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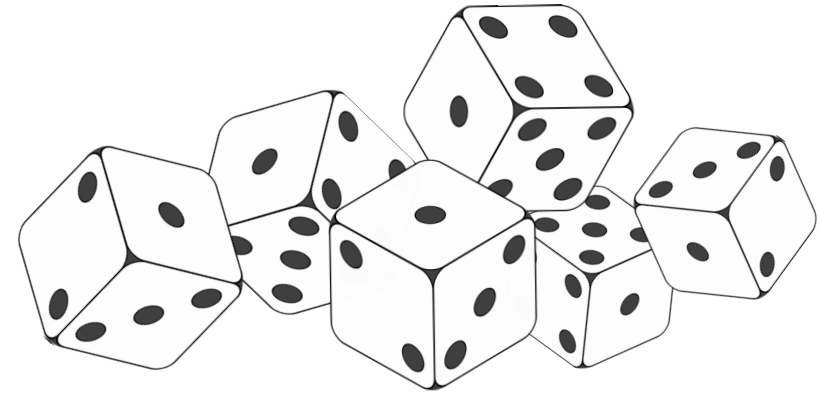
**Unplugged,
No-Screens Fun**

Family fun at mealtime with this popular dice game

WHAT YOU'LL NEED:

- One die per family member
- Paper & pencil for each family member

- #1** This activity requires no skill; all you have to do is roll the dice. Give each family member a die.
- #2** Everyone begins rolling their die and writing down the number that comes up for each roll. If someone rolls a 1, he or she must start over.
- #3** Each player keeps track of their points and the first person to reach 100 (or 25 or 50) wins.
- #4** This activity provides an excellent opportunity for children to practice their addition skills. Very young children can roll the die while a parent or older child keeps the tally.



Family MomentTip: Get into the habit of eating five or more meals together as a family each week—breakfast, lunch, or dinner.

*** Caution:** Die can present a choking hazard in very young children.

ParentTip: Always think safety when playing any game with your family!

For families with kids from five years of age and up. Parents, please paraphrase and modify to meet the age-appropriate needs and attitudes of your family. Younger children can watch parents enjoying mealtime to model healthy family life.

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