**Healthy Options Dice**

Create dice using the instructions below.

**INSTRUCTIONS**

1. Cut along the solid red lines.
2. Create cube shape and flaps by folding red dashed lines.
3. Use glue or tape to attach flaps to blank insides.

Roll the dice to discover options for physical and mental health!

[Diagram of dice with options:]
- Move your body—go for a walk outside.
- Get enough sleep at night, take a short nap during the day if needed.
- Eat a healthy meal or snack.
- Connect with a friend virtually.
- Talk with a trusted adult if you have questions or concerns.
- Take a few slow, deep breaths in and out.
- Go for a walk outside.

**ABC’s OF HEALTHY KIDS: [www.snohd.org/healthykids](http://www.snohd.org/healthykids) • [www.snohd.org/activities](http://www.snohd.org/activities)**