

THE DICE

Make a big dice out of a milk carton or a cube-shaped cardboard box or other object. On each side of the dice, draw a fun exercise or game to perform together. Examples to try out:

- ✓ One gets into the bear position (on hands and feet, legs straight) while the other crawls under.
- ✓ The adult gets on their hands and knees and the child climbs on the adult's back, and maybe even stands up.
- ✓ The adult carries the child on their back or shoulders.
- ✓ The adult lies on their back on the floor with their feet up. Holding on to the adult's hands, the child lies on their belly on the adult's soles, thus making an airplane.
- ✓ The adult sits on the floor, knees up. The child takes the adult's hands and climbs up to balance on top of the adult.
- ✓ The adult takes the child by the armpits and starts spinning around.

Throw the dice in turns and perform the action depicted.



Body perception and control

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