# Yoga Dice Game

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### **Description:**

Have fun learning yoga and self-regulate with this yoga dice game! The game can be used as a tool to assist with providing calming, strengthening, and learning activities. The game can be incorporated in many different settings, such as home, therapy, and classroom.

### **Instructions:**

Print out, cut along the lines, fold the flaps, secure with tape, and PLAY!

\*To ensure the durability of the visual tool, you can print on hard paper (cardstock).

## Yoga Dice Game

Let's do some yoga by rolling the dice!

Instructions:

- 1.Cut along the outside lines.
- 2. Fold in the flaps.
- 3. Secure with tape.
- 4. Roll the dice and complete the yoga action. Try to hold for 10 seconds. Repeat this step for more fun!

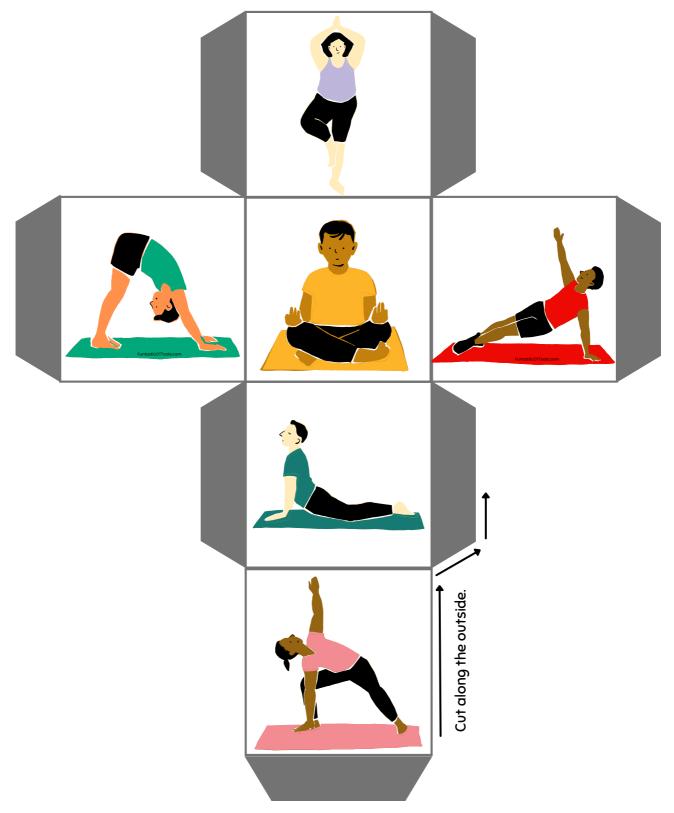


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Graphics by: Canva.com (Free Version