

# Happy Face Mean Face

Quick and Easy

PLAY

Happy Face Mean Face is designed to kick off any family session with a burst of laughter, energy, and excitement. Through a mix of fun physical actions and matching facial expressions, this game promotes quick thinking, coordination, and a great sense of togetherness.



## Family Objects

### Enhancing Quick Thinking and Coordination:

Family members develop their reflexes and decision-making skills by synchronising their actions and facial expressions, learning to think on their feet while having a laugh.

### Promoting Physical Activity and Energy:

Everyone gets moving with fun exercises like jumping, push-ups, and even burpees, boosting energy levels and overall fitness in a playful setting.

### Fostering Positive Social Interaction and Fun:

This lighthearted game brings family members together, encouraging friendly competition, lots of giggles, and a positive, energetic atmosphere.



## Success Milestones

### Accurate and Synchronised Actions:

Family pairs perform the required actions and facial expressions in perfect sync, showing off their coordination and quick thinking.

### Active Participation in Physical Challenges:

Everyone eagerly engages in the physical aspects—whether it's jumping, spinning, or doing burpees—with enthusiasm and effort.

### Positive and Fun Engagement:

Participants interact with one another in a supportive and fun way, sharing laughs and cheering each other on throughout the game.



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## Objective:

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## Players:

Played in pairs, making it perfect for family gatherings and friendly competitions among participants of all ages.

## Materials:

No materials are required for this game.

## Setup:

Have pairs of family members stand facing each other (or set up in the designated positions for each version).

## Gameplay:

### Classic Version:

#### 1. Warm-Up:

- Begin with a group countdown: "3, 2, 1!" and then everyone creates a funny face for a moment, followed by an angry look for the group.

#### 2. Pair Positioning:

- Partners stand back-to-back.

#### 3. The Countdown and Jump:

- Both partners count down together, saying "3, 2, 1, jump!"
- On "jump," both players leap into the air and complete a 180-degree spin.

#### 4. Facial Expression Challenge:

- While in mid-air, each player chooses to land with either a happy face or a mean (angry) face.

#### 5. Scoring:

- If both players land with the same facial expression, the first to tag their partner's arm earns a point for that round.
- If they show different expressions, they simply spin around and start the sequence again.

#### 6. Rounds and Rotation:

- Play the best of five rounds. After five rounds, find a new partner and repeat for more fun.



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## Fitness Version:

### 1. Starting Position:

- Instead of standing back-to-back, pairs get into a plank position facing away from each other, with their feet nearly touching.

### 2. Countdown and Push-Up Sequence:

- Together, count “3, 2, 1” and perform a push-up on the count.
- On “jump,” perform a burpee with a 180-degree squat jump.

### 3. Facial Expression Challenge in Motion:

- While in mid-air during the burpee, choose either a happy face or a mean face.

### 4. Tagging in Plank Position:

- Upon landing, if both players show the same facial expression, they try to tag each other while maintaining their plank position.
- The first player to tag their partner earns a point for that round.

### 5. Repeat Sequence:

- If the facial expressions differ, repeat the sequence.

### 6. Rounds and Rotation:

- Play the best of five rounds, then switch partners to keep the energy and fun flowing.

## Winning the Game:

- In both versions, the aim is to be the first to earn the most points over the best of five rounds.
- The focus is on fun, energetic participation rather than on strict competition, so celebrate every effort and enjoy the laughs together!

## Additional Notes:

Happy Face Mean Face – Family Edition is a fantastic way to start any session with energy and positivity. It combines physical activity with quick thinking and playful competition, making it a great icebreaker or warm-up game for family gatherings. Whether you choose the classic or fitness version, you're sure to create lasting memories filled with smiles, giggles, and plenty of high-spirited fun. Enjoy and have a blast!

