**BRAIN BOOST ACTIVITY CHART**

Equipment Needed: Dice

|  |  |  |
| --- | --- | --- |
| **Name** | **Set-Up** | **Description** |
| **Jump to 30** | * Create 6 equal teams
* Place 6 dice around the perimeter of the room – with 1 in each corner and the other 2 evenly spaced
* Send each group to a die
 | **Objective:** Move around the room rolling the dice until rolls add up to 30. With each roll, do that number of jumping jacks before moving on.* On the start signal, roll the first die.
* The number you roll is the number of jumping jacks each member of your team must complete before moving to the next die.
* The first team to do exactly 30 jumping jacks wins the game.
* If you go over 30, start over at 0.
 |
| **Up to You** | * Group students into teams of 4-5
* Each group forms a circle
* One student in each circle holds a die
 | **Objective:** Catch the die, choose an exercise, and have fun.* The student holding the die calls out an exercise and then tosses the die to someone else in the circle.
* The student that catches the die looks at the number her/his right thumb is touching. All students in the group performs the exercise that number of times.
* Repeat.
 |
| **Road Trip** | * Create 2 equal teams
* Each match requires 3 dice
 | **Objective:** To roll the highest combined number of dice.* Team with shortest player rolls 1st.
* 1st roll: Roll all 3 dice. Pick the highest number and set that aside.
* 2nd roll: Roll 2 dice. Set the highest number aside.
* 3rd roll: Roll 1 die. You must use that number.
* Add all 3 rolls, that’s your score.
* The other team now repeats this process. Team with the highest score wins. The winning total is the number of repetitions the class must complete of an exercise that the winning team chooses. (E.g., the winning score is 12 and the winning team chooses jumping jacks. The entire team does 12 jumping jacks.)
 |