



**McCormick  
Dementia  
Services**

Advancing community  
outreach and support

**Don't Break the Ice Game**

**Objective:** To be the last player with dice on their tissue.

**Supplies:**

- 1 cup for every player
- 1 tissue for every player
- 1 rubber band for every player
- 1 toothpick for every player
- 5 dice for every player (could also use little stones, or any other small dice-sized item)



**How to Play:**

Give each player their supplies.

Instruct the players to create the “ice” by unfolding their tissue and laying it across the top of the cup. Use the rubber band to secure the tissue to the cup and create a flat surface. Each player adds on 1 die to the “ice” surface.

Roll one die to determine the starting player. The highest roll begins by rolling two dice. The total of the dots determined the number of holes that player must poke into the tissue.

If a 1 is rolled, they must add that die to the top of the cup (you can never have more than 4 dice on your cup).

Play continues in a counter-clockwise rotation. If any dice fall into the base of the cup, that player is out. The winner is the last player with dice on top of the “ice.”



**Rules:**

- You cannot move a die once it's on the tissue.
- When poking holes, you must get at least half of the toothpick below the tissue surface.
- You cannot poke in the same spot more than once.
- If you roll a 1: you must add one die to the “ice” (top of the tissue).



Have fun with this luck-based game! Each player will come up with all kinds of strategies on how to puncture their tissues. Some will poke the tissues evenly others will try to keep all their holes in a central spot. Regardless of strategy, most dice will be dangling through the tissues within a few minutes of play!