

# Physical Challenge

Things you need :

- 6 4x6 cards
- 1 dice
- 1 small box with 6 sides

Instructions

1. Prepare six actions:

- jump
- spin
- squat
- stomp
- one leg hop
- skip

2. Write/draw the six actions for each on a 4x6 card



3. Paste them on the cube or box



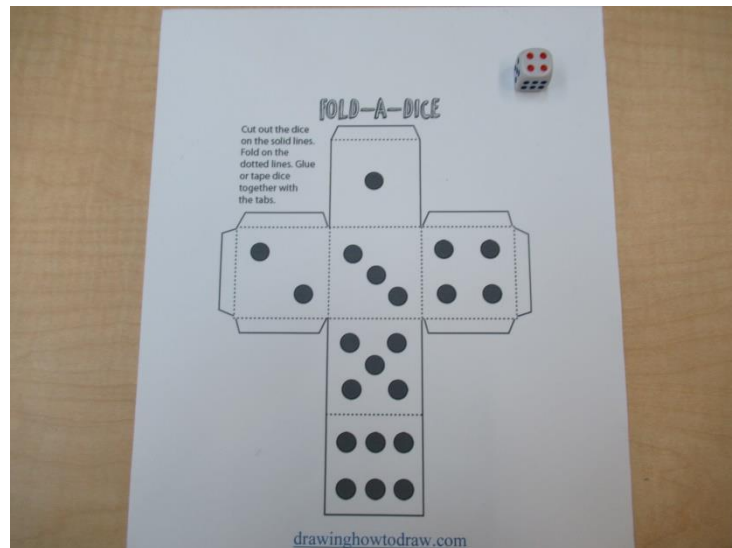
5. To play, roll the action dice and your number dice at the same time.

Do the action that your action dice landed on the number of times that corresponds with your number dice. For example :

First player roll the 2 dice:



4. Prepare a dice or make one by yourself



The first player "skip six times"

The next player roll the 2 dice and have fun!