

Last One Standing Dice

PLAY

Last One Standing Dice is a fast-paced, competitive dice game where the goal is to be the first player to run out of dice. Each player starts with six dice and must perform specific actions based on the outcome of each roll. Points are scored based on the dice remaining when one player wins, and the aim is to finish with the lowest total score over multiple rounds.



Family Objects

Enhance Decision-Making and Reaction Skills:

Family members boost their ability to make quick decisions and react swiftly by performing specific actions tied to different dice rolls, building both mental and physical agility.

Promote Physical Activity through Gameplay:

Every roll of a six encourages a burst of movement—be it a tuck jump, squat, or star jump—ensuring that everyone stays active and energised while having fun.

Encourage Positive Reflection:

With opportunities to reflect on positive experiences or express gratitude when rolling a six, players nurture a mindset that combines physical exercise with emotional well-being.



Success Milestones

Effective Response to Dice Rolls:

Players consistently perform the correct actions associated with each dice roll—moving, passing, or keeping dice—demonstrating a clear understanding of the game rules.

Active Participation in Physical Activities:

Family members enthusiastically complete the required exercises when rolling a six, contributing to overall fitness and a lively game atmosphere.

Positive Engagement in Reflection:

When using the reflection variation, players thoughtfully share their gratitude or positive insights, blending physical play with moments of emotional mindfulness.



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Objective:

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Players:

- Suitable for 3 to 6 players
- Ideal for family game nights, classroom activities, or casual gatherings

Materials:

- Six six-sided dice per player

Setup:

1. Initial Distribution:

- Each player receives six dice.

2. Space Arrangement:

- Ensure there's enough room in the centre of the playing area where dice can be placed or passed among players.

Gameplay:

1. Starting the Round:

- All players count down and then simultaneously roll their six dice.

2. Actions Based on Dice Rolls:

- **Roll a One:** Place that die into the centre of the play area.
- **Roll a Two:** Pass that die to the player on your left.
- **Roll a Five:** Pass that die to the player on your right.
- **Roll a Three or Four:** Keep the die (do nothing with it).
- **Roll a Six:**
 - Perform a designated physical activity (e.g., a tuck jump, squat, or star jump).
 - Announce the action you performed.
 - Optionally, if using the reflection variation, share a brief positive thought or express gratitude.

3. Subsequent Rounds:

- After each round, each player collects any dice that were passed to them along with the dice they kept.
- All players then roll all the dice they currently hold, following the same rules.

4. Ending the Game:

- The game ends when one player has no more dice.
- At that point, each remaining player scores one point per die they still hold.



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5. Overall Winner:

- Multiple rounds can be played.
- The player with the lowest total score at the end of the session is declared the winner.

Variations for Different Settings:

• Positive Reflection Variation:

Encourage players to share a brief moment of gratitude or a positive thought every time they roll a six, adding a meaningful pause to the physical challenge.

• Children's Edition:

Simplify the actions or reduce the number of dice per player to keep the game accessible and fun for younger children.

• Fitness Edition:

Intensify the physical challenge by increasing the number of reps or adding more vigorous exercises for each six rolled.

• Team Building Edition:

Adapt the game so that players form teams and strategise together on how to quickly reduce their dice count while supporting each other through the physical challenges.

Additional Notes:

Last One Standing Dice – Family Edition is an engaging blend of quick decision-making, physical activity, and positive reflection. It encourages a competitive yet supportive atmosphere where players not only test their reaction skills but also cultivate a mindset of gratitude. Perfect for energising a group and fostering teamwork, this game is sure to bring laughter, exercise, and a touch of mindful reflection to your family gatherings or classroom sessions. Enjoy the challenge and celebrate each small victory along the way!

