

YOGA DICE

Equipment:

-2 dice

-Yoga dice sheet

-If no dice, print dice template from P.E. website & make your own :)

How to play:

- The 1st player will roll 1 dice first.
- Whatever number the 1st dice lands on refers to the TOP BLUE numbers. The same player will then roll the 2nd dice and whatever number the 2nd dice lands on refers to the GREEN SIDE numbers.
- The column & row intersect is the YOGA POSE your whole group will hold
- Hold each pose for 15-30 seconds. If you lose balance, that's ok, try again :)
- Afterwards, next person rolls the dice to see what pose to hold next

Yoga Dice

Directions: Roll two dice (one at a time). The **first** roll is for the **BLUE** numbers and the **second** roll is for the **GREEN** numbers. See where the numbers meet and do that yoga pose for 15 seconds before rolling again.

	1	2	3	4	5	6
1						
2						
3						
4						
5						
6						