

April 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 https://foodhero.org/seeds/musclun-mix	2 https://www.youtube.com/watch?v=JhuM6L6Lck8	3
4	5 https://youtu.be/AUOQ8oO6uzA	6 https://www.youtube.com/watch?v=ju8W_SX_wy4	7 Pick a game from the attached sheet or a video exercise from this sheet	8 https://foodhero.org/seeds/asparagus	9 https://www.youtube.com/watch?v=pPceYnr4mcE	10
11	12 https://foodhero.org/cucumber-and-berry-salad	13 https://www.youtube.com/watch?v=ymigWt5TOV8	14 Pick a game from the attached sheet or a video exercise from this sheet	15 https://foodhero.org/seeds/beets	16 https://www.youtube.com/watch?v=DNCL2reljo	17
18	19 https://foodhero.org/roasted-cauliflower-steaks	20 https://www.youtube.com/watch?v=2oTR33moqUA	21 Pick a game from the attached sheet or a video exercise from this sheet	22 https://foodhero.org/seeds/chives	23 https://www.youtube.com/watch?v=BIoo3WZWzI	24
25	26 https://foodhero.org/southwestern-stuffed-potatoes	27 https://www.youtube.com/watch?v=OkfzyMy47GI	28 Pick a game from the attached sheet or a video exercise from this sheet	29 https://foodhero.org/seeds/cilantro	30 https://www.youtube.com/watch?v=pJGqIla4Dbw	

Card/Dice Math Games for Kids

Advice for Playing Any Math Game

Be flexible with the rules: Start with any of these games and play by the rules listed here, but make the game more accessible and more interesting by changing the rules. For example, in “Make 25 with 5”, you can make the game more challenging by using other operations than just addition. You can also make the game more accessible by relaxing the rule of using all 5, especially for younger players, encouraging them to make 25 with any number of cards.

Relaxing rules like “you must use all x cards” makes a game less intimidating and - more importantly - more engaging for players. A child who sees a sum of 25 with three cards instead of all 5 should be encouraged to recognize and explain that equation. You can then offer bonus points for using more cards and more equations. This is also ideal if you are playing with children of varying skill levels. Approaching games like these with higher opportunities for success, plus opportunities for more epic successes, is tremendously more rewarding than approaching games with only occasional successes and more frequent failures.

Make 100 - Dice

Players: 1 or more

Object: To be the first to make 100 or as close to it as possible without going over.

How to play: Take turns rolling 2 dice. You may add, subtract, multiply or divide the two numbers. Keep a running total.

Pig - Dice

Players: 2 or more

Object: To be the first to get to 100

How to Play: First player rolls two dice and finds the sum. He can keep rolling as long as he wants and continues to add each new number to his sum. If he rolls a one, the player scores 0 for that round. If both dice show a one, the player's entire score is erased and he must begin again at 0.

Race to 500 - Dice

Players: 2 or more

Object: Be the first to make 500

How to Play: Take turns rolling one die and multiply the number by 10. Roll again, and add it to the first total. The first player to reach 500 without going over wins.

Dot It First! - Dice

Players: 2 or more

Object: To get the largest product when multiplying.

How to Play: Each player needs a pair of dice. Everyone rolls their dice at the same time. Each player multiplies the two numbers together. The one with the greater product wins that round and gets a tally mark. The first player to get 10 tally marks wins.

Subtraction or Addition Practice - Dice OR Cards

Players: 1 or more, or teams of 2

Object: To practice Subtracting large numbers.

How to Play: Each player or team has a set of 3 or 4 different colored dice. Players will decide what color will be the thousands place, the hundreds place, the tens place and the ones place. Roll the dice and make a 3 or 4 digit number and write it down. Roll again and make another 3 or 4 digit number. Decide which number goes on top. Players work together to solve the problem. Use a calculator to check the answer.

Variation: Players can do the same with Addition Practice. This can be done with cards as well. Use only numbers 1-9, remove all other cards. Shuffle. Lay down 3-4 cards. Underneath lay down another 3-4 cards. Determine which number should go on top if subtracting, then work together to solve the problem.

Even/Odd - Dice

Players: 2 or sets of 2

Object: To be the player with the highest number after 20 rolls.

How to Play: Playing with a partner, one is Odd, the other is Even. Roll two dice. You can add, subtract, multiply or divide the two numbers, depending on which skill you want to practice. Players receive a point depending on whether the answer is even or odd.

Going to Boston - Dice

Players: 2 or more

Object: The player with the highest score wins

How to Play: Each player has 3 dice. The player rolls all 3 dice and sets aside the die with the largest number. He rolls again the remaining two. Again, he sets aside the die with the highest number and rolls the remaining die one more time. Add up the numbers and that is your score for the round. Play proceeds to the next player until all have had their turn. The one with the highest score wins that round. The one with the highest score after 5 rounds wins the game.

Variation: To play the game with multiplication, once the player has his three numbers, he adds the first two and multiplies that number by the third number.

Multiplication War - Dice

Players: 2 or more

Object: To be the player with the highest product, and the most tally marks

How to Play: Each player has 2 dice. Players roll at the same time and multiply their numbers. The player with the highest product wins that round. The one with the most tally marks after 20 rounds wins.

Counting On - Dice AND Cards

Players: 2 or more

Object: Determine which number is larger and to count on from there

How to Play: Great beginning game for young kids. You need a deck of cards and a Die. Remove the Kings, Queens, Jacks and Jokers from the deck. Shuffle the cards and put face down on the table. Flip over the first card to start the discard pile. Player one rolls the die and determines which number is higher, the card or the die. Then he starts his counting on from that number and counts up the number of times displayed on the other playing piece. For example: a two is the card flipped over and a 5 is rolled on the die. The player will start counting at 5 and count on two. 5...6...7. There is no winner, just take turns practicing.

Variation: For older kids playing with younger kids, they can just add the two numbers in their head. Or play with a pair of dice, and add up the dice, then the card. You could even add the dice numbers and subtract the card number. Lots of variations.

Subtraction War - Cards

Players: 2-4 players

Object: To win all the cards in the deck

How to Play: Shuffle the deck and deal an equal number of cards to each player until the deck runs out. Each player keeps his cards in a stack, face down. Face cards = 10 and Aces = 1. At the same time, each player turns 2 cards face up and makes a subtraction number sentence and gives the answer. The one with the largest answer takes all the cards and puts them face down at the bottom of his pile. If 2 players have the same answer then it's war. Each player puts 4 cards out in front of them, face down. Then flip over 2 and this time add the numbers. The one with the largest number wins. If their answers match again, they flip over the next card, until one of them gets a higher number and wins all the cards.

Close Call - Cards

Players: 2-4 players

Object: To have the most points after 5 rounds

How to Play: Remove the 10's and face cards from the deck. Shuffle and deal each player 6 cards. Players choose 4 of their cards to make two 2-digit numbers to add together to get as close to 100 without going over. Arrange cards so everyone can see your addition problem. Each player adds their numbers and records their total. The player with the sum closest to 100 without going over wins a point. In the case of a tie, each player gets a point. Shuffle the cards and deal again. The player with the most points after 5 rounds is the winner.

Variations: Players can select only 2 cards to create single digit numbers, and the goal is to reach 10 or 15, or keep it the same and multiply the numbers. Deal 8 cards and players choose 6 cards and create a 3 digit number. Set the goal to 1,000.

Pile It On - Cards

Players: 2-4

Object: The player who uses the most cards in all 10 rounds is the winner.

How to Play: Roll the die twice. The first roll indicates how many piles the player makes. The second roll indicates how many cards in each pile. Add up the total number of cards used and record the score. The winner is the player who has used the most cards in all ten rounds.

Spiral - Cards, One Die AND a Game Piece

Players: 2-4 players

Object: The player who makes it past the last card wins.

How to Play: You will need a deck of cards, one die, and a game piece for each player. Build a spiral game board with all 52 cards, face up. Place each game piece on one end of the spiral. This will be the starting point. Players will work their way to the other end of the spiral. Each player takes a turn rolling the die. They must multiply the number of the die times the value of the card they are on. If they are correct, they may move ahead the number on the die. If incorrect, they may not move. Ace=1, Jack=11, Queen=12, King=13. If a player lands on the same card as another player, they may send the other player back to start.

Variation: Simplify the game by removing face cards or making them all = 10. Add Jokers and have them equal 0. Add the number on the die to the card instead of multiplying.

Once Through the Deck - Cards

Players: 1

Object: To be able to practice your multiplication facts by yourself

How to Play: Shuffle cards, and make a pile face down. Decide what times (X) family you are going to work on. Flip over one card at a time and multiply that card by the number you have decided to practice and say aloud only the answer. Continue through the deck. If you are not sure, don't guess, figure it out. Don't go so fast that you make mistakes, but move as swiftly as you can.

Variation: For smaller kids have them pick a number to add to each card they flip over, or have them subtract a number from the card they flip over.

Making Ten - Cards

Players: 2-4

Object: To use any many cards as possible to make equations that equal 10

How to Play: Remove the face cards from the deck. Place cards face down in a pile. Each player chooses 5 cards and places them face up in front of him. Players use as many cards as possible to make equations that equal 10. You can just do addition or do both addition and subtraction. For example: If my cards are 9,5,1,8,2 I might say $9+1=10$ and $8+2=10$ as well as $9+2-1=10$. Keep the cards you did not use and lay aside the used cards. Play passes to the next player. Next round, fill out your hand to 5 cards and go again.

Variation: Make 15 by adding in the face cards. You can also bump up the number of cards in your hand to 7.

All Card Games - Note: For these games, Aces = 1, and Jacks, Queens, Kings, and jokers are removed, unless otherwise specified.

Ten or Twenty

Practice Concept(s): Addition

Each player is dealt five cards and the remaining cards are placed face down in a pile at the center of the table. Flip over the top card from the pile and place it face up next to the pile; this will be the start of the discard pile. On each player's turn, the player may pick up the top card in the face-down pile or one card from the discard pile, and that player must use exactly three cards to add up to ten or twenty. If a player cannot make a set adding up to ten or twenty on their turn, that player discards one card in the discard pile and the next player goes. If the player can make a set of cards with a sum of ten or twenty, they place down that set on their turn, pick up three new cards from the face-down pile, and discards one card to end their turn. (Players should end the turn with three cards.) The player with the most number of sets at the end of the game wins.

Closest To

Practice Concept(s): Place Value

This game is a great opportunity for early math learners to practice comparing ones-place, tens-place, hundreds-place, and as high up as you'd like! Starting with two digit numbers, deal out two cards per player. Each player takes the cards in their hand and rearranges the digits to create a number that is closest to 50. The players show each other their hands and the player who is closest to 50 wins the set of all of the players' cards. Deal another two cards to each player and keep going until the deck is exhausted. The player with the most number of sets at the end of the game wins.

Change it up:

Do it for three digit numbers: Deal out three cards to each player on each turn and players are trying to create numbers closest to 500.

Four digit numbers: Deal out four cards to each player and the target number is 5000.

Go as high as you can!

Change it up again:

Pick different target numbers rather than 50, 500, 5000, etc. Try unusual numbers, such as 92, or 348, or 6,381.

Make 25 with 5

Practice Concept(s): Addition

Players are dealt five cards each and the remaining cards are stacked face down in a pile in the middle of the table. Players must use all five cards

to create a sum of exactly 25. Players go around in a circle and on each turn, they pick up a new card either from the face-down pile or from the discard pile. Players discard one card per turn. First player to create a sum of 25 wins.

Change it up:

Make the game more challenging by changing the rules to include, or even exclude, certain operations. You can start by allowing subtraction, then bringing in multiplication and division.

Math War

Practice Concept(s): Addition, Arithmetic

This game is a simple revision of the traditional card game of war. This fast-paced card game challenges players to quickly perform mathematical operations in their head to beat their opponent. Each player is dealt an equal number of cards from the deck, which they keep face down in a pile. When the players say "Go!", each player flips over the top card from their own deck and shows each other their card. The first player to call out the sum of the cards takes the set of cards and sets them aside. The players immediately flip over the next top cards in their deck and repeat. The player with the most amount of cards when the decks are exhausted wins.

If there is a tie, perform the traditional War Tie Breaker Rules: Each player draws three cards from their deck and places them face down, then each player draws a fourth card and the first person to call out the sum of the new cards wins *all* of the cards.

Change it up:

Make the game more challenging by changing the rule from addition to subtraction. Also try multiplication and -if you're daring - division!

Break the Bank at 27

The next player turns over their top card placing it on top of the first card. This player adds the value of the two cards and tells everyone the total. The next player does the same adding the value of their card to the previous total. Play continues until the total reaches **27** or over.

Knock Out

1. Each player chooses a “knock out number” – either 6, 7, 8, or 9. More than one player can choose the same number.
2. Players take turns throwing both dice, once each turn. Add the number of both dice for the score.
3. If a player throws a 6, 7, or 8, they are knocked out of the game until the next round.

Beat That!

A good game for introducing your kids to the fun of dice games, this easy-to-learn game is one that is very popular with kids. It is sure to become a family favorite!

Skills learned: Number recognition, place value, and strategic thinking.

Dice needed: 2 for younger players and 7 for older players

Directions for play: Each player takes a turn rolling the dice and placing them in order to make the highest number possible. For example, if a player throws a two and a three, they have 23. A player who throws a six and a four would win the round as they have the higher number. After each throw, a player challenges the next player, “Beat that!” Play this game in rounds, assigning a winner to each round.

Variations:

- Try making the smallest number possible.
- Use three dice for play.
- Instead of playing in rounds, set a score, such as 500, players must reach to win the game.

Going To Boston

A well-known and easy to learn dice game, “Going to Boston “gives children plenty of adding practice.

Skill learned: Adding

Dice needed: 3

Directions for play:

1. Roll the dice and keep the highest.
2. Roll the remaining dice and again set aside the highest.

3. Roll the last die, and add up your total. Write down your score.

If a player rolls the highest total for a round, they win the round. Keep score and the player who wins the most turns wins the game.

Suggested Variations:

- Keep totaling each player's score and the player who reaches 500 points first wins.
- Substitute specialty dice with higher numbers.
- Have older children multiply the dice to get their score.
- Use more than three dice.