

SKILL-RELATED FITNESS

Challenge Activities

Power Dice Challenge

[YouTube Video Demo](#)

Emotions are an important part of the human experience. When used efficiently, emotions help us build and sustain energy for positive growth and advancement. Learning how to embrace sadness to fuel our love and compassion for others can help our relationships.

Learning how to harness anger to fuel our determination and grit can help us overcome obstacles and setbacks. Learning how to use joy to spark enthusiasm and optimism can help us build toward both personal and community goals and aspirations.

In the Power Dice Challenge, you will roll a die and then read the corresponding emotional power challenge. The object of the game is to complete all 6 challenges in 5 minutes or less. The clock starts when you start your first roll.

Roll Number	Emotional Power Points Scored
1	Sadness: Work through the sadness by jumping INVISIBLE JUMP ROPE while you count to 30.
2	Joy: Demonstrate your joy by doing 15 STAR JUMPS.
3	Anger: Channel your anger by doing 5 SLOW MOTION PUSH-UPS. (Modify if needed)
4	Enthusiasm: Carry your enthusiasm by RUNNING IN PLACE while you count to 30.
5	Fear: Face your fear by holding a 30-SECOND PLANK.
6	Courage: Turn your courage into action by doing 30 PLANK-JACKS.

Your Challenge Time: _____

