

21 Reasons to Smile

Quick and Easy

PLAY

To engage family members in a fun, movement-based game that combines strategy, laughter, and physical exercise. The goal is to cleverly count squats so that you avoid being the player forced to say "21."



Family Objects

Enhancing Strategic Thinking:

Family members learn to plan their moves carefully by deciding whether to do one, two, or three squats on their turn, aiming to force their partner into saying "21."

Promoting Physical Activity and Fitness:

This game gets everyone moving with squats, helping to boost strength, endurance, and overall fitness in a fun and engaging way.

Fostering Positive Social Interaction and Laughter:

By playing together and laughing at the friendly competition, family members build bonds and create a positive, inclusive atmosphere.



Success Milestones

Effective Strategic Play:

Family members apply smart strategies during the game, carefully choosing their squat counts to avoid being the one to say "21."

Active Participation and Physical Engagement:

Everyone participates with enthusiasm, performing the required squats and staying physically active throughout the game.

Positive Interaction and Enjoyment:

Participants engage in friendly banter, cheer each other on, and display good sportsmanship, ensuring that the game remains fun and energetic.



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Objective:

To engage family members in a fun, movement-based game that combines strategy, laughter, and physical exercise. The goal is to cleverly count squats so that you avoid being the player forced to say “21.”

Players:

Suitable for any number of players—ideal for pairs. In larger groups, multiple pairs can play simultaneously, rotating partners between rounds.

Materials:

- No materials are required, just plenty of space for participants to move and perform squats.

Setup:

1. Pair Up:

- Have family members find a partner and stand facing each other.

2. Prepare the Space:

- Ensure there’s enough room for everyone to perform squats safely and comfortably.

Gameplay:

1. Squat Counting:

- The game begins with one player doing one, two, or three squats while counting out loud.
- The next player continues counting from where the first left off, also choosing to do one, two, or three squats.

2. Alternating Turns:

- Players alternate turns, each adding to the count with their chosen number of squats.
- The aim is to end your turn on 20, so that your partner is forced to say “21” on their turn.

3. Penalties and Points:

- The player who ends up saying “21” loses the round and performs a set penalty, such as a short run or additional squats.
- The winning player of the round earns a point.



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4. Rotation:

- After each round, players swap partners and start a new round.

5. Game Duration:

- Play for a set time, for example, five minutes. At the end of the session, the player (or players) with the most points is declared the winner.

Winning the Game:

- In the standard version, the winner is the player with the most points at the end of the designated playing time.
- The focus is on strategic play and friendly competition, so celebrate everyone's effort and share lots of laughs along the way.

Variations for Different Settings:

• Children's Edition:

Simplify the game by replacing squats with fun, lighter movements like jumping jacks or hops.

• Fitness Edition:

Increase the challenge by using different exercises such as sit-ups, burpees, or star jumps instead of squats to suit various fitness levels.

• Educational Edition:

Add a twist by incorporating learning elements—such as counting in a foreign language or solving a quick math problem to determine your number of squats.

Additional Notes:

21 Reasons to Smile – Family Edition is a versatile and engaging game that brings movement, strategic thinking, and social interaction together. It's an excellent way to kick off a family gathering, energise a group, or wrap up a session on a high note. Encourage everyone to have fun, cheer each other on, and enjoy the laughter and camaraderie that come from a friendly challenge. Enjoy the game and all the smiles it brings!

