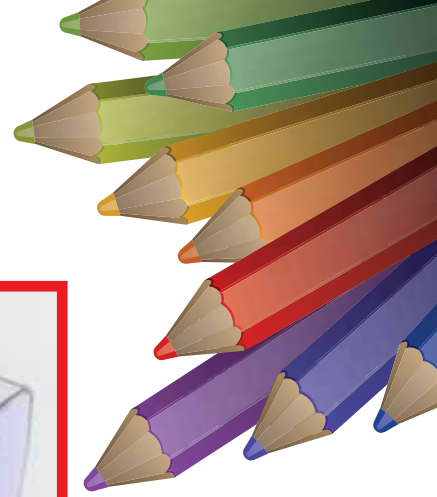




Activity Dice



What you will need:

- Scissors
- An activity dice template
- Glue
- Colouring pencils



What to do:

- Cut out the activity dice template
- Before you put your dice together, decorate it with a different activity on each of the 6 faces. You can draw pictures or write instructions.
- Fold along all the lines on your dice to make creases, including the shaded tabs – this will help you to assemble the dice.
- Glue along each of the tabs of your activity dice (the tabs are the shaded areas), then fold up your dice to make a cube, sticking the tabs on the inside.
- Have fun playing with your dice!

Here are some suggestions, or use your own ideas!

How about an animal dice?

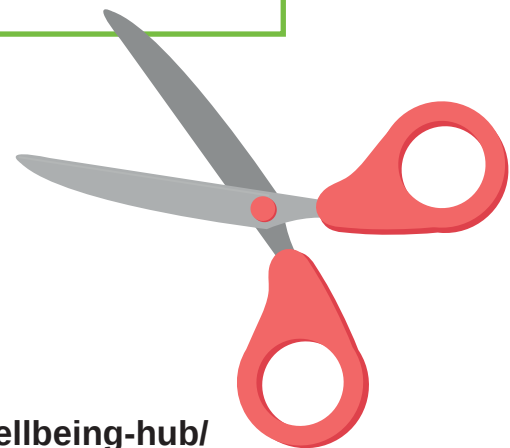
1. Hop like a frog
2. Wriggle like a worm
3. Stomp like an elephant
4. Flutter like a butterfly
5. Gallop like a horse
6. Walk like a crab

Or an agility dice?

1. Stand on one leg for 1 minute
2. Do 5 sit ups
3. Do 10 star jumps
4. Hop on the spot
5. Do 5 press ups
6. Do 10 burpees

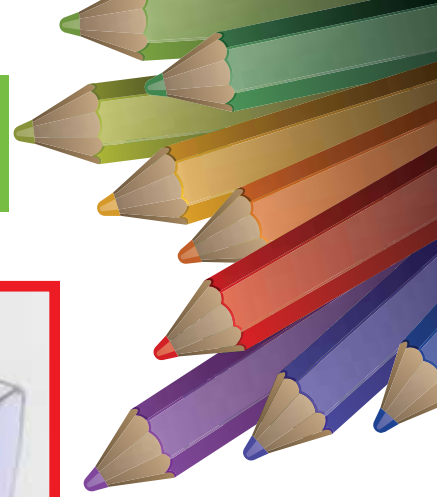
If you would like to watch a
'how to make this craft' video,
please go to

<https://www.monlife.co.uk/monlife-health-wellbeing-hub/>





Dis Gweithgareddau



Beth fydd ei angen arnoch:

- Siswrn
- Templed dis gweithgaredd
- Glud
- Pensiliau lliwio



Beth i wneud:

- Torrwch allan y dempled dis gweithgaredd
- Cyn i chi roi eich dis at ei gilydd, addurnwch ef â gweithgaredd gwahanol ar bob un o'r 6 wyneb. Gallwch dynnu lluniau neu ysgrifennu cyfarwyddiadau.
- Plygwch ar hyd yr holl linellau ar eich dis i wneud crychion, gan gynnwys y tabiau wedi'u tywyllu – bydd hyn yn eich helpu i roi'r dis at ei gilydd.
- Gludwch ar hyd pob un o dapiau eich dis gweithgaredd (y tabiau yw'r mannau sydd wedi'u tywyllu), yna plygwch eich dis i wneud ciwb, gan ludo'r tabiau ar y tu mewn
- Mwynhewch chwarae gyda'ch dis!

Dyma rai awgrymiadau, neu defnyddiwch eich syniadau eich hun!

Beth am dis anifeiliaid?

1. Herciwch fel broga
2. Ymlusgwch fel mwydyn
3. Stompiwch fel eliffant
4. Hedfanwch fel pili-pala
5. Carlamwch fel ceffyl
6. Cerddwch fel cranc

Neu dis ystwythder?

1. Sefwch ar un goes am 1 funud
2. Gwnewch 5 eisteddiad
3. Gwnewch 10 naid seren
4. Herciwch yn y fan a'r lle
5. Gwnewch 5 ymwthiad
6. Gwnewch 10 naid wasg

Os hoffech chi wyllo'r fideo
'sut i wneud y darn crefft hwn',
ewch i

<https://www.monlife.co.uk/monlife-health-wellbeing-hub/>

