

ROLL AN ELF ACTION GAME



Roll the die and join the North Pole Elf Fitness Club!

1 CANDY CANE STRETCH

Reach both arms up high like a tall candy cane, then gently stretch from side to side.



2 TOY ROBOT

Move like a wind-up toy robot: take three small steps and make two gentle robot arm movements.



3 SNOWBALL BALANCE

Pretend to balance a snowball on one open palm while standing still for three seconds.



4 CHIMNEY REACH

Stand tall and reach upward with alternating hands as if placing a stocking on a high shelf.



5 REINDEER ANTLERS

Hold both hands beside your head like antlers and make three gentle reindeer head movements.



6 FROZEN ELF STATUE

Strike your funniest Christmas elf pose and freeze for five seconds without moving.





HOW TO PLAY:

1. Stand up and get ready to play.
2. Take turns rolling one six-sided die.
3. Find the matching number on the scoreboard.
4. Everyone performs that elf action together.
5. Keep rolling and enjoy the North Pole fun!



Make room to move, stretch gently, and stay in control.