

# Magical 21

STAY ACTIVE!

Magical 21 is a dice-based game that combines quick math, strategic decision-making, and physical activity. Players roll two six-sided dice to accumulate a total score, aiming to reach exactly 21 points without going over. They must decide whether to roll again or hold their current total, weighing the risks and rewards of each decision. After each round, a fitness challenge is performed based on the outcome. The game is designed to boost mental agility and physical fitness while fostering friendly competition and good sportsmanship.



## Family Objects

### Boosting Strategic Thinking and Quick Reaction:

Family members sharpen their decision-making skills by rolling dice and quickly adding numbers, deciding when to risk another roll or when to hold. This fun challenge encourages fast thinking and strategic choices in a relaxed, supportive environment.

### Encouraging Teamwork and Positive Interaction:

Participants work together—whether playing individually or in teams—to support each other through friendly competition. Cheering one another on during dice rolls and exercise challenges creates a warm, cooperative atmosphere.

### Getting Active Together:

Integrating physical challenges such as planks, burpees, or squats into each round not only makes the game more dynamic but also gets everyone moving, promoting fitness and endurance while having a good laugh.



## Success Milestones

### Effective Dice Strategy:

Family members consistently make thoughtful decisions about when to roll again and when to hold their current total, demonstrating focused strategic thinking and quick mental addition.

### Active Team Engagement:

Everyone participates enthusiastically in each round—rolling the dice, calculating totals, and encouraging one another through the fitness challenges—ensuring that the energy and team spirit remain high.

### Completion of Fun Physical Challenges:

After each round, participants complete the assigned fitness tasks (e.g., holding a plank for 20 seconds if they win the round, or performing 5 squats, push-ups, or star jumps if they lose) with genuine enthusiasm, keeping the overall atmosphere active and joyful.



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## Objective:

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## Players:

- Suitable for two or more players, ideal for small groups or family gatherings.
- Can be played individually or in teams.

## Materials:

- Two six-sided dice per player (or per team)
- A score sheet (paper and pen or a pre-printed scorecard)
- (Optional) A timer to manage rounds

## Setup:

### 1. Determine the Order:

- Each player rolls one die; the highest roll determines who goes first.

### 2. Score Tracking:

- Provide each participant with a score sheet to keep track of points throughout the game.

### 3. Explain the Rules:

- Players take turns rolling both dice and adding the numbers together.
- After each roll, a player can choose to “stay” with their current total or risk rolling again to add more points.
- If the total exceeds 21, the player busts and earns no points for that round.
- Special scoring rules:
  - Rolling exactly 21 earns 2 points.
  - Winning a round (having the highest valid total compared to the previous player’s score) earns 1 point.
  - In case of a tie, both players receive 1 point.

### 4. Fitness Challenge Briefing:

- Explain that after each round, there will be a fitness challenge:
  - The winner holds a plank for 20 seconds.
  - The loser (or losing players) completes 5 reps of a chosen exercise (e.g., squats, push-ups, or star jumps) as determined by the winner.



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## Gameplay:

### 1. Rolling the Dice:

- The first player rolls both dice and calculates their total.
- They decide whether to roll again or to stop and keep their current total.
  - *Example:* A player rolls a 5 and a 4 (total 9) and then chooses whether to roll again.

### 2. Risk and Reward:

- If the player chooses to roll again, the new roll is added to their current total.
- A decision must be made quickly: risk rolling again to get closer to 21 or hold to avoid busting.

### 3. Choosing to Stay:

- Once a player's total reaches 17 or higher, they should carefully decide whether to stop or roll one more die, understanding the risk of going over 21.

### 4. Round Outcome and Fitness Challenge:

- If a player's total is higher than the previous player's (without exceeding 21), they win the round and earn points.
- The winner holds a plank for 20 seconds while the loser(s) complete 5 reps of the chosen exercise.

### 5. Next Player's Turn:

- After each round, the next player takes their turn to either try to beat the previous score or start fresh if the previous player busts.
- The game continues until every player has had a turn, with a group fitness challenge performed after each round if playing in teams.

## Ending the Game:

- The first player to accumulate 6 points is declared the champion.
- The game encourages continual improvement, with players aiming to better their previous rounds and enjoy the challenge as a group.

## Variations for Different Settings:

### • Educational Edition:

Have players calculate their dice totals out loud to reinforce quick mental math skills.

### • Team Building Edition:

Organise players into teams. Team members can collaborate on whether to roll again, and they may even share a single die roll if playing in pairs.

### • Fitness Edition:

Increase the intensity of the fitness challenges—such as extending the plank hold or adding additional exercises—to cater to higher fitness levels.

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## Additional Notes:

Magical 21 – Family Edition is a fun, competitive game that merges strategic thinking, mental math, and physical activity. Its unique combination of decision-making challenges and fitness elements creates an engaging experience that promotes teamwork, encourages a healthy lifestyle, and builds confidence. Enjoy the friendly competition, support one another through each roll, and let the game inspire both your mind and body as you work toward 21!

