

# Magic Fives



**To be the first player to roll all five dice into the same Magic Number, completing fun movement challenges along the way for every die that doesn't match your goal!**



## Family Objects

### **Building Resilience and Focus:**

Family members learn to stay determined as they roll, move, and try again, practising patience and perseverance to reach their goals.

### **Encouraging Movement and Energy:**

Players are kept active as they complete fun movement tasks based on their dice results, promoting physical well-being while playing.

### **Fostering Personal Reflection and Fun:**

Each round offers moments to reflect on effort, laughter, and the feeling of achievement, celebrating progress and effort over perfection.



## Success Milestones

### **Achieving the Magic Five:**

Players stay focused on their goal, getting all five dice to show their chosen number.

### **Engaging Fully in Movement Tasks:**

Everyone participates joyfully in the physical challenges connected to each dice number.

### **Encouraging Positive Energy and Reflection:**

Players share how they felt after each round, highlighting determination and fun.



# Magic Fives



## Objective:

To be the first player to roll all five dice into the same Magic Number, completing fun movement challenges along the way for every die that doesn't match your goal!

## Players:

2–4 family members (or more in teams)

## Materials:

- 5 six-sided dice per player
- Open space for movement
- Movement Chart (see below)

## Movement Chart:

### Dice Roll Movement Challenge

- 1 1 Push Up
- 2 2 Leg Raises
- 3 3 Squats
- 4 4 Jumps
- 5 5 Full Body Spins
- 6 6 Star Jumps

## Setup:

Each player starts with 5 dice. Roll one die each to decide who starts (highest number goes first). The game plays in turns, moving clockwise.

## Gameplay:

### 1. Roll All 5 Dice:

On your turn, roll all five of your dice.

### 2. Select Your Magic Number:

From the results of your first roll, choose your *Magic Number*—the number you're aiming to match all your dice to this round.

### 3. Remove Matching Dice:

Remove any dice that match your Magic Number—they're "locked in" and no longer rolled.

### 4. Movement Time:

For each remaining die that doesn't match your Magic Number, complete the matching movement from the chart.

### 5. Repeat Each Turn:

On your next turn, roll only the remaining dice. Remove any new matches, and complete movements for the rest.

### 6. Keep Going:

The game continues round by round until one player successfully rolls all five dice as their Magic Number!

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## Winning the Game:

The first player to “lock in” all five of their dice to match their Magic Number wins the game and is crowned the Master of Magic Fives!

## Reflection Questions:

- “What helped you stay motivated during the game?”
- “Which movement was your favourite—and why?”
- “What did you learn about yourself through Magic Fives?”

## Variations for Different Settings:

### Quick Play Mode:

Use only 3 dice for younger players or to speed up the game.

### Team Tag:

Players pair up and take turns rolling, helping each other reach Magic Five status with shared movement!

### Reverse Challenge:

Start with all five dice matching, players must roll until all five are *different* numbers.

## Additional Notes:

Magic Fives is a powerful blend of energy, goal-setting, movement, and mindful play. It's simple, active, and deeply rewarding. With each roll and movement, families build resilience, laughter, and connection—one Magic Number at a time.

