

HAPPY FACE

Mean Face



Happy Face Mean Face

Instructions

Objective:

Start a session with laughter, energy, and excitement while promoting quick thinking and coordination.

Players:

Pairs of participants, suitable for participants of all ages.

Materials:

No materials are required for this game.

Setup:

Pairs of participants stand facing each other, ready to play the game.

Gameplay:

The game consists of two versions: the Classic Version and the Fitness Version. In both versions, participants face off against their partner, aiming to match their facial expressions while performing physical actions.

Classic Version:

- Before the game starts, all participants count down from 3, 2, 1, and then create a funny face for the entire group. Next, they create an angry look for the group.
- Pair participants up and stand back to back.

- The game begins with pairs counting down together, saying, "3, 2, 1, jump."
- On "jump," both players jump and complete a 180-degree spin in the air.
- While in mid-air, each player must choose to perform either a happy face or a mean face.
- If both players show the same facial expression when they land, the first player to tag the other player on the arm gets a point for that round.
- If both players perform different facial expressions, they spin around and start again.
- Play the best of five rounds, and then have participants find a new partner and repeat the game.

Fitness Version:

- In this version, instead of standing back to back, pairs get into a plank position facing away from each other, with their feet just about touching.
- Participants count down together, saying, "3, 2, 1," and on each count, they perform a push-up.
- On "jump," they perform a burpee with a 180-degree squat jump.
- While in mid-air, each player must choose to perform either a happy face or a mean face.
- If both players show the same facial expression when they land, they try to tag each other if they can while still in the plank position.
- Players who successfully tag their partner get a point for that round.
- If both players perform different facial expressions, they repeat the sequence.
- Play the best of five rounds, and then have participants find a new partner and repeat the game.

Both versions of the game work well for participants of all ages and create laughter, energy, and excitement, making them ideal for starting any session or activity on a positive note.

