

Do 3 “mirror” push-ups with someone.

Walk 20 steps in someone else’s shoes.

You and 4 other people need to find someone who has/had a birthday within a week of today, and sing Happy Birthday to them.

Do 6 jumping jacks/jills with a large group.

Get 10 people (or more) to do the wave together.

Ask 4 people what their favorite food is.

Do 3 forward rolls (or ask someone to do them for you)

Introduce yourself to 3 people you do not know.

Find someone who is dressed like you and compliment each one on his or her fashion sense (their obvious sense of style).

Do a silly walk with 6 other people.

Ask 3 people what their passion is.

Find at least 2 other people born in the same month as you.

Find 3 people who like the same ice cream flavor as you.

Compliment 4 people.

Group hug with 6 people (you must include someone you do not know).

Create a 6-person pyramid.

Tell someone your favorite joke.

Locate 3 dog owners and find out what breed(s) they have.

Ask someone to have a “hold your breath contest” with you.

Teach 2 different people a new handshake.

Shake hands with 12 people.

High 5 six friends and three strangers.

Ask someone if you can borrow his or her glasses, because you cant read this. Thank them!

Sincerely thank 7 people for being here today.

Make a funny face at 5 people.

Ask 6 people what time it is.

Share with 4 people what your/their “brush with fame” was.

Ask 2 different people to carry you 12 steps...”piggyback”.

Ask someone to join you for a drink of water.

Thumb wrestle 5 different people.

Challenge 4 other people to a best of 3 Rock, Paper, Scissors match.

Ask 3 people what their favorite board game is.

Change one article of clothing with someone else.

Touch 4 different noses (ask permission of course!).

Get 10 people to walk in a straight line with you for 23 seconds.

Find 7 people who will tell you their middle name.

Crabwalk shoulder to shoulder with someone for at least 10 feet.

Speed walk in/around/through the group for 30 seconds.

Introduce yourself to someone you do not know, and then introduce them to someone else.

Find 7 people who will scream with you.

Find someone who will moon walk with you ala Michael Jackson.

Get 15 people to all be in the air (jump) at the same time!

Find 4 people who were born outside of this state.

Find an Aeries and a Libra.

Laugh with a group (the more the merrier) for 12 seconds.

Get a large group to go skipping with you.

Ask 3 people what they collect.

Ask 4 to 7 people to tell you who they "listen" to.

Tell some people to have a nice day...and mean it!

Jump up and down with a large group.

Smile and wave at a baker's dozen.

Pinky swing with 3 or more people.

Lead someone around with his or her eyes closed for 20 seconds.

Share 12 push-ups with someone.

Find some people to do a can-can line with you.

Do 4 side by side jumping heel clicks (r, l, r, l) with someone.

Wink at a bunch of people...when you get 3 winks back, switch.

Ask 4 people what their email address is.

Walk like an Egyptian with some others.

How many people can you get to clap with you?

Sit back to back with someone in an “air seat” (hold for 10 secs.).

Do 4 hooked ankle sit-ups with someone.

Find someone to turn a long invisible jump rope with you...how many people can you get jumping your rope?

Ask someone to try hitting your (imaginary) curve ball (you may need an outfielder).

Get a group of people to “howl at the moon” with you.

Ask 3 people what they like.

Ask 4 people...”who do you like?”

See how many people you can get to sit down with you.

Tell 6 people not to smoke...ever!

Get 7 people in a huddle, and tell them that Physical Education rocks!

Find some people to do a disco dance with you.

Find some people to do a Hula dance with you.

Without speaking, get 3 people to say hello, or hi to you.

Without speaking, have someone read this card, shake hands, and then switch cards with him or her. Thank them of course!

Find out as many things as you can about someone else in 1 minute.

Ask 4 people what they like to splurge on.

Ask 2 people to tell you about his or her job.

Ask 2 people to mime what they do for recreation...guess what it is!

Find someone to play catch/have a catch with you for 24 seconds.

Get a group together and do 1 round of the Electric Slide.

Gather some folks together to do the Macarena with you.

Lay down on the floor until someone steps over you...no talking!

Find some "rowdies" who will help you sneak up on someone and give him or her a group hug.

Do the Chicken Dance with some people who are "crazy".

Have someone throw you an imaginary football pass in the end zone and then perform your best touchdown celebration dance.

Touch 7 different shoes (or sneakers, or sandals).

Sit down 7 times and ask someone to help you up each time.

Ask 4 people...“what is your favorite book, movie, and color?”

Find ten people to join you for a “sit in” protest. Instruct everyone not to talk, acknowledge, or look at anyone for 1 minute.

Get the entire group to be still, and quiet for 16 seconds.

Find 12 people to move around in slow motion for 1 minute.

Get a team of 3 or more people to run around and encourage everyone for the next 2 minutes (BE LOUD and EXCITED)!

Ask ten people to show you their 3 best muscle poses...act impressed!

Tell 9 people...“you look marvelous!”

Lie down on your back...kick your arms and legs in the air and scream...try to get others to join you next time!

Ask someone to show you where the bathroom/lavatory is.

Tag someone...tell them they are "it" ...no tag backs. Check to see how long the game goes on...if it stops...restart it!

Begin singing the Star Spangled Banner with a group of 10 people. How many others stop to join your "choir" (without being asked)?

Make a Velcro shoulder circle with at least 14 people (shoulder to shoulder)...the more the merrier!

Find 4 other people to do a quick synchronized swimming routine with you.

Ask 10 people what time it is.

Ask 10 people what today's date is.

Get a group to jog with you for a minute or two.

Ask 10 people to line up like bowling pins...then roll an imaginary ball and see how many pins you can knock down.

Find 3 people who have been in an airplane in the past two months.

Gather as many people as possible that have writing, letters, or numbers on their shirt.

