

Look Up & Down

Quick and Easy

PLAY

Look Up & Down is a vibrant icebreaker fitness game that energises groups while fostering connections. By following directional cues and making eye contact with different players, participants earn points and complete fun physical challenges.

The aim is to build a positive, interactive atmosphere and create opportunities for group bonding before starting any session.



Family Objects

Enhance Group Engagement and Connection:

Family members build connections by participating in a fun icebreaker that encourages eye contact, shared movement, and playful greetings.

Promote Physical Fitness and Coordination:

Participants engage in dynamic physical activities—such as high ten jump greetings, runs, or burpees—boosting fitness, coordination, and energy levels while having fun together.

Foster Quick Thinking and Teamwork:

By responding swiftly to the instructor's cues and working together during challenges, everyone practices quick decision-making and collaborative problem-solving in a relaxed, supportive environment.



Success Milestones

Accurate and Timely Responses:

Players successfully follow the “look down” and “look up” commands, making eye contact with new partners and executing the required movements promptly.

Active Participation in Physical Challenges:

Family members enthusiastically complete the high ten jump greetings, runs, or burpees after making eye contact, demonstrating energy and commitment to the activity.

Positive Interaction and Fair Play:

Participants engage positively with each other by ensuring they don't repeat partners, encouraging new connections, and celebrating each successful “whoop whoop” moment.

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Objective:

Look Up & Down is a vibrant icebreaker fitness game that energises groups while fostering connections. By following directional cues and making eye contact with different players, participants earn points and complete fun physical challenges. The aim is to build a positive, interactive atmosphere and create opportunities for group bonding before starting any session.

Players:

- Suitable for small or large groups.
- Ideal for family gatherings, classrooms, or team-building events where participants are encouraged to interact and have fun.

Materials:

- No materials are required.
- An open space where all participants can stand in a tight circle with enough room to move freely (e.g., a gymnasium, living room, or outdoor area).

Setup:

1. Form a Circle:

- Have all participants stand tightly in a circle, ensuring everyone is visible and can easily make eye contact.

2. Prepare for Movement:

- Instruct everyone to get into a comfortable standing position, with enough space for dynamic movements like jumping, running, or performing burpees.

3. Explain the Rules:

- Explain that the game begins with everyone looking down.
- When the instructor says "look up," everyone must immediately stare straight at another player.
- If two players successfully make eye contact, they shout "whoop whoop," then run across the circle to complete a high ten jump greeting together. After the greeting, they earn one point and complete a challenge (such as a 200-metre run or ten burpees) before rejoining the circle.
- Once a pair has scored with each other, they cannot pair up again in subsequent rounds.
- Players who did not make eye contact continue waiting until the next "look down" command.



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Gameplay:

1. Initial Command:

- The instructor starts by saying “look down” so that everyone lowers their gaze.

2. Look Up Command:

- When the instructor says “look up,” participants immediately lift their gaze and attempt to lock eyes with someone they haven’t paired with before.

3. Making Connections:

- When two players successfully make eye contact, they shout “whoop whoop,” then quickly run across the circle to complete a high five jump greeting with each other.

4. Physical Challenge:

- After the greeting, both players earn one point and perform a physical challenge together—either a 200-metre run or ten burpees (or another chosen exercise).

5. Continuous Play:

- Players return to the circle, ensuring they avoid pairing with someone they’ve already scored with.
- The instructor periodically calls “look down” to reset the game, and the process repeats for a set time (e.g., five minutes).

Winning the Game:

- The game continues for a predetermined time (such as five minutes).
- The player(s) or pair(s) with the most points at the end of the session are celebrated, though the primary goal is to enjoy the activity and build connections rather than to win.

Variations for Different Settings:

• Children’s Edition:

Incorporate fun and exaggerated movements (like silly dances or animal impressions) to keep it light-hearted and engaging for younger participants.

• Fitness Edition:

Modify the physical challenges by increasing the distance of the run or adding additional exercises (like push-ups or jumping jacks) to intensify the workout.

• Team Building Edition:

Encourage participants to create their own icebreaker challenges or discussion topics for each round, fostering deeper communication and group cohesion.

Additional Notes:

Look Up & Down is a dynamic, energetic icebreaker that promotes physical activity, quick thinking, and positive social interaction. It’s perfect for warming up a group, breaking the ice, or simply injecting some fun and laughter into any session. Enjoy the playful spirit of the game, celebrate every successful connection, and let the positive energy of making new connections lift your group’s mood!

