



Activity Cube Template



CUT

FOLD

Do 10 Firecracker Jumps!
Jump with your arms and legs exploding out.



Do an Alligator Plank!
Start at the top of a push-up, lower down, and crawl on your stomach like an alligator for 3 seconds. Repeat 3 times.



Do a Lunge Splat Walk!
Walk across the room while doing lunges. Every time you lunge down, say "Splat"!



Walk like a crab across the room 3 times.
Squat down low and move sideways.



Do 5 Silent Karate Kicks.
Stand very still and count to three with your eyes closed. Then, do a fast karate kick.



Run in place while you count to 100.
Raise both hands when you get to a number that is a multiple of five (such as 5, 10, 15, 20...).



ASSEMBLY INSTRUCTIONS:

1. Cut out the template along the dotted lines.
2. Fold along the solid lines.
3. Assemble into a cube by taping the sides together along the tabs.



ASSEMBLED CUBE