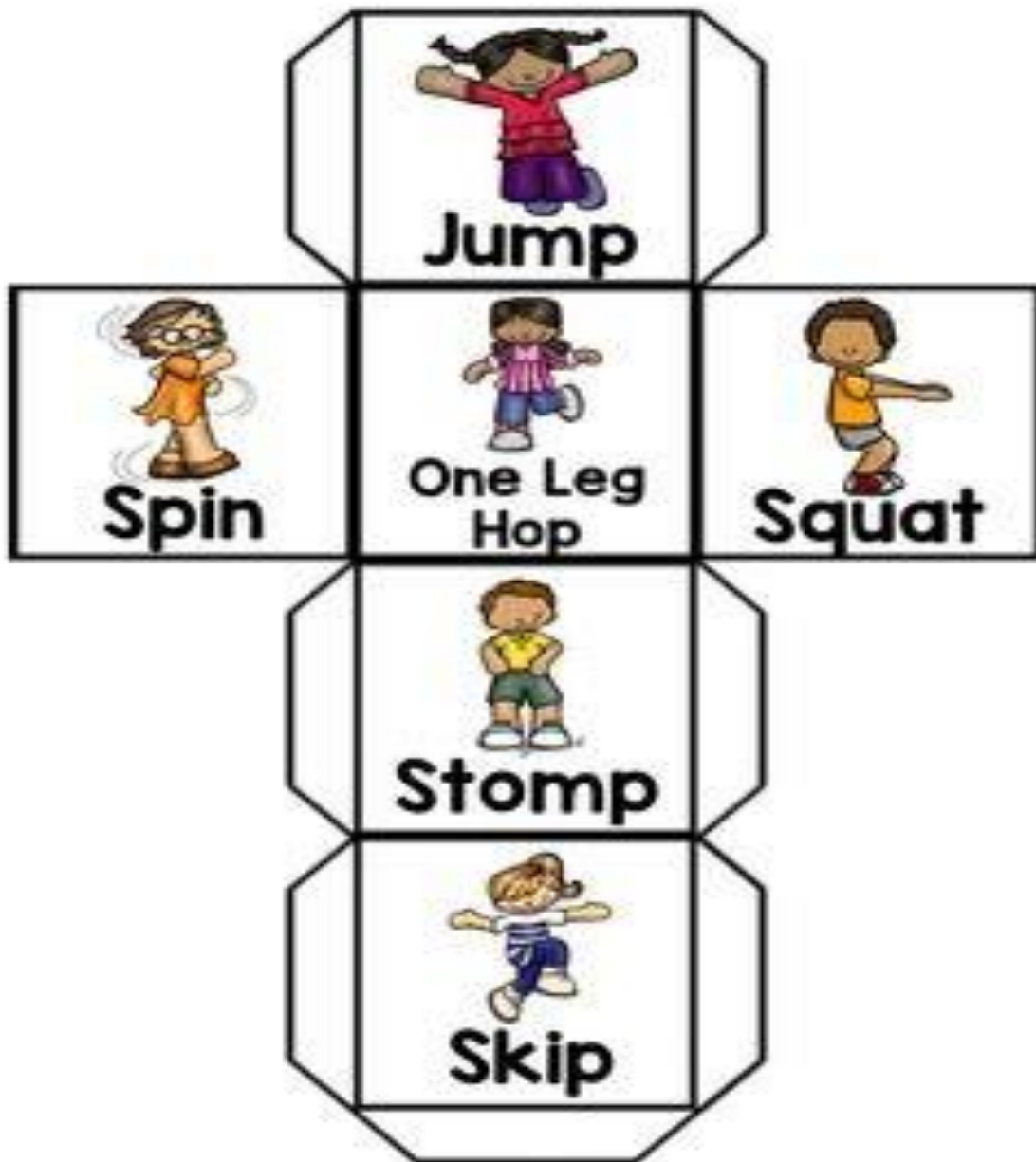


Exercise Dice



All you need is scissors, glue and a little help from a grown up.

To make: -

Cut around the dice template.

Assemble it together, by creasing along the lines against each the flaps.

Then place some glue on each flap and fold inwards to create a cube.

Then use the dice to guide your exercise game. You could add a numbered dice to determine how many exercises to do.

