

# STRESS BUSTER RELAY

**YOU NEED: AN OBJECT TO USE AS A BATON  
AND A DICE**

***FIRST TAKE A MINUTE TO THINK ABOUT ALL OF THE THINGS YOU LIKE TO DO TO HELP REDUCE STRESS AND RELAX YOUR MIND!***

**MAKE SURE ALL FAMILY MEMBERS ARE STANDING IN A CIRCLE OR FACING EACH OTHER.**

**THE FIRST PERSON HOLDING THE BATON THROWS THE DICE. ALL OTHER PLAYERS DO THE EXERCISE RELATING TO NUMBER THE DICE LANDS ON.**

**THE PERSON WITH THE BATON ACTS OUT THEIR ACTIVITY THAT HELP THEM RELAX, THE OTHER PLAYERS HAVE TO GUESS WHAT IT IS.**

**THE PLAYER TO CORRECTLY GUESS IS HANDED THE BATON AND THE DICE FOR THEIR TURN.**

## **EXERCISES**

**1 = PLANK, 2 = SQUATS, 3 = JUMPING JACKS,**  
**4 = LUNGES, 5 = CRUNCHES, 6 = PRESS UPS**

