



Dice Down

Description

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Students participate in different challenges based on what number they roll on their dice.

Supplies

- 1 Die

How to Play

1. Have the group sit in a circle.
2. Throughout the game, each student gets a chance to roll the die.
3. There are challenges for each student based on what number they roll.
4. Once they roll the die, let them know what challenge is associated with that number.
5. The student can either say, "I got this" or "I pass" after the challenge is announced.
6. If a student says, "I got this" the student attempts to complete the challenge. If the challenge is complete the group earns a point.
7. If the student chooses "I pass" then the leader must do the challenge. If the leader completes the challenge then the leader gets a point.
8. This continues until the dice is passed around to every student in the group.
9. Challenges to try:
 - Roll a 1 – Do a handstand for 30 seconds (have another student hold their legs up)
 - Roll a 2 – Do 15 modified push-ups
 - Roll a 3 – Balance a book on your head and walk around the group one time
 - Roll a 4 – Get a partner and wheelbarrow one time around the group
 - Roll a 5 – Crabwalk around the group

- Roll a 6 – Do the worm in the middle of the group

Activity Prompts for Reflection

- What was a strength you displayed in one of the challenges today?
- What was a weakness you displayed in one of the challenges today?
- What was a strength of the group during this activity?
- What personality trait of yours helped you with this activity?

Other Ways to Play

- After the die is rolled, have all students decide if the challenge is a strength or weakness of theirs. All students who have that challenge as a strength can participate in that challenge instead of just the roller participating.
- To make this more challenging, utilize two dice and add new challenges that the students will enjoy

Additional Notes

- You may need to change up the challenges based on student ability, for example, it might be too hard for a 5-year-old to do a handstand, so instead you might change it to a somersault.
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Self-Awareness

Sel-competency

1. Self-Awareness

Allotted-time

1. 15 minutes

Themes

1. General