

# D-CAMPS ROLL-A-CUBE ACTIVITY

1

## PHYSICAL ACTIVITY BENEFITS

Physical activity can Improve mood, Improve concentration, and help to reduce stress among many other health benefits.

2

## PICK & PRINT YOUR CUBE

With two cubes to choose from, the options are endless. Print one (or both) of the cubes to help lead your movement.

3

## FOLLOW THE STENCIL & ASSEMBLE

Cut along the outside (solid edges). Fold along all the dotted lines. Use either tape or glue to connect the tabs to form a cube.

4

## GET MOVING!

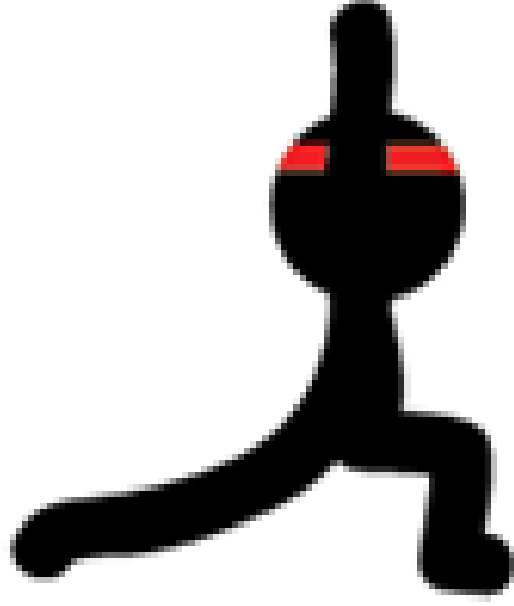
Pick a cube or use both. Set a window of time for each activity OR alternate depending on the movement.

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**D-CAMPS**

# CUBE 1

WARRIOR



TREE



FREE  
DCAMPS  
CHOICE

COBRA



CAT

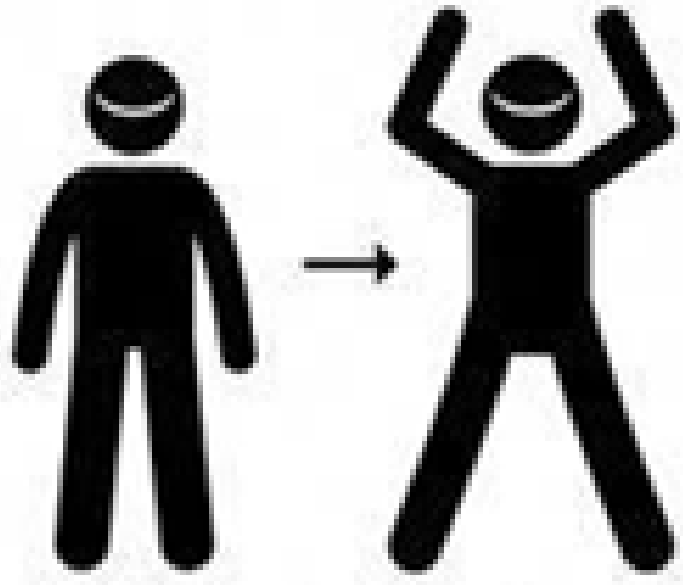


DOG

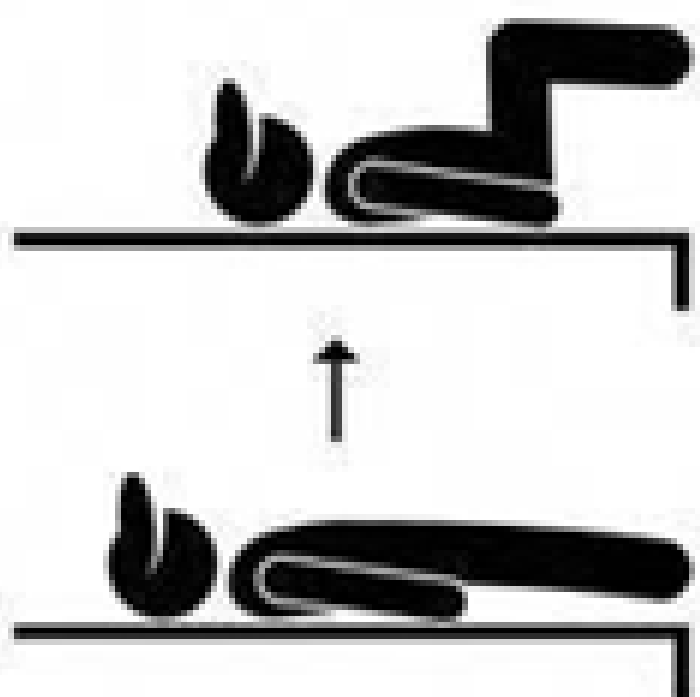
DOWNWARD

# CUBE 2

**JUMPING JACKS**

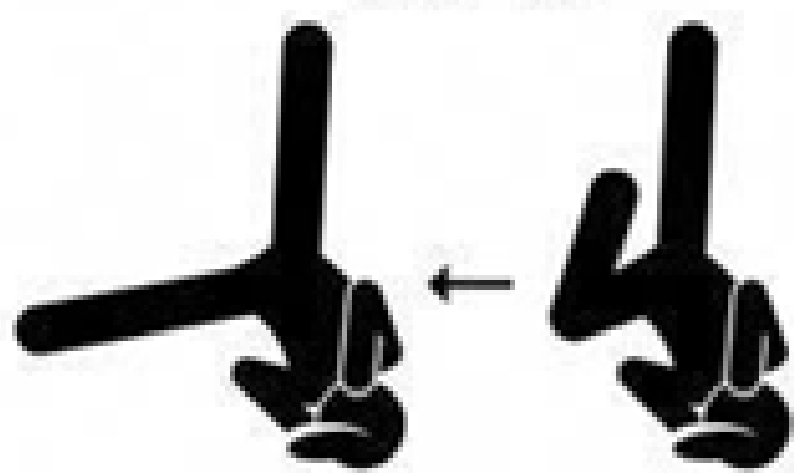
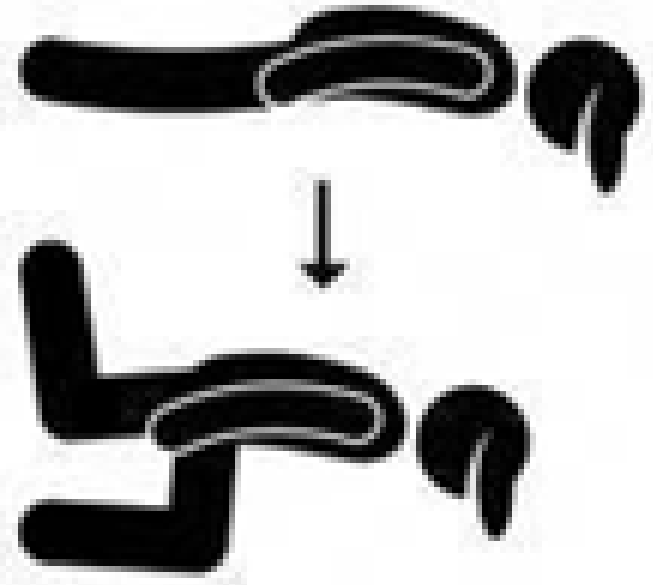


**WALL SIT**



**FREE  
DCAMPS  
CHOICE**

**LUNGES**



**SIDE KICK**



**ABDOMINAL CRUNCH**