

# Wiggle & Shake Your Body

## Gross Motor Dice

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Graphics: Purchased from [Melonheadz Illustrations](#)



# Shake Your Body Gross Motor Dice



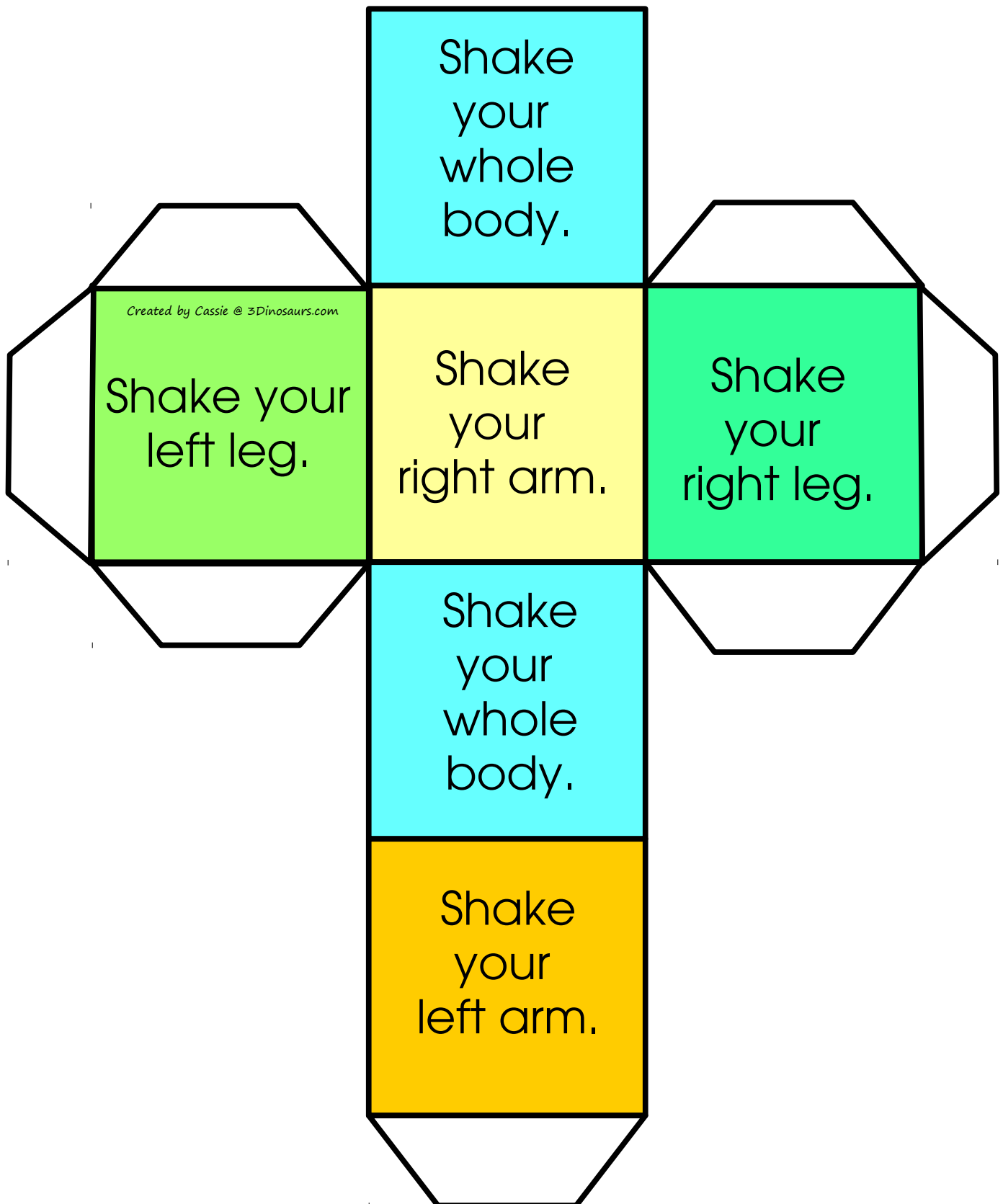
## Disclaimer: WARNING

- The activities in these printables are to be done under adult supervision.
- These printables are only ideas and not a replacement for a Physical Education program.
- Please only do activities at your child's current physical activity level. You know your child's activity level best.
- 3 Dinosaurs is not responsible for any injuries that may occur while using these ideas.

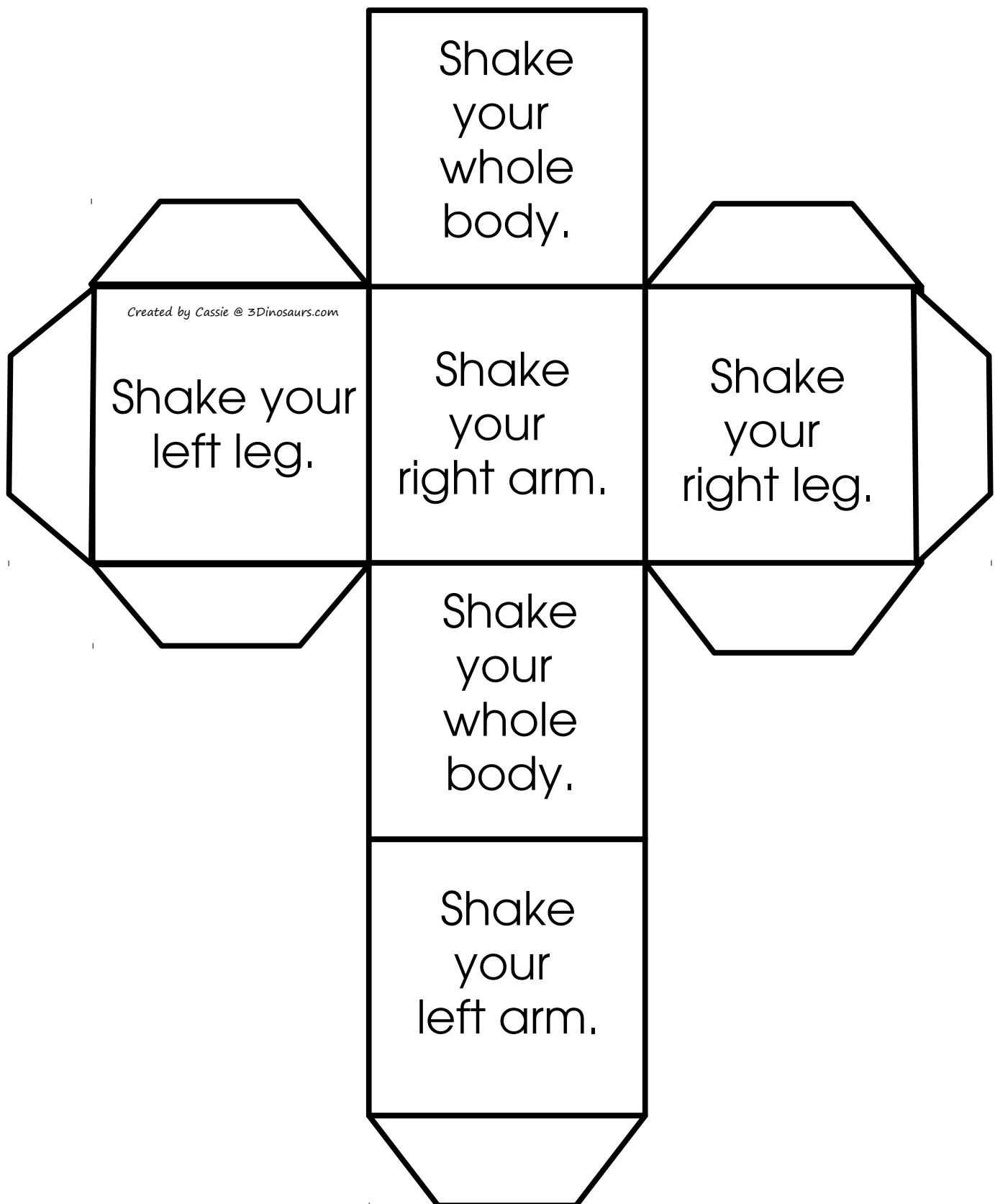
Thanks! [3Dinosaurs.com](http://3Dinosaurs.com)



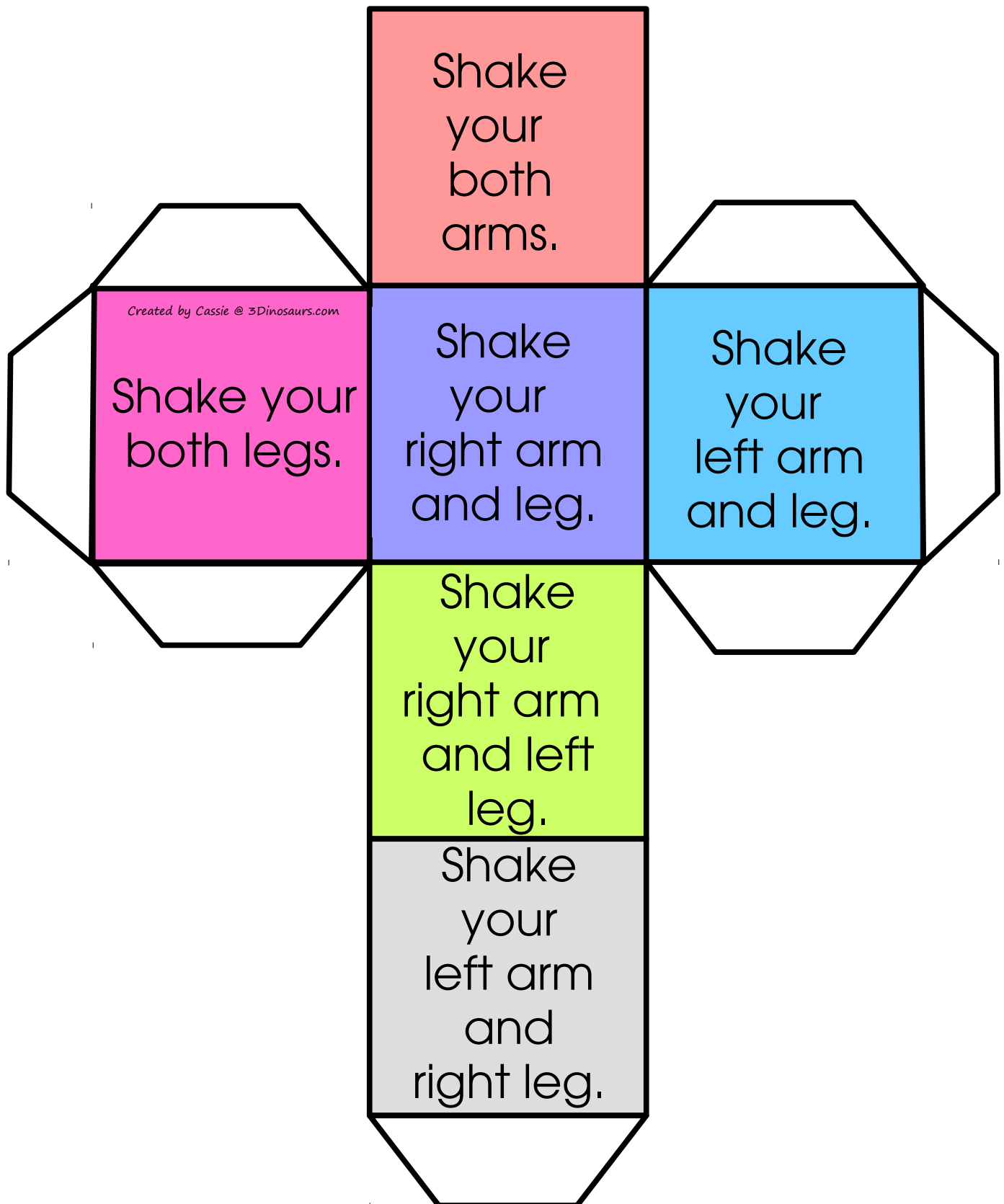
Cut out and fold to make a die.



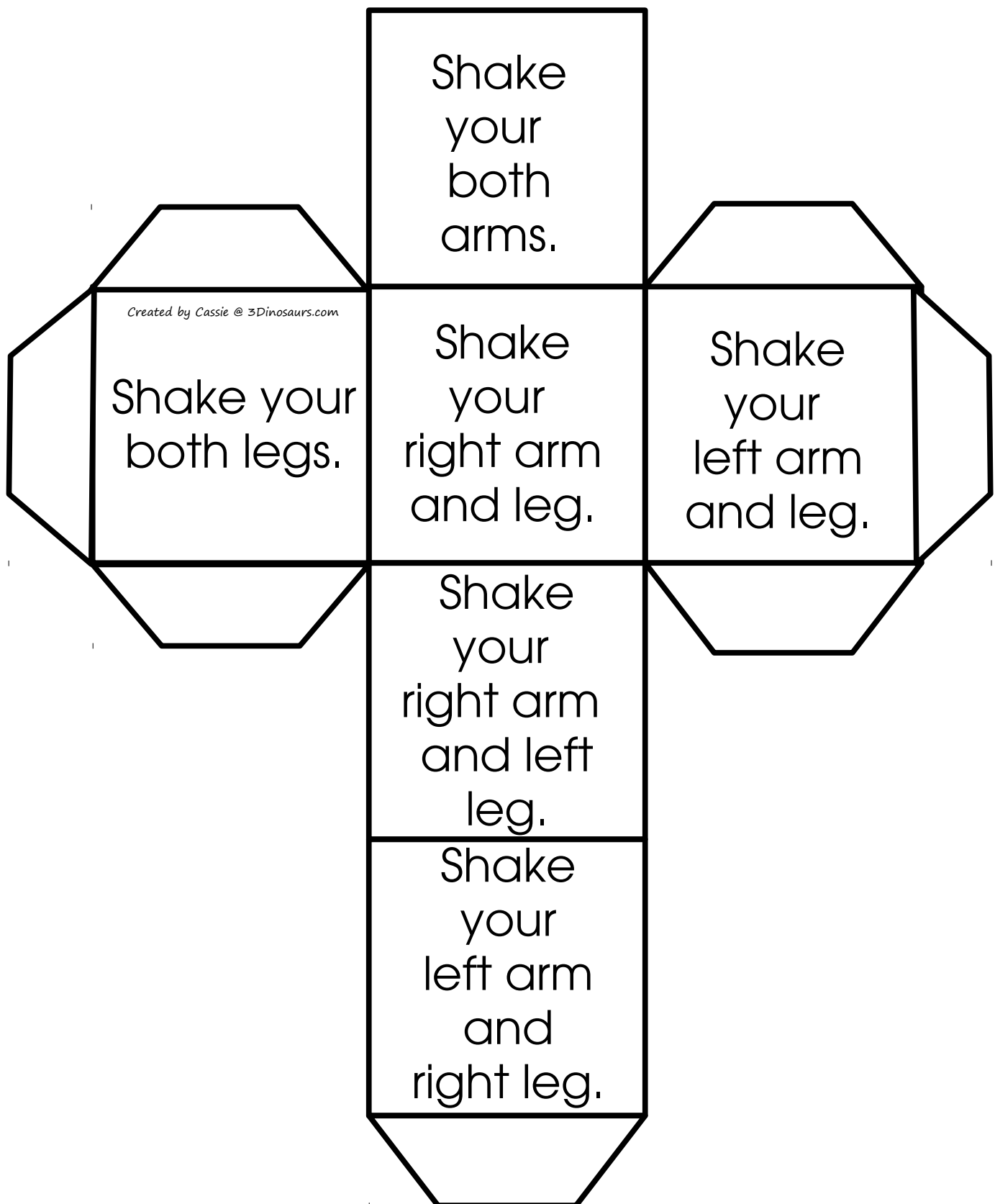
Cut out and fold to make a die.



Cut out and fold to make a die.



Cut out and fold to make a die.



*Created by Cassie @ 3Dinosaurs.com*

Shake your  
whole body.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
whole body.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
right arm.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
left arm.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
right leg.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
left leg.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
whole body.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
whole body.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
right arm.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
left arm.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
right leg.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
left leg.



*Created by Cassie @ 3Dinosaurs.com*

Shake your  
both arms.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
both legs.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
right arm  
and leg.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
left arm  
and leg.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
right arm  
and left leg.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
left arm and  
right leg.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
both arms.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
both legs.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
right arm  
and leg.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
left arm  
and leg.

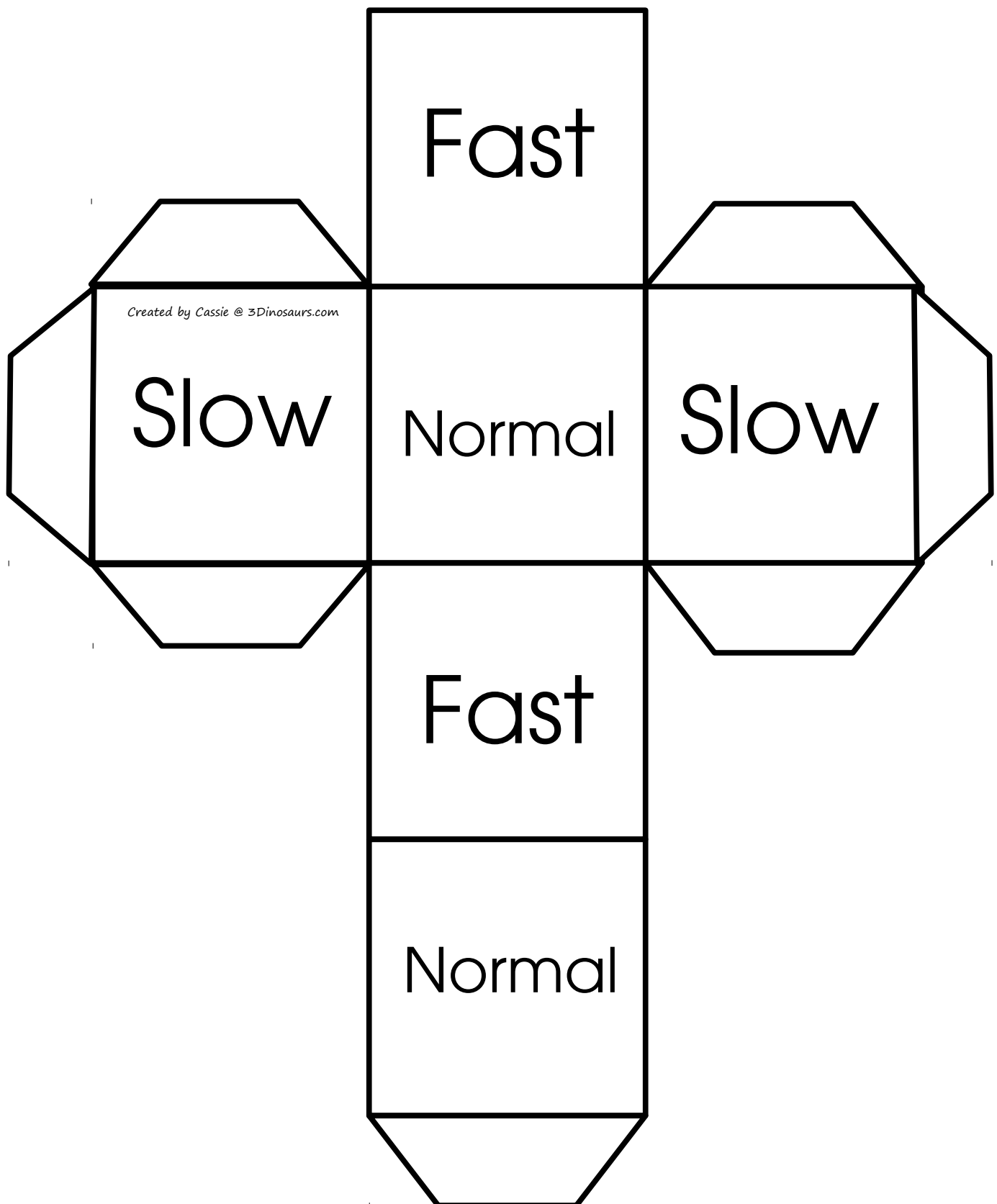
*Created by Cassie @ 3Dinosaurs.com*

Shake your  
right arm  
and left leg.

*Created by Cassie @ 3Dinosaurs.com*

Shake your  
left arm and  
right leg.

Cut out and fold to make a die.



# Fast

*Created by Cassie @ 3Dinosaurs.com*

# Fast

*Created by Cassie @ 3Dinosaurs.com*

# Slow

*Created by Cassie @ 3Dinosaurs.com*

# Slow

*Created by Cassie @ 3Dinosaurs.com*

# Normal

*Created by Cassie @ 3Dinosaurs.com*

# Normal

*Created by Cassie @ 3Dinosaurs.com*