

Magic Fives

STAY ACTIVE!

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.



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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.

