

Last One Standing Dice

Roll the dice, pass them around, and be the last player standing with no dice left.

SCAN TO SEE IT PLAYED



The core game

How it works

- 1 Each player starts with six dice. Everyone counts down together and rolls their dice at the same time.
- 2 Act on each die based on the number rolled: 1 = move that die to the centre; 2 = pass it left; 3 or 4 = keep it; 5 = pass it right; 6 = do a burpee, squat, or star jump and announce it.
- 3 Collect any dice passed to you plus the ones you kept, then roll again following the same rules.
- 4 The game ends when one player has no dice left. Every other player scores one point per die still in their hand — lowest total score over multiple games wins.

Ways to play

Two versions for every occasion

Way 1 — Classic Dice Pass

Best for 3-6 players · Indoors or outdoors, any flat surface

- Give each player six dice and gather around a table or on the floor.
- Count down from three together, then everyone rolls at the same time.
- Follow the number rules: 1 to the centre, 2 pass left, 3 or 4 keep, 5 pass right, 6 do a physical forfeit.
- Scoop up your kept dice plus any passed to you and roll again immediately.
- First player to have no dice calls out — everyone else scores their remaining dice as points.

Way 2 — Reflection Round (Home Variation)

Best for 2-4 players · Family game night at home

- Play the same dice-passing rules, but when anyone rolls a 6 they must answer a fun question (e.g. 'What made you smile today?') before doing their physical forfeit.
- Keep a running score across five rounds — lowest total points wins the game.
- Between rounds, swap who chooses the physical forfeit for rolling a 6.
- Finish with a 'gratitude roll' — each player rolls one die and shares that many things they are grateful for.

TIP FOR PARENTS

Try this at home

Keep the energy light and laugh along when the dice stack up against you — the unpredictability is what makes it fun. If you have younger children, start with three dice each rather than six to shorten each round.

THE SCIENCE OF PLAY

Why it works

The simultaneous rolling removes waiting and keeps every player engaged at all times, while the random movement of dice means the lead can change in an instant — sustaining excitement and preventing early disengagement. The built-in physical forfeits also give the body a boost of energy that helps the brain stay alert and focused.

SCHOOL ' HOME

The connection

Your child played this game at school as a way to mix movement and quick decision-making — playing it at home brings those same joyful moments into your family routine.