

ROLL-THE-DICE WORKOUT TOTS EDITION

- **FAST FEET**
- **JUMPING JACKS**
- **DRIBBLE A BALL**
- **JOG IN PLACE**
- **CATCH A BALL**
- **TOUCH YOUR TOES**
- **PASS TO A PARTNER**
- **DANCE PARTY!**

Practice some of our favorite Tots exercises at home!
Roll a dice and the number on the dice is how many times
or how many minutes you do the activity you choose
above!

