

21 REASONS TO

Smile



JUGAR | LIFE

21 Reasons To Smile

INSTRUCTIONS:

Time:

5 minutes

Instructions:

The one thing this game will generate for any group is smiles, as well as laughter, movement and fun to start or finish any session you are running. The game begins with participants finding a partner. Once they are standing with a partner, the game begins with the first player deciding if they will complete one, two or three squats. Once they finish, their opponent will continue counting up from where they have finished with squats as well. Each player can decide to complete one, two or three squats. The aim of the game is to be able to get to 20 on your turn. This will then mean that your opponent will then have to say 21 and lose the game.

The attached video with Dale will explain this game a lot better if that doesn't make sense. At the end of a game when one player says 21, they then need to complete a set penalty or run. The player who won the game gets one point, and then both players find another participant and start again. After the five minutes of playing time is up the player or players who have the most points wins.

This game works for participants of all ages and is a great way to increase movement, learning and fun in any session. You can change the movements from squats to sit-ups, burpees or star jumps depending on the fitness abilities in your group.