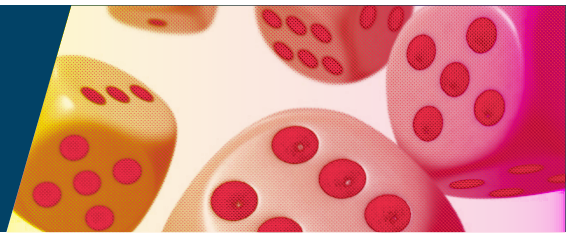


CURIOSITY AT HOME

ACTION DICE



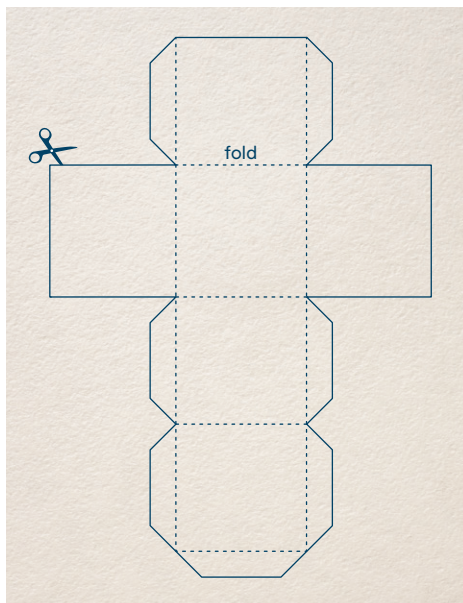
This game is all about getting up and moving throughout the day. Roll the dice, play a silly game to keep your brain and muscles active. Once your action dice are built you can play whenever you want!

MATERIALS

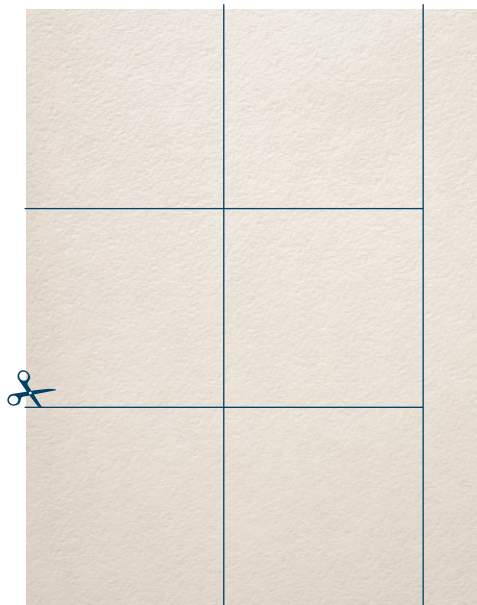
- Blank Paper, multiple sheets
- Pen or markers, multiple colors optional
- Tape, clear
- Cardboard (optional)
- Glue Stick (optional)

INSTRUCTIONS

- The first step is to start to **make 2 dice**. You can either divide each piece of paper into the six squares formation as shown below, or you can also split the pages into 6 identically sized squares and then tape them together to form the cube.
(**Note:** don't tape them into a cube shape until after the sides are written on!)



OR



Experiment continued on next page...



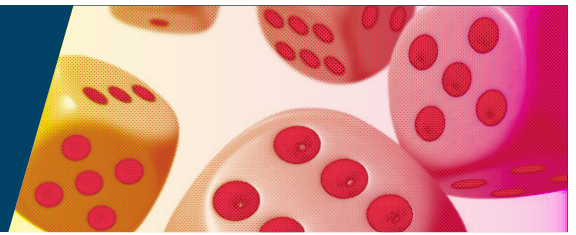
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CURIOSITY AT HOME

ACTION DICE



INSTRUCTIONS – *Continued*

- On each of the 6 squares for the first dice, write an action in each square.
Example: “Move like....” or “Find....”
- On the second page, write a noun that could pair with the actions you wrote down.
Example: “a Lion” or “a Car”, etc.
- When all is written and the dice are rolled, they create an action for the player to do.
Example: “Move like...” “a Lion”
- Tape the pieces together to make a cube. You now have 2 dice!
- Optional: Glue the paper to pieces of cardboard of the same size to make your dice stronger and longer lasting.
- Once your dice are made, roll them to see what action you have to do!

EXPLORE MORE

- Make your verb dice themed! Possible themes: animal movement, sports, athletes, yoga etc.
- If you are having trouble getting your paper dice together, you can assign a number to each action, and roll a standard numbered dice.
- Can't decide what game to play, or bored of the same old games? Put games on each die (e.g. Monopoly, tag, the floor is lava, go fish), and whichever two games come up must be combined into one!

DID YOU KNOW?

Moving around increases blood flow to your brain and that can increase your productivity! 15 minute movement breaks helps kids and adults alike with keeping their brains and bodies healthy and active.

Experiment continued on next page...



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