

Terms & Conditions

Terms Of Use:

- All pages are copyright. You may not create anything to sell or share based off this packet.
- Please do not share with colleagues. This is just meant for your own use.
- You are welcome to share via social media and pin this product's main page as long as it provides a link to my store.
- All Products are non-refundable. If you have any questions or concerns please contact Chanda at chanda@pinkoatmeal.com.

Disclaimer:

By use of this product(s) you are agreeing to the following:

- All activities are to be performed at your own risk. Pink Oatmeal LLC disclaims liability for any damage, mishap, or injury that may occur from engaging in any activities or ideas from the purchased or free activities and printables.
- The products or anything associated with the Pink Oatmeal LLC should not be used in replace of medical/therapeutic advice or treated as medical/therapeutic advice. Pink Oatmeal LLC products do not serve as medical or therapeutic advice for the public. If you have a medical condition or need medical/therapeutic advice please contact your physician or therapist.
- Adult supervision is recommended for every activity featured in the products. Please decide based on each individual activity if it is appropriate for your own child/children.
- Any participation in printables/activities does not result in a physical therapist-patient relationship with Pink Oatmeal LLC.

<http://www.pinkoatmeal.com>

Rock and Roll Brain Breaks

How It Works:

Two rolls are necessary to play this game.

The first roll indicates the number in the vertical column.

The second roll indicates the number in the horizontal column.

You perform the action in the box associated with the two columns.

Example:

You roll a 2 on your first roll.

Your second roll you roll a 4.

You would perform the action x20 Jumping Jacks

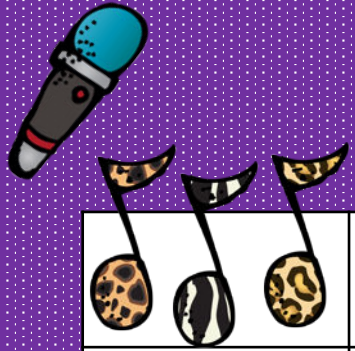


Optional:

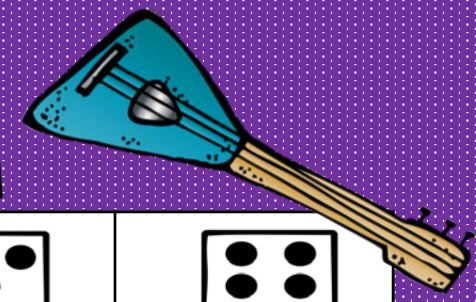
Make it a game by coloring in the box once you've completed the action.



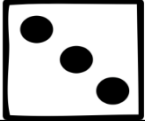

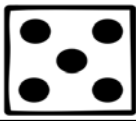
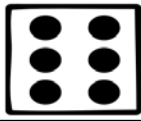


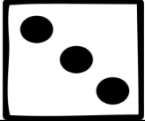

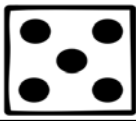
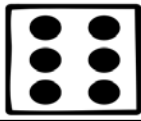






If you land on a box that has already been colored in you lose your turn.

The winner has the most boxes colored in at the end of the game.



Rock and Roll



     						
	Run In Place x30 Seconds	Balance On One Leg x30 Seconds	High Marches x30	Squats x15	x15 Jumps	Forward Arm Circle x15
	Tip Toe Walk x30 Seconds	Heel Walk x30 Seconds	Right Foot Hops x10	Jumping Jacks x20	Left Foot Hops x10	Lunges x15
	Backward Arm Circles x15	Spin x10	Twist x15	Gallop x20 Seconds	Touch Your Toes and Hold	Body Wiggle x30 Seconds
	Up and Down On Your Toes x20	Up and Down on Your Heels x20	Side To Side Jumps x15	Forward Backward Jumps x15	Skip x20 Seconds	Wall Push-Ups x15
	Side Steps x20 Seconds	Backward Walk x20 Seconds	Frog Hops x15	Elbow To Opposite Knee x15	Clap, Snap, Spin x15	Free Dance x30 Seconds
	Shoulder Blade Squeeze x20	Chicken Wings x20	Shoulder Circles x20	Climb in Place x20 Seconds	Floor Touches x20	Sky Touches x20



Everything you need for physical activity and motor planning in one place!

The mission behind Pink Oatmeal is making physical activity and motor planning activities fun and easy.

Pink Oatmeal is making this even easier by adding [membership options](#). For a very low cost you can get EVERYTHING from the shop that is downloadable or digital with an annual membership.

No more spending hours looking for ideas or trying to create your own stuff. It's all done for you.

Check out this opportunity to get everything at a significantly reduced price today!

[LEARN MORE](#)

Credits

