

# 21 REASONS TO

*Smile*



# 21 Reasons to Smile

## Instructions

### Objective:

To engage players in a fun, movement-based game that involves strategy, laughter, and physical activity. The goal is to cleverly count squats to avoid being the one who ends up saying "21."

### Players:

Suitable for any number of players, ideal for pairs. Works well in large groups by having multiple pairs play simultaneously.

### Materials:

No materials are needed, just enough space for participants to move and perform squats.

### Setup:

Participants find a partner and stand facing each other in pairs.

### Gameplay:

- **Squat Counting:** The game starts with the first player doing one, two, or three squats while counting out loud.
- The next player continues counting from where the first player stopped, also doing one to three squats.
- Players alternate turns, each choosing to do one, two, or three squats and continuing the count.

- **Objective:** The aim is to strategically count so that you end your turn on 20, forcing your opponent to say "21" and lose the round.
- **Penalties and Points:**
  - The player who ends up saying "21" performs a set penalty (like a short run or additional squats).
  - The winning player earns a point.
- After each round, players find new partners and start again.
- **Game Duration:** The game is played for a set time (e.g., five minutes), after which the player or players with the most points win.

## Winning the Game:

- The player with the most points at the end of the playing time is the winner.

## Variations for Different Settings:

- **Children's Edition:** Make it playful with simpler movements like jumping jacks or hops.
- **Fitness Edition:** Vary the movements with sit-ups, burpees, or star jumps to suit different fitness levels.
- **Educational Edition:** Incorporate learning elements, like counting in a foreign language or using math problems to determine the number of squats.

## Additional Notes:

- Encourage a lively and humorous atmosphere to enhance enjoyment and participation.
- The game can easily be adapted to different fitness levels and ages, making it a versatile activity for various groups.
- It's an excellent way to incorporate movement, strategy, and social interaction in a fun and engaging way, ideal for starting or wrapping up sessions.