

Fibbers Dice

STAY ACTIVE!

Fibbers Dice is a fun, engaging game that mixes physical exercise with mental strategy. In teams, players roll dice, then decide whether to truthfully report their total or bluff about it. The opposing team can choose to accept the total or accuse them of fibbing. Depending on the outcome, teams perform a specific exercise, with rewards for accurate play and “punishment” for unsuccessful bluffs or false accusations. The game is played over several rounds, and the overall winner is the team that successfully uses strategy and teamwork to outplay the opposition.



Family Objects

Develop Strategic Thinking and Bluffing Skills:

Family members learn to think on their feet by deciding when to tell the truth and when to bluff about their dice totals. This playful twist sharpens quick decision-making and risk assessment.

Encourage Physical Fitness and Engagement:

Every round comes with a fun physical challenge. Whether you’re performing extra exercises as a “punishment” or a quick workout as a reward, you’ll stay active and energised throughout the game.

Foster Teamwork and Communication:

Players work together in teams to strategise, share ideas, and communicate effectively—especially when bluffing or making accusations—building stronger bonds and collaboration within the family.



Success Milestones

Active Participation in Bluffing and Strategy:

Family teams actively decide when to be honest or bluff about their dice totals, making strategic choices that add fun and excitement to the game.

Enthusiastic Engagement in Physical Challenges:

Everyone completes the assigned exercises with enthusiasm and effort, showing that they’re committed to both the mental and physical parts of the game.

Effective Team Communication and Cooperation:

Teams demonstrate good sportsmanship and clear communication, discussing strategies and working together to decide whether to accept or challenge an opponent’s reported total.



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Objective:

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Players:

- Played in two teams, each team using five dice.
- Suitable for family game nights, classroom activities, or any group setting where fun and fitness are the goals.

Materials:

- Five six-sided dice per team
- (Optional) A score sheet or tally system to track points or rounds

Setup:

1. Form Teams:

- Divide the participants into two teams.
- Each team receives five dice.

2. Review the Rules:

- Explain that each team will roll their dice and secretly calculate their total.
- Teams then report their total to the opposing team, but they may choose to bluff if they wish.
- The opposing team can either accept the reported total or accuse them of fibbing.

3. Prepare Exercise List:

- Ensure that everyone understands the physical exercises associated with the outcomes, including extra challenges for caught fibs or false accusations.

Gameplay:

1. Dice Rolling and Reporting:

- Both teams roll their five dice and secretly calculate their total.
- Each team then reports their total to the opposing team. They can choose to tell the truth or bluff.

2. Accusation Phase:

- The opposing team decides whether to accept the reported total or accuse the team of bluffing.

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3. Exercise Challenge:

- **If the reported total is accepted:**
 - The reporting team earns a point and performs an exercise matching their dice roll (for a lower number of reps).
- **If the opposing team accuses them of fibbing and the bluff is confirmed:**
 - The bluffing team must perform more challenging exercises (more reps as a "punishment") and the opposing team may steal a point.
- **If the accusation is false:**
 - The accusing team performs the extra exercise penalty.

4. Repeat Rounds:

- The game is played over a set number of rounds or a predetermined time limit. Teams continually strategise, roll dice, and perform the associated physical challenges.

Winning the Game:

- The overall winner is the team that earns the most points over the set rounds or time period by successfully bluffing or accurately accusing the opposing team.
- Emphasise that the true goal is to have fun, stay active, and enjoy friendly competition.

Variations for Different Settings:

- **Educational Edition:**

Incorporate math challenges by asking teams to calculate probabilities or discuss strategies related to dice odds.

- **Fitness Edition:**

Increase the intensity of the exercises for a more rigorous workout, such as adding burpees, push-ups, or sprints.

- **Team Building Edition:**

Focus on collaborative strategy sessions before each round to encourage deeper communication and planning among team members.

Additional Notes:

Fibbers Dice – Family Edition is a versatile game that blends mental strategy with physical activity, making it perfect for energising family gatherings, classrooms, or team-building events. The element of bluffing adds an exciting twist, ensuring that every round is unpredictable and fun. Enjoy the game, cheer on your teammates, and embrace both the challenge and the laughter that comes with each roll of the dice!

Exercise list

Total of dice	Exercise	Total reps completed
5 – 8	Sumo squat jumps	
9 – 12	Abdominal leg raises	
13 – 16	Push ups	
17 – 20	Alternating lunge jumps	
21 - 24	Double piston sit-ups	
25 - 28	Dips	
29 - 30	Plank jacks	
	Total reps	

Fibber's exercises

Liars act	Exercise
Get caught lying about dice value	10 squat thrusters
False accusation	10 burpees

Scorecard

Round number	Win/loss and exercise	Fibbers exercises
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
Total reps		