

WALK IN OUR SHOES

THE DICE OF WELLNESS

Sometimes life is fun and great. Other times life can get a little tough. Whether life is great or tough we could all use a little reminder to take care of ourselves and the people around us. The Dice of Wellness is just the thing to give you a little boost. Give it a roll, a toss, or a throw and see what the dice reminds you to do.

RULES & SUGGESTIONS

- At least one hand should be used to throw the Dice of Wellness
- Do not throw the Dice of Wellness at your own face
- Do not throw the Dice of Wellness at someone else's face
- Enjoy the Dice of Wellness
- If you enjoy the Dice of Wellness perhaps you should make one for a friend so that they can also practice some wellness tips

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INSTRUCTIONS

1. Using scissors cut out the Dice of Wellness around the edges.
Tip: Be careful not to cut off any tabs
2. Fold all of the black lines, and shape the Dice of Wellness into a ball-ish shape to determine flap placement.
3. Using some kind of sticky device (glue, double sided sticky tape etc.) stick the flaps in place. The last one is the trickiest.



Tip: Your Dice of Wellness should resemble something that looks like this.