

# NUMERAL MANIA INSTRUCTIONS



## PURPOSE

Numeral Mania was designed to stimulate cognition through number / symbol recognition, as well as enhance balance, strength, flexibility, endurance or wheelchair mobility with choice of simple or dynamic movements. In addition to the trivia, the use of rolling a die creates an element of chance and spices up the action.



← **SCAN HERE** to access  
directions on your phone

## TO START

- 1** The Mover takes a position near the edge of the mat, then asked a trivia question. If they answer it correctly, they are awarded 10 points and can toss the die. They should then move to the number rolled. If the number rolled is not shown, they must roll the die again until it matches a number on the mat.
- 2** They can also choose to keep rolling and adding to the count, but should not go over “Blackjack - 21.” If they do not bust then they receive an additional 10 points. If they bust then they lose all points scored in that turn.
- 3** If they incorrectly guess the answer to the question, then they do not move forward, are not awarded points, and they become the Quizzer.

## BONUS CHALLENGES

- Try retrieving the die hopping, side-stepping, backwards travel, etc.
- Attempt to answer 2 to 3 trivia questions before being allowed to “step / travel” forward.

***For more information on what's included, set-up and safety, rules, scorecards, triva bonus challenge, and movement bonus challenge, please contact us at (800) 681-0684 or email us at [info@fitandfunllc.com](mailto:info@fitandfunllc.com).***

## SAFETY SUPPORT

If requested the Mover can ask that another team member hold their hand, push their wheelchair, or assist in any manner needed. If available, use a wall to lean on as needed and gradually move away from it as the Mover becomes stronger.

- !** *Prior to the start of any movement or play, all participants should take a few moments to make sure that he/she is wearing loose fitting clothing, and if applicable is wearing athletic footwear. All participants should check to ensure that he/she is physically cleared to participate. Any person who is not “cleared” to participate for whatever reason should refrain from the “movement” elements of the game play, but can participate as a Quizzer or overall judge. Safety supports should and can include any physical, visual, or verbal support a participant may request or require from another person or item. Safe play makes great play!*