

Olympic Training Cubes

Materials

- Time cube handout
- Exercise cube handout (DIY or Filled In)
- Scissors
- Tape or Glue stick
- Crayons or colored pencils

Did You Know?

Physical activity can help improve your brain performance.



Instructions

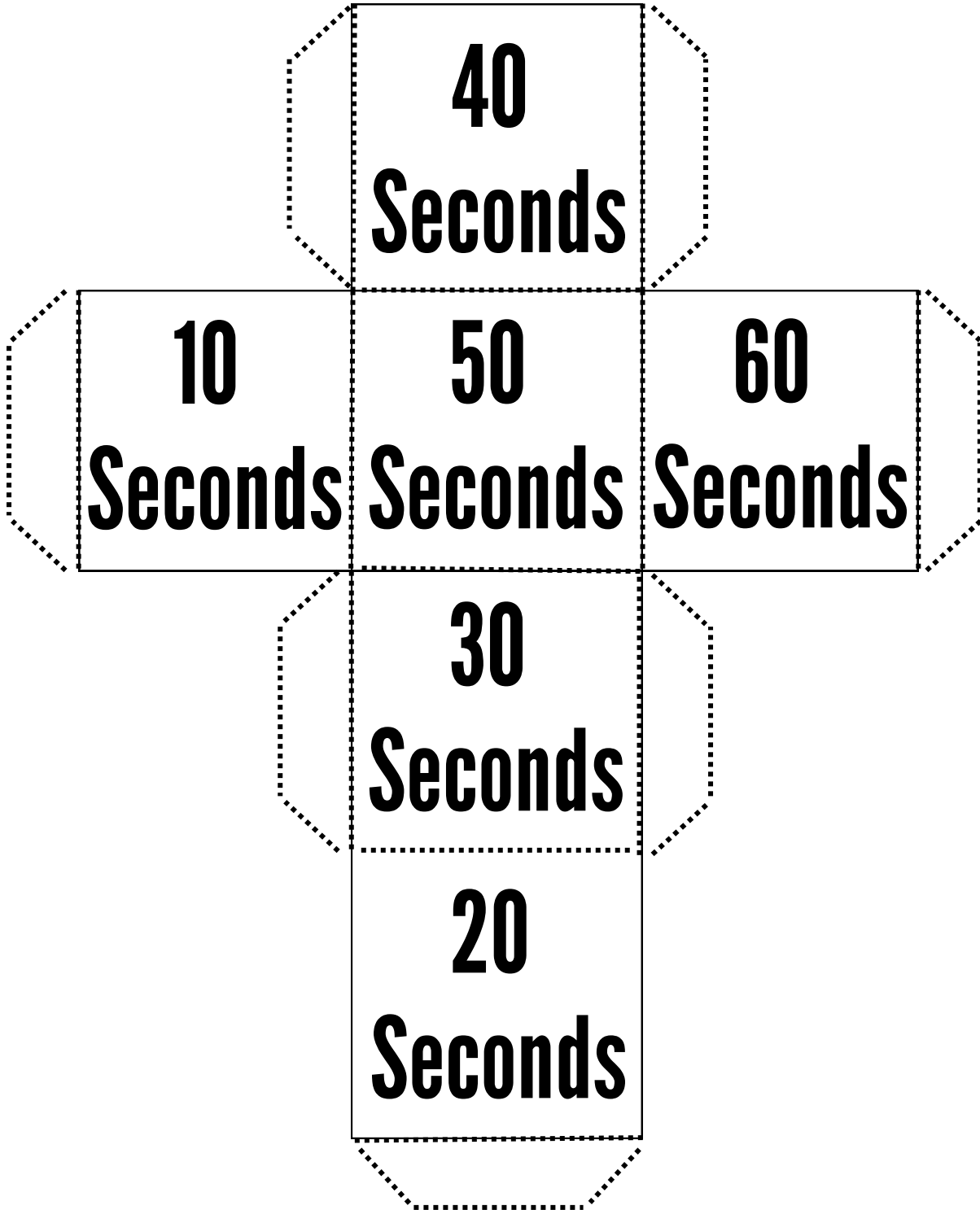
1. Cut out the template on the Time cube handout using scissors. Fold on the dashed lines.
2. Tape or glue the folded flaps together to create your Time cube. For the last fold, it may be easier to use tape.
3. **Skip this step if using the Filled In handout:** Think of your favorite exercises! Running, stretching, dancing, & jump rope are great forms of physical activity. Write one exercise on each square of the DIY Exercise cube handout. Get creative and try to draw the exercise!
4. Cut out the template on the Exercise cube handout using scissors. Fold on the dashed lines.
5. Tape or glue the folded flaps to create your Exercise cube. For the last fold, it may be easier to use tape.
6. Roll your two Olympic Training Cubes. The cubes will tell you which exercise to do and how long to do it. See what you get and have fun!

Share pictures of your completed craft with @Ray4NCKids and the tag #SummerMeals4NCKids on social media!

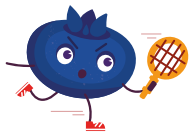
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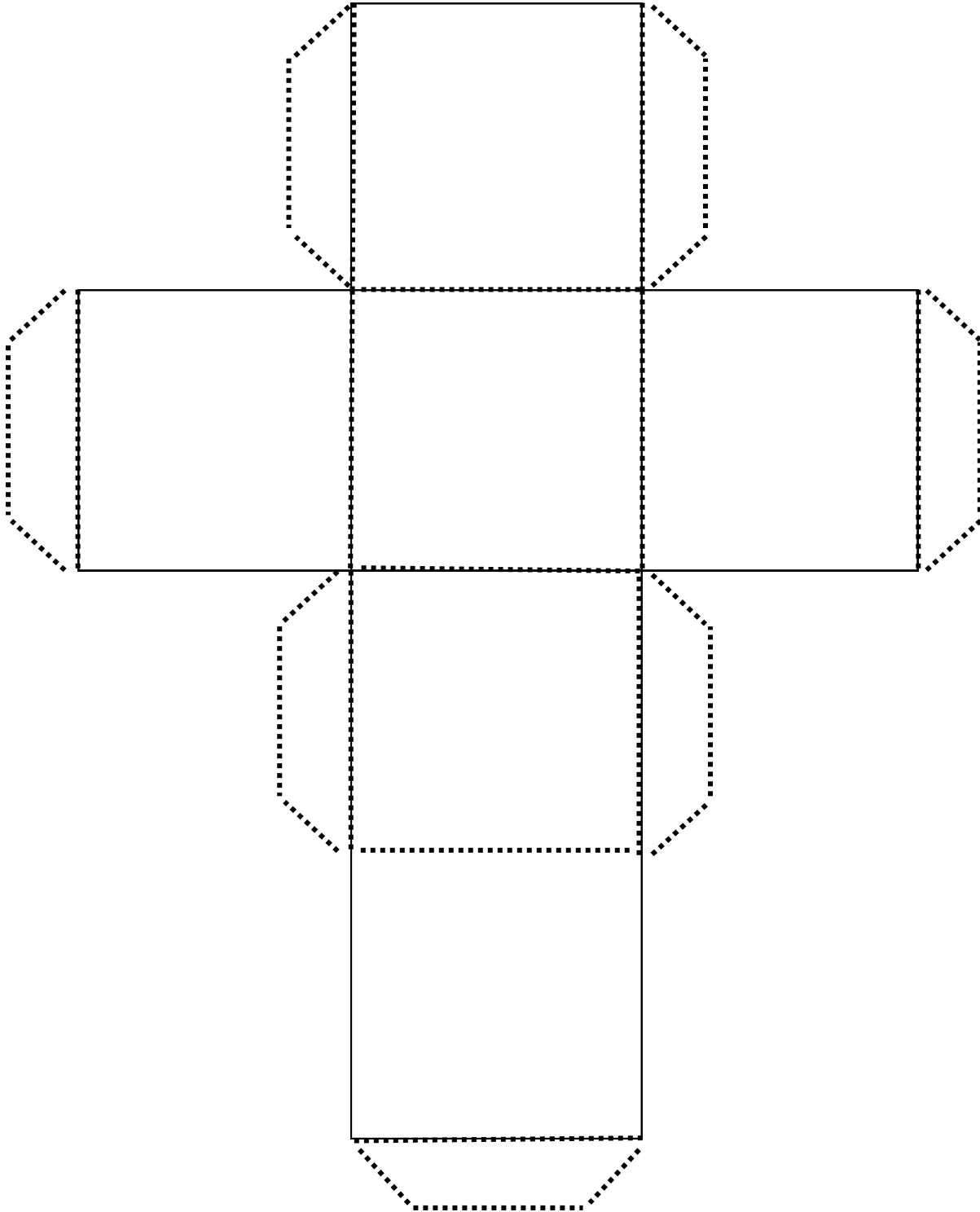
Time Cube



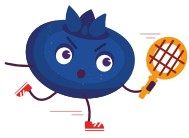
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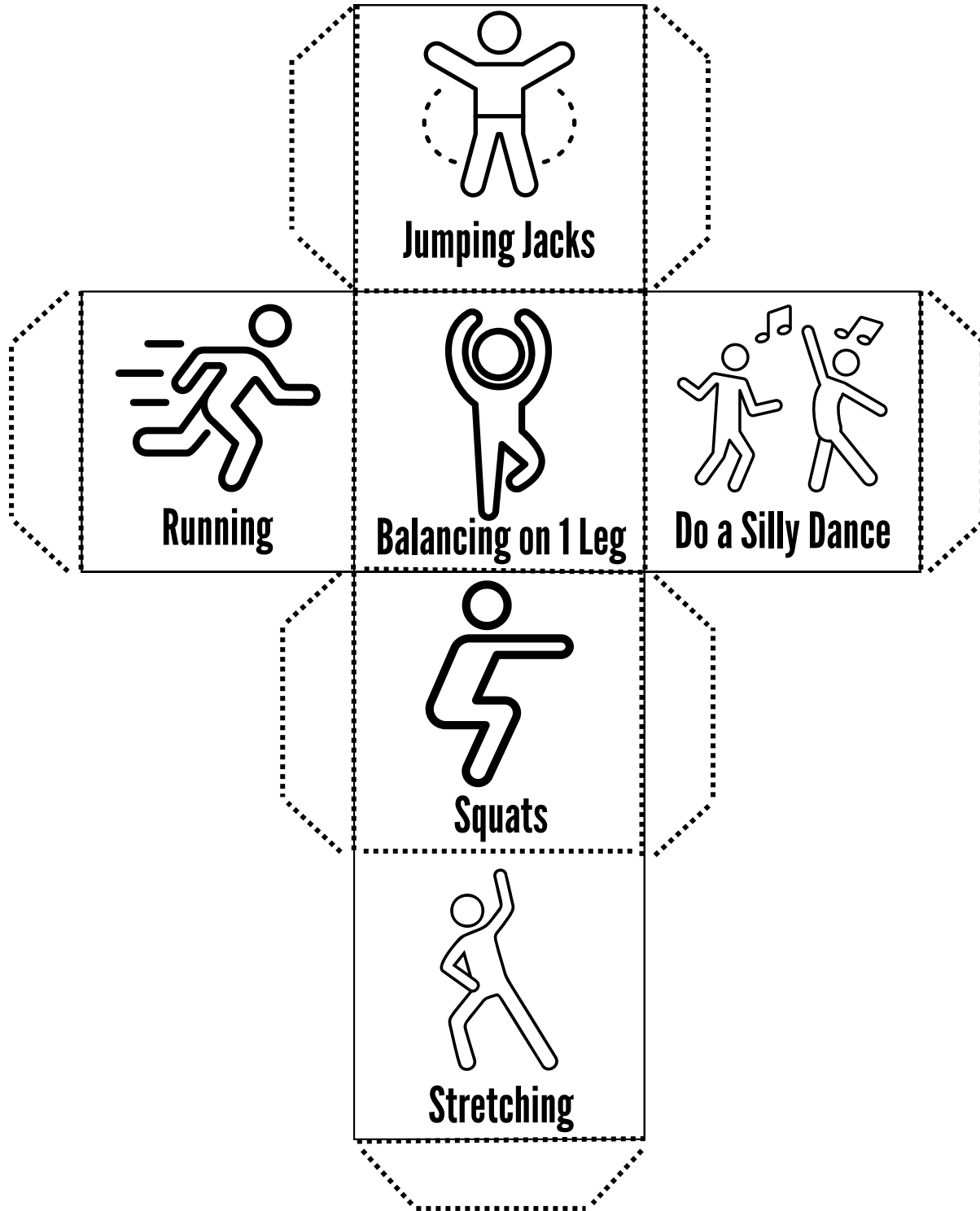
DIY Exercise Cube



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Exercise Cube



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