



characters and messages

Micky Me Size

Pretend you're a giant's tummy and stretch up tall, then pretend you're a baby's tummy and crouch down small.

Active Azra

Move around the room in different ways - hopping, galloping, skipping, etc.

Sammy Skills

Put a bean bag on your head and sit down without it falling off and stand up again.

180 Katie

Sprint on the spot for your high intensity activity.

Fay 5 A Day

Jump from side to side 5 times with big thumbs up as fruit and veg are good for us.

2 Snacks Max

Jump up 2 times and rub your tummy.

Instructions

- Put 1 card in each pocket.
- Roll the cube and see what Startwell message it lands on. Discuss the message with the children and practice the action together.
- Work through the messages until the children have practiced all the actions.
- Roll the cube and see what message it lands on.
Can the children remember the action?
- Continue until all the children have had an opportunity to roll the cube.
- Don't forget Suzy Startwell, practitioners make sure you are being good role models and joining in the activity.





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