

Weather Dice

Here is an activity which the whole family can get involved in, starting from a young age.

Developing and using their gross motor skills supports your child's physical development, and it has also been shown to have a positive impact on learning, and important school day functions, such as attention and memory.

Body awareness is a vital tool you can support your children with. With every movement or exercise they do they are learning more about how their body moves and their awareness of themselves in the space around them.

Instructions:

Download and print our [PDF instructions and dice template](https://www.barnardos.ie/media/10406/weather-dice-activity-body.pdf) <https://www.barnardos.ie/media/10406/weather-dice-activity-body.pdf> (Tip: print in black and white to save on your ink). Or read the instructions below and if you don't have a printer, you could get creative and draw the outline of the dice template on a piece of paper or card.

Materials:

- Paper/card
- Scissors
- Sellotape

Steps:

1. Download/draw the dice template.
2. Use a scissors to cut out the dice template.
3. Fold the dice template on the dotted lines – sellotaping it together.
4. Once you have folded your cube dice, you're ready to get moving. Why not make a game of it. Each take turns to roll the dice and act out whichever movement you land on. Demonstrate first yourself.
5. Encourage your child to use big and small movements.
6. Remember to ask your child afterwards how and where they feel it their body.
7. Be silly and have fun with it!