

# The ExerDICE Game

By Virginia Jean Herrod

Looking for a fun and sneaky way to keep your child active? Try ExerDice, a game that uses homemade dice printed with different exercises to perform outside. Skip, run, jump, and hop your way to physical fitness! Since this game can be played with more than one player, it's great to play as a family to get everyone active, or play it at your next party or picnic.

## What You Need:

- Two large Styrofoam blocks (or anything similar)
- Paper
- Markers
- Glue or tape

## What to Do:

1. Cut pieces of paper large enough to fit each side of the Styrofoam blocks (12 sheets).
2. Come up with six different ways to move, for example: run, hop, skip, crab walk, crawl, tip-toe, etc. Write one word per piece of paper, and invite your child to draw pictures depicting each action.
3. Glue or tape each action to the six sides of one die.
4. On the other six pieces of paper, print the numbers one, two, and three so you have a pair of each number. Ask your child to dots to represent the numbers underneath each number.
5. Glue or tape each number to the six sides of the die.
6. Pick an area (outdoors is best) where your child can run around freely.
7. Invite your child to roll both dice and race around the designated area based on what the dice land on. For example, if the movement die lands on "hop" and the number die lands on "three", your child race around the play area three times while hopping.
8. Each player takes a turn rolling the dice. Play for as long as you please. The object of the game isn't to win the race but to follow the directions indicated on the dice!

<http://www.education.com/activity/article/exerdice/>

# Black History Month Dove of Peace

By Melissa Blough

Doves are a universal symbol of peace and make for a great reminder of peace and unity during Black History Month. Your child can craft a paper dove of peace or an even an entire flock of them to hang around the house this February. This arts and crafts activity is a fun and different way to explore social studies and celebrate the spirit of Dr. King's fight for equality.

## What You Need:

- White and black paper
- Craft sticks
- White fuzzy craft ball
- Wiggly eyes
- Glue
- Compass (optional)

## What You Do:

1. On white paper, have your child draw a large circle. The circle should have a diameter the size of the craft stick or slightly larger. If necessary, you can use a compass to help in drawing the circle. Cut out the circle.
2. Glue the craft stick on the circle so that it divides the circle in half equally. Set aside to dry.
3. Once the your circle has dried, have your child fold the halves of the circle together (imagine that the circle is a hot dog bun and the craft stick is the hot dog). This is the body of the dove.
4. Glue the tops of the halves together so that the craft stick is on the inside of the folded circle making the dove's back.
5. On a separate piece of white paper, trace your child's hands on the white paper and cut them out. These are the wings of your dove. You should have two hands cut out, making two wings for the dove.
6. Turn the half circle so that the round part of it is facing down and the flat part of it is on top, creating the dove's back. Glue the wings to the body of the dove near the center on top of the flat part where the craft stick is. Make sure you just glue near the wrist part of the hand so that the rest of the wing is free to move.
7. Glue the fuzzy craft ball to one end of the craft stick for the head and glue a triangle of white paper to the other end of the craft stick for a tail (the triangle should be about 3/4 the length of a craft stick). Set aside your dove to dry.
8. Glue wiggly eyes on the head of the dove.
9. Cut out a small triangle out of black paper for a beak and glue beneath the eyes. Let dry.
10. On the ends of the wings and tail, help your child use scissors to cut small slits and fray the paper to give it a more feather-like feel.

You can attach a piece of string to your dove and can hang it above a commonly used doorway or on a doorknob where it will be a quiet reminder of the month and the history. A set of these doves will make for a beautiful decoration in your house!

<http://www.education.com/activity/article/black-history-month-dove-peace/>