



Instructions

You can cut out and paste to some card to make it stronger, then cut out and stick the activities from our Christmas themed activity sheet to your cube and roll like a dice.

If you do each activity for 1 minute and throw the cube 5 times you will have achieved your 5 Minute Mini Boost session.

A great way to create a different Mini Boost Session every time.

Or Zoom would love to see you create your own ideas.