Meditation: 3 simple steps

1. Sit comfortably
2. Close your eyes
3. Take deep breaths
Yoga Pose Dice

YOU WILL NEED
- Colouring pens/pencils
- Scissors
- Glue Stick
- String
- Sticky Tape
- An adult to help you!

INSTRUCTIONS
1. Colour in the characters on each side of the dice
2. Carefully cut out your design
3. Fold along the lines then glue along the tabs
4. Bring sides together to form the dice

HOW TO PLAY
1. Throw the dice
2. Do the pose you land on
3. The player who gets all six poses first is the winner!

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Five a Day

Eat a different portion of fruit or veg, then tick a box for that day.