

The myPITA activity cube removes the cognitive load required to plan an activity and leaves it to chance. For explanations of each activity listed on the cube, refer to the activity booklet and movement break videos. Print, assemble, and roll the cube for easy brain breaks.

How to assemble the myPITA brain break cube

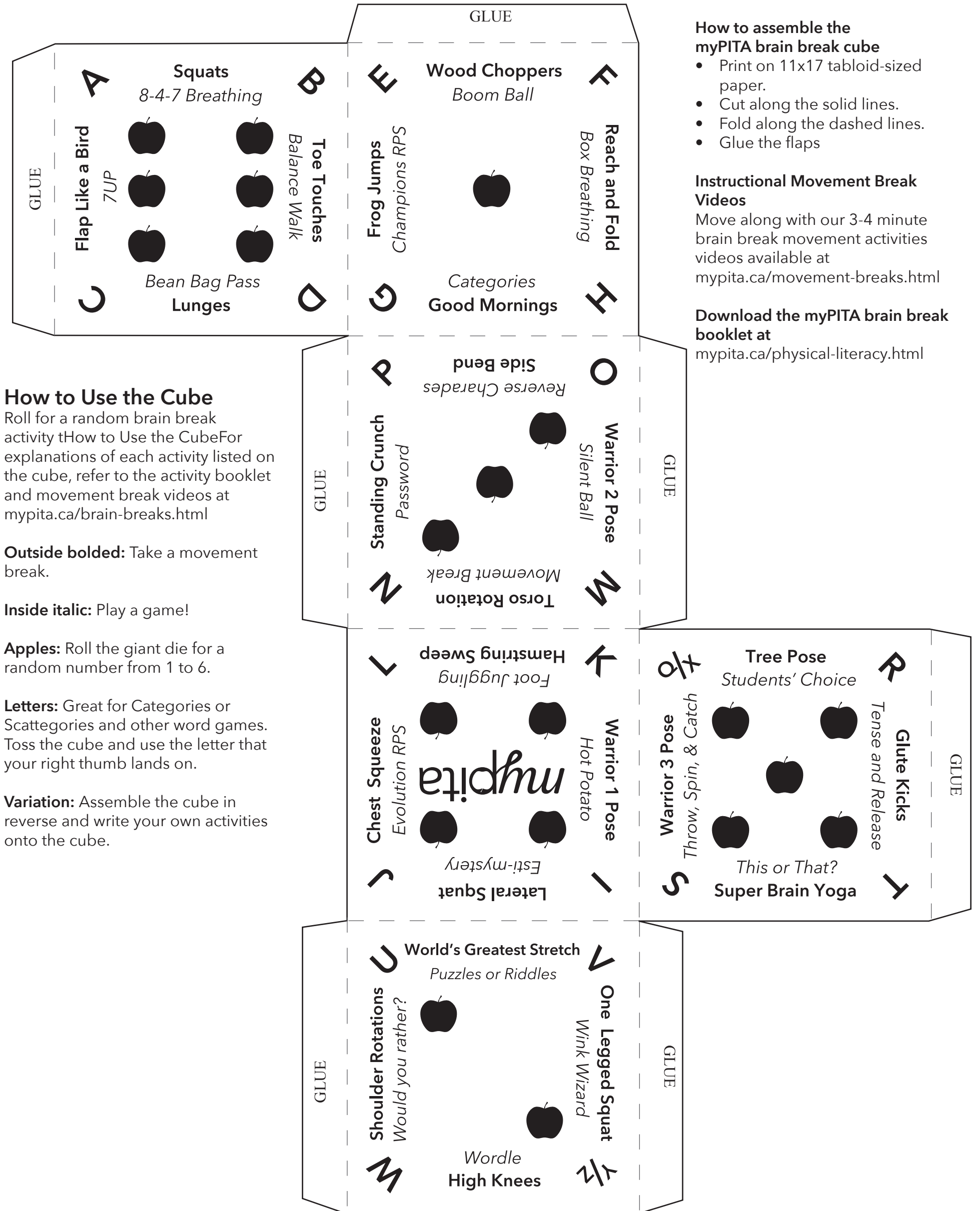
- Print on 11x17 tabloid-sized paper.
- Cut along the solid lines.
- Fold along the dashed lines.
- Glue the flaps

Instructional Movement Break Videos

Move along with our 3-4 minute brain break movement activities videos available at mypita.ca/movement-breaks.html

Download the myPITA brain break booklet at

mypita.ca/physical-literacy.html



How to Use the Cube

Roll for a random brain break activity. How to Use the Cube: For explanations of each activity listed on the cube, refer to the activity booklet and movement break videos at mypita.ca/brain-breaks.html

Outside bolded: Take a movement break.

Inside italicic: Play a game!

Apples: Roll the giant die for a random number from 1 to 6.

Letters: Great for Categories or Scattegories and other word games. Toss the cube and use the letter that your right thumb lands on.

Variation: Assemble the cube in reverse and write your own activities onto the cube.