

# Duck Duck Dice

STAY ACTIVE!

**Duck Duck Dice – Family Edition** is a fun, interactive dice game that combines luck, strategy, and fitness. Players (or teams) predict whether their dice roll will match the "Boss Dice" by either matching its value or reaching the required sum through addition. Correct predictions earn points and allow players to hold a plank, while incorrect guesses result in completing ten reps of a fun exercise (e.g., squats, lunges, sit-ups, leg raises, plank jacks, mountain climbers, push-ups, squat thrusters, burpees, or squat jumps). The goal is to accumulate the highest score over several rounds, promoting quick thinking, physical activity, and teamwork.



## Family Objects

### Boosting Strategic Thinking and Quick Reaction:

Family members sharpen their decision-making skills by predicting dice outcomes and strategically placing their dice in their "bucket" based on the "Boss Dice" challenge. This game encourages fast thinking and quick reflexes in a fun, relaxed setting.

### Encouraging Teamwork and Positive Interaction:

Working together in teams, players support and motivate one another as they roll dice, complete exercises, and share in the excitement of each round. The game fosters a friendly, cooperative atmosphere where communication flows naturally.

### Getting Active Together:

Incorporating fun physical challenges into the gameplay, such as holding a plank or performing a set number of exercises, gets everyone moving and laughing while boosting overall fitness and endurance.



## Success Milestones

### Effective Dice Strategy:

Family members consistently make thoughtful decisions about when to place their dice into their "bucket" by matching the Boss Dice criteria, demonstrating focused strategic thinking.

### Active Team Engagement:

Everyone participates enthusiastically in every round—rolling the dice, coordinating with teammates, and encouraging each other to perform the physical exercises with energy and commitment.

### Completion of Fun Physical Challenges:

Participants complete the assigned exercises (e.g., planks for correct predictions or ten reps from the exercise list for incorrect guesses) with enthusiasm, keeping the energy high and the fun genuine.



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## Objective:

Duck Duck Dice – Family Edition is a fun, interactive dice game that combines luck, strategy, and fitness. Players (or teams) predict whether their dice roll will match the "Boss Dice" by either matching its value or reaching the required sum through addition. Correct predictions earn points and allow players to hold a plank, while incorrect guesses result in completing ten reps of a fun exercise (e.g., squats, lunges, sit-ups, leg raises, plank jacks, mountain climbers, push-ups, squat thrusters, burpees, or squat jumps). The goal is to accumulate the highest score over several rounds, promoting quick thinking, physical activity, and teamwork.

## Players:

- Suitable for 2–6 players, individually or in teams.
- Ideal for family gatherings, classrooms, or team-building sessions.

## Materials:

- A six-sided dice for each player or team
- One designated "Boss Dice" (this may be a specially marked dice or one chosen by the instructor)
- A score sheet to track points (optional)
- A list of exercises (e.g., squats, lunges, sit-ups, leg raises, plank jacks, mountain climbers, push-ups, squat thrusters, burpees, squat jumps)

## Setup:

### 1. Assign Dice:

- Each player or team receives five dice for rolling, along with one "Boss Dice" that the instructor or a designated player will roll first to set the target value.

### 2. Establish a "Bucket":

- Designate a specific area (or bowl) where players will place their dice once they meet the Boss Dice criteria.

### 3. Explain the Rules:

- Describe how each round works: first, determine the target value by rolling the Boss Dice. Then, players roll their own dice and decide whether to match the Boss Dice value or add up to it by combining some of their dice.
- Clarify the scoring: a correct prediction (either matching directly or summing to the target) earns points and requires the player to hold a plank; an incorrect prediction means the player must complete ten reps of a designated exercise.
- Emphasise that teamwork, strategic planning, and positive energy are key to the game.

### 4. Time Setting:

- Set a timer for the duration of the game (for example, 10 minutes), during which players try to accumulate as many points as possible.

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## Gameplay:

### 1. Starting the Round:

- The instructor or designated "Boss" rolls the Boss Dice to set the target value for that round.

### 2. Player Dice Rolls and Decisions:

- Each player or team then rolls their five dice.
- Before the dice settle, players decide if their total should match the target value of the Boss Dice or if they will combine specific dice to meet that target.
- Players strategically place any dice that meet the criteria into their "bucket."

### 3. Scoring and Physical Challenge:

#### ◦ Correct Prediction:

- If a player's or team's dice match the target value (either through a single matching die or by summing up the correct number), they earn points (e.g., 2 points for matching a higher or lower prediction, or 5 points for an exact match if applicable) and must hold a plank until the last incorrect guess in that round completes their exercise.

#### ◦ Incorrect Prediction:

- If a player's prediction is wrong, they must complete ten reps of the designated exercise from the provided list.

### 4. Continuation and Rounds:

- After each round, players record their points and then move on to the next round, with the Boss Dice rolled again to set a new target.
- The game continues until the timer runs out or a predetermined number of rounds is reached.

## Winning the Game:

- At the end of the set time, tally the points earned from all rounds.
- The player or team with the highest overall score is crowned the champion of Duck Duck Dice.
- While the game is competitive, the focus remains on having fun, staying active, and working together as a team.

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## Variations for Different Settings:

- **Fitness Edition:**

Increase the intensity of the exercises or add additional physical challenges (such as a short sprint or extra reps) for incorrect predictions.

- **Children's Edition:**

Simplify the rules by reducing the number of dice or modifying the exercise list to include more playful, age-appropriate movements.

- **Team Building Edition:**

Encourage teams to strategise together, share ideas, and support one another, perhaps by allowing team members to pool their dice or by having group challenges that require collective effort.

- **Custom Challenge Edition:**

Introduce different scoring systems or additional rules, such as bonus points for consecutive correct predictions or special challenges for rolling doubles.

## Additional Notes:

Duck Duck Dice – Family Edition is an engaging blend of strategy, physical fitness, and teamwork. The game's unique combination of dice rolling with physical challenges adds an element of unpredictability and fun to any gathering. Whether you're playing at home, in a classroom, or as part of a team-building session, this game promotes active participation, quick thinking, and a spirit of friendly competition. Enjoy the challenge, support your teammates, and let the energy of each roll propel you toward victory!