



# DARES

✂ Cut along the dotted lines

<i>Balance a t-spoon on the end of your nose whilst singing a TV theme</i>	<i>Do a forward roll</i>	<i>Mime the title of a book for everyone else to guess</i>
<i>Cross the room on your bottom</i>	<i>Lie on your back and balance a shoe on the sole of your foot. Keep it in place whilst rolling over onto your front</i>	<i>Drink a cup of water from the opposite side of the cup</i>
<i>Do a party trick</i>	<i>Rub your tummy whilst patting your head</i>	<i>Sing the colours of the rainbow</i>
<i>Name the seven dwarfs</i>	<i>Say "Irish wristwatch" 5 times quickly</i>	<i>Lie on the floor face down and move from your belly onto your feet without using your hands</i>
<i>Do a cartwheel</i>	<i>Sing a nursery rhyme to the tune of Happy Birthday</i>	<i>Dance in the middle of the room to a song chosen by the person standing closest to you</i>
<i>Do a limbo dance under a broom handle</i>	<i>leap frog over the player you are standing nearest to</i>	<i>Give the nearest person to you a piggy back</i>
<i>Exchange an item of clothing with somebody in the room</i>	<i>Gallop around the room to the theme of the William Tell Overture</i>	<i>Select somebody of the opposite sex to give you a hair makeover</i>
<i>Have somebody dial a friend and when they pick up sing any song with the word 'Love' in the title</i>	<i>'Woof' to the tune of Happy Birthday</i>	<i>Try licking your elbow whilst describing your favourite meal</i>
<i>Strut as if you are on a catwalk down the centre of the room</i>	<i>Sit on the lap of another person in the room until the next person has completed their challenge</i>	<i>Hop on one leg whilst reciting a nursery rhyme</i>
<i>Behave like a chimpanzee for the rest of the game</i>	<i>Say the alphabet backwards</i>	<i>Dance like a ballerina</i>