

# Matchy Matchy Dice

PLAY

**Matchy Matchy Dice** is a fast-paced game where the goal is to score the highest points by strategically setting aside dice without busting. Then, turn those points into a burst of exercise by completing a fun movement challenge. The player with the highest total score after all rounds wins!



## Family Objects

### Sharpening Our Strategic Thinking:

Family members learn to balance risk and reward by deciding when to keep rolling the dice and when to hold back, making smart choices along the way.

### Boosting Our Number Skills:

Everyone gets a chance to practise basic arithmetic and probability as they calculate scores and plan their moves.

### Getting Active Together:

After each round, family members enjoy a burst of physical activity—turning game scores into fun exercises that get everyone moving and grooving!



## Success Milestones

### Smart Dice Decisions:

Family members consistently choose wisely when setting aside dice, demonstrating effective risk management and strategic thinking.

### Accurate Scorekeeping:

Players carefully add up their points and follow the dice rules correctly, showing their knack for numbers and fair play.

### Enthusiastic Movement Participation:

Everyone actively joins in the movement rounds by completing the set number of repetitions, keeping the energy high and the fun ongoing.



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## Objective:

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## Players:

Ideal for two or more players—works best in groups of four, but can easily be adapted for larger or smaller family groups.

## Materials:

- **Dice:** Eight six-sided dice per group.
- **Scorekeeping:** Paper and pen (or a board) to record each player's score.
- **Movement Guide:** A list of exercises for each round (see below).

## Setup:

### 1. Determine Order:

Roll a die to decide the playing order. The highest roller goes first, and the lowest becomes the scorekeeper for that round.

### 2. Prepare Score Sheets:

Write down each player's name and leave space to record their scores and exercise reps for each round.

## Gameplay:

### 1. Starting a Turn:

- On your turn, roll all eight dice.
- Choose one number from the roll and set aside as many dice showing that number as you wish.
- Each chosen die adds to your score for that turn.

### 2. Continuing the Turn:

- After setting aside dice, you can either end your turn to bank your score or continue by rolling the remaining dice.
- Remember, you must set aside at least one new die with each roll, and you cannot pick a number that you've already set aside during that same turn.

### 3. Busting:

- If you roll and find no new number to set aside, you "bust" and score zero for that turn.
- When you bust, you must complete ten repetitions of the round's designated exercise.

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## 4. Movement Element:

- At the end of your turn, your score for that round is determined by the number of dice you've set aside.
- The number of dice that remain un-set (if you stop before using them all) equals the number of repetitions you must complete for that round's movement.
- Example:** If you finish your turn with eight dice set aside, you complete eight squats (or the designated exercise for that round).

## 5. Movement Rounds:

Each round has a specific movement tied to it. For example:

- Round One:** Squats
- Round Two:** Star Jumps
- Round Three:** Lunges
- Round Four:** Push Ups
- Round Five:** Sit Ups
- Round Six:** Chair Squats
- Round Seven:** Full Body Spins
- Round Eight:** Squat Jumps
- Round Nine:** Leg Raises
- Round Ten:** Burpees

## 6. Winning the Game:

- The game ends after each player has had a turn in every round.
- Add up each player's scores from all rounds.
- The family member with the highest total score wins the game!

## Variations for Extra Fun:

### 1. Team Play:

Form teams where each member rolls separately, but combine your scores for a team total. Discuss strategy as a team to decide how far to push your luck!

### 2. Progressive Ante:

Increase the stakes each round by upping the required exercise reps or adding bonus points for particularly daring moves.

### 3. Wild Dice:

Before each round starts, nominate one number as 'wild'. This number can be used in place of any other and earns double points if set aside.

### 4. Speed Rounds:

Introduce a time limit for each player's turn to add a bit of pressure and fast-paced excitement to your decision-making.

### 5. High Roller Mode:

Only count scores above a certain threshold (for example, 50 points) to win the round, encouraging players to take bigger risks for higher rewards.



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## Additional Notes:

Matchy Matchy Dice – Family Edition is a brilliant blend of strategy, maths, and physical activity. It's designed to get everyone thinking, calculating, and moving—perfect for a family game night that's both mentally stimulating and physically active. Enjoy the thrill of risk and reward, and have a blast cheering each other on as you roll, score, and exercise together!

