

DICE Spinner



Dice Spinner

Instructions

Objective:

This game offers two versions: an icebreaker team-building version and a fitness-focused version. Both are designed to encourage quick thinking, teamwork, and physical activity.

Players:

Groups of four are adaptable for more participants by increasing the number of teams.

Materials:

Each player needs a six-sided dice.

Setup:

Split the group into teams of four. Ensure each player has a dice.

Option One – Icebreaker & Team Building Game Version

Gameplay:

- Round Play: In each round, all four players roll their dice simultaneously, trying to be the first to roll a one.
- Scoring: The first player to roll a one yells "stop," wins the round and earns one point.
- Penalty for Losers: Players who don't roll a one perform body spins – one spin to the right and one to the left in round one, increasing by one each round.
- Game Duration: Play for five minutes. The player with the most points at the end wins.

Option Two – Fitness Dice Team Game Version

Gameplay:

- Starting Position: All players start in a plank position and roll their dice from this position.
- Scoring: As in the icebreaker version, the first to roll a one wins the round and gets a point.
- Fitness Challenge: Players who don't roll a one perform physical activity (like one burpee in round one, increasing each round).
- Game Duration: Play for five to ten minutes. The player with the most points wins.

Winning the Game:

In both versions, the player with the most points at the end of the set time wins.

Variations for Different Settings:

- Children's Edition: Use simpler movements or funny actions instead of spins or burpees.
- Corporate Edition: Focus on team dynamics and communication, adding a brainstorming element for each round.
- Fitness Edition: Intensify the physical challenges using a variety of exercises like push-ups, squats, or lunges.

Additional Notes:

- The game's versatility makes it suitable for different group sizes and settings.
- It's an excellent way to break the ice, encourage team interaction, or add a fitness element to a session.
- Encourage a fun atmosphere and healthy competition to maximise engagement and enjoyment.

