● ● ●	 Push hands on head
● ● ● ● ● ●	 Stretch to the side

Thank you

Thank you to Im Lovin Lit for
the wonderful font!

www.lmlovinlit.blogspot.com



Thank you to Red Pepper
for the background!

<https://www.teacherspayteachers.com/Store/Redpepper>

