

Garbage Dice

PLAY

To be the first player to complete the 1–6 dice sequence and win rounds by avoiding garbage rolls. The game continues until one player runs out of dice.



Family Focus:

Building Number Sequencing and Probability Skills:

Players develop an understanding of number order and probability as they try to complete the 1–6 sequence while avoiding repeated rolls.

Practicing Patience and Managing Disappointment:

Family members learn to accept “garbage rolls” with good humour and stay focused even when luck doesn’t go their way.

Fostering Positive Reflection and Movement:

The game ends each round with a light physical activity and a meaningful reflection prompt, bringing joy and connection to every turn.



Success Milestones

Completing a Full Dice Sequence (1–6):

Players demonstrate understanding of number order and strategic play to avoid repeats and complete their sequence.

Active Participation and Focus:

Everyone remains engaged throughout each round, taking turns and cheering each other on, even during setbacks.

Sharing Positive Reflections:

Family members respond to fun, meaningful questions based on the final roll, supporting emotional well-being and connection.



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Objective:

To be the first player to complete the 1–6 dice sequence and win rounds by avoiding garbage rolls. The game continues until one player runs out of dice.

Players:

Two family members (or more in teams).

Materials:

- 40 six-sided dice
- A small container or space to collect “garbage” dice
- Open area for rolling and building the number sequence

Setup:

Divide the 40 dice equally between two players (20 each). Place a container or spot to serve as the garbage pile.

Gameplay:

1. Who Starts First?

Each player rolls one die. The higher number goes first.

2. Rolling and Placing:

The first player rolls one die and places it in the corresponding position (if it's a number 1–6 and hasn't been placed yet).

3. Garbage or Good?

On their turn, if a player rolls a number already in the sequence, it's “garbage” and placed in the trash pile. If it's a new number, it gets added to the sequence.

4. Winning the Round:

The player who completes the full sequence of 1–6 wins the round and banks those dice.

- The losing player performs star jumps equal to the final dice roll.
- The winning player asks their opponent a positive reflection question based on the final number rolled:
 - Final Roll Reflection Question
 - 1 - What is one thing you are proud of today?
 - 2 - Who are two people you are grateful for and why?
 - 3 - What are three things that made you smile today?
 - 4 - Name four strengths or skills you admire in yourself.
 - 5 - What are five kind acts you have done or witnessed recently?
 - 6 - What are six things you love about your life right now?

5. New Sequence Begins:

The losing player rolls one die to start a new sequence, and the next round begins.



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Winning the Game:

The first player to use all of their dice wins the game!

The player with leftover dice can be challenged to perform a fun family movement (e.g., silly dance, skipping, or jumping jacks) to celebrate the winner.

Variations for Different Settings:

Endgame Challenge Mode:

The final player with dice must complete a full 1–6 sequence on their final turn to win. If they can't, the line is split or the opponent wins.

Team Play:

Pair up and play cooperatively, one partner rolls, the other manages the sequence and garbage pile.

Reflection Rounds Only:

Play shorter rounds focused only on rolling and reflecting using the positive prompts, great for bedtime or quiet family chats.

Additional Notes:

Garbage Dice is a fast-paced, laughter-filled game that mixes chance, strategy, physical activity, and positive reflection. It's perfect for families who love playful learning and meaningful conversations. Grab your dice and get ready to roll, reflect, and repeat!

