

Dice Hero Moves

Roll the Dice and Move Like a Hero!

Let's get our bodies moving and our minds learning!

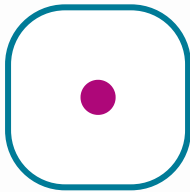
Roll the dice and act out the donation-themed move that matches your number.

Each one teaches you something special about organ and tissue donation!

Heart Hop

Jump in place while patting your chest like a beating heart.

💡 The heart is one of the life-saving organs that can be donated!



Kidney Twist

Stand up and gently twist your body side to side.

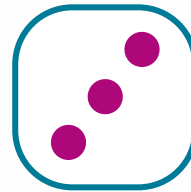
💡 You have two kidneys—but people can live with just one!



Lung Lift

Take a deep breath and stretch your arms up high.

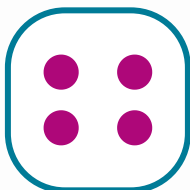
💡 Lungs help us breathe and can also be donated to someone in need.



Eye Spy Balance

Balance on one foot and pretend to look through binoculars.

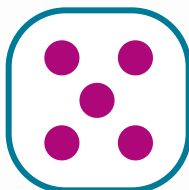
💡 Donated corneas (part of the eye) can help someone see again!



Liver Wiggle

Wiggle your body like jelly!

💡 The liver is the only organ that can grow back—and be donated in part!



Hero Pose

Stand tall with hands on your hips and smile like a Donate Buddy Hero!

💡 Organ and tissue donors are real-life heroes who save lives!

