



# ROLL THE DICE

Ages 6+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Perform a balance or shape related to the number rolled on the dice.

## EQUIPMENT



- ▶ Safe space to play in and a dice.

## HOW TO PLAY



- ▶ In a safe space roll a dice to see what number it gives.
- ▶ Whatever number the dice shows you must hold a balance or shape with that number of body parts touching the floor.
- ▶ For example if a 3 is rolled, hold a balance or shape with three body parts touching the floor.
- ▶ Hold this shape or balance for the count of 10 before rolling again.
- ▶ Try to come up with different balances and using different body parts for each roll.
- ▶ If playing as a pair or with a group, one player rolls and performs a balance, the other players must copy the balance. See who can hold that balance or shape for the longest.

## GAME VARIATIONS



1. If playing as a group, think creatively and list different balances that the opposite players must do when the dices are rolled. This may involve balances or shapes involving one, two or three players.
2. Play with two dice and add the two numbers together to give number of body parts needed to touch the floor. This could be as an individual, or as a pair or group.
3. Rather than balances or shapes, assign movements to each number on the dice. i.e 1 is a star jump, 2 is running on spot etc.. Perform each movement for a count of 20 before rolling again.