

DICE DASH!

HOW TO PLAY

Join
forces with
a friend!

1. Get your Sonic Prime dice ready.
2. Roll the dice. Ready, go!
3. Find your character to the right and pick one of their moves.
4. The ring dice tells you how many times to do the move.
5. When you've finished the move, it's another player's turn to try.
6. Keep taking turns. You got this!

CHOOSE YOUR MOVE! (sitting or standing)



SONIC

Jumping jack
arms OR
Jumping jacks



REBEL ROUGE

Arm circles OR
Pretend rope
jumps



NINE

Knee touches
OR Toe touches



SHADOW

Shoulder shrugs
OR Tiptoes



GRIM AMY

Waist twists
(sitting OR
standing)



DR. DONE-IT

Reach up OR
Squats

**SONIC
PRIME**



Fold solid lines

Cut dotted lines

Don't forget
to stay
hydrated
while you
exercise!



Ask an adult to help you
with this project