







# DIE BREAKS

	<b>RED DIE</b>	<b>WHITE DIE</b>	<b>YELLOW DIE</b>	<b>GREEN DIE</b>	<b>BLUE DIE</b>
<p><b>1</b></p> 	Gently squeeze your right hand with your left hand four times.	Move the right side of your body without moving the left side.	Rub your left arm with your right hand.	Touch your right hand to your left shoulder. Touch your left hand to your right shoulder.	Move only the lower half of your body.
<p><b>2</b></p> 	Touch your right hand to the bottom of your left foot six times.	Bring your right elbow to your left knee and your left elbow to your right knee five times.	Make ten small circles with your arms.	Cross your arms in front of your chest and twist at the waist seven times.	Gently squeeze your left hand with your right hand three times.
<p><b>3</b></p> 	Move the left side of your body without moving the right side.	Tap your feet on the floor ten times while making little circles with your fingers.	Rub your right arm with your left hand.	Touch your left hand to the bottom of your right foot eight times.	Give yourself a hug for six seconds.
<p><b>4</b></p> 	Touch your right hand to your left foot and then your left hand to your right foot five times.	Take three deep breaths, counting in for two and out for three each time.	Blink slowly six times.	Look to the right without moving your head, and then look to the left without moving your head.	Curl your toes and hold for three seconds. Then stretch your toes for three seconds.
<p><b>5</b></p> 	Keep your heels on the floor and lift up your feet four times.	Shrug your shoulders five times.	Move your chin towards your right shoulder for two seconds, then to the left. Repeat three times.	Place your tongue on the roof of your mouth for four seconds.	Breathe in through your nose with a hollow throat so you make a sound like the ocean in your throat.
<p><b>6</b></p> 	Touch your right pinkie to your left thumb and your left pinkie to your right thumb six times.	Stretch out your fingers, and then clench your fists three times.	Pinch your thumbs to your index fingers quickly eight times.	Rotate your feet clockwise three times, then counterclockwise four times.	Wiggle your pinkie fingers for six seconds, then your ring fingers, then your index fingers.