

Roll & Move (Levels A-B)

STAY ACTIVE

To introduce early movement skills and social participation through a simple dice-based movement game where students watch, copy, and enjoy group actions together.



Learning Intentions

Practise simple movement:



Students aim to explore one or two basic movements with adult modelling.

Take part in a shared routine:

Students aim to join the group when it is time to move.

Engage with peers:

Students aim to participate alongside others through shared actions and celebrations.



Success Criteria

I can take a turn rolling, touching, or choosing the dice (with help).

I can copy or attempt at least one movement.



I can participate with the group using gesture, movement, or AAC.



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Duration: 4–6 minutes

Objective

To introduce early movement skills and social participation through a simple dice-based movement game where students watch, copy, and enjoy group actions together.

What You Need

- Soft foam dice or picture-based dice
- Movement picture cards for each action (found in PDF resource)
- AAC device or choice boards with movement icons (clap, stomp, stretch, etc.)

Setup

- Students sit or stand in a circle or semicircle.
- Teacher shows each movement card with clear modelling:
 - Clap
 - Stomp / Tap
 - Spin / Arm circles
 - Touch toes / Reach down
 - Jump / Arm lifts
 - Stretch
- Place the dice and cards in the centre.

Gameplay / Activity Steps

1. Warm-Up: Try the Movements

The teacher models each action slowly.

Students respond by:

- Copying
- Watching
- Smiling
- Using AAC (“clap”, “go”)

Celebrate all attempts.

2. Take a Turn Rolling

One student rolls the dice by:

- Pushing it
- Dropping it
- Rolling it
- Touching it so an adult rolls for them
- Indicating a card instead of rolling (if preferred)

The teacher names the result and shows the matching picture.



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3. Group Action Together

All students do the movement:

- 1 = Clap (single clap or tap)
- 2 = Stomp / Tap feet or chair sides
- 3 = Spin / Arm circles / Wheel turn
- 4 = Touch toes / Reach down / Touch lap
- 5 = Jump / Arm raise / Bounce in seat
- 6 = Stretch arms up

The teacher models the movement at the same time.

4. Repeat with New Turns

Continue for 3–5 rounds.

Teacher uses supportive language:

- “Your turn.”
- “Let’s all move together!”
- “Great trying!”

Reflection / Debrief

Use visuals to prompt:

- “Which one did you like? Clap or stretch?”
- “Show me your favourite movement.”
- “How do you feel?” (happy / tired / excited)

Allow pointing, eye gaze, AAC or gesture responses.

Variations

1. Picture Dice Version (Highly Supported)

Use dice with pictures instead of numbers.

Students match the rolled picture with the movement card.

2. Sensory-Seeking Edition

Add bigger movements before each round:

- Shake hands
- Wiggle
- Stretch high
- Useful for students who need extra sensory input.



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3. Station Walk / Roll

Place movement cards in different parts of the room.
Roll the dice → group moves to the matching station.
Great for early mobility exploration.

4. Hand-Only Version (Low Motor Demand)

Students stay seated and use small actions:

- Tap lap
- Finger wiggle
- Arm stretch
- Perfect for learners with limited mobility or sensory overwhelm.

AAC-Specific Supports

Recommended buttons:

- clap
- stretch
- go
- more
- happy
- again

Model AAC use each round, e.g.:

"Let's do... *clap!*"

Provide slow, calm wait time.

For Wheelchair Users / Accessibility

Replace movements with accessible equivalents:

- **Clap:** tap tray or tap fingertips
- **Stomp:** tap the wheelchair side
- **Spin:** half-turn or arm circle
- **Touch toes:** reach down to lap or touch wheels
- **Jump:** strong arm lifts or bounce gently in seat
- **Stretch:** reach arms upward or outward

Encourage peers to try adapted versions so movements feel shared and inclusive.



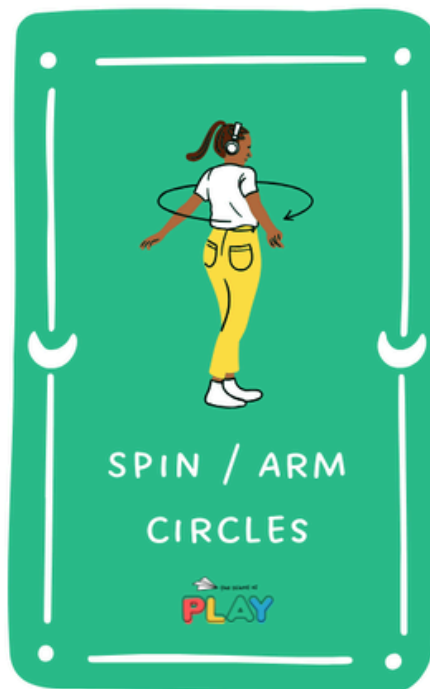
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Notes for Inclusion

- Accept any form of participation, movement, eye gaze, sound, smile, AAC.
- Provide very clear modelling with one instruction at a time.
- Keep rounds short and predictable.
- Praising effort increases belonging:
- "You tried! That's great moving!"
- Links with Levels A-B SEL: joint engagement, simple turn-taking foundations, body awareness, and positive peer interaction.

MOVEMENT PICTURE CARDS



MOVEMENT PICTURE CARDS

