

Seven Eleven

Quick and Easy

PLAY

Seven Eleven – Family Edition is a fast-paced, engaging icebreaker that gets everyone moving and laughing. The goal is to partner up and, without communicating beforehand, display a certain number of fingers on one hand so that the combined total equals seven. After a couple of minutes, the challenge increases: participants use both hands to aim for a total of eleven fingers. Points are awarded for each successful match, and playful physical challenges (or "punishments") are added when the target isn't met. The player or team with the highest total points at the end of the session is crowned the "Seven Eleven Champion."



Family Objects

Boosting Quick Thinking and Reaction:

Family members sharpen their reflexes and mental agility by quickly deciding on and displaying a number of fingers without any verbal communication. This fast-paced challenge gets everyone focused and ready for action.

Encouraging Teamwork and Positive Interaction:

Participants build connections by rotating partners, supporting each other's attempts, and celebrating every successful "magic number" moment, whether it's seven with one hand or eleven with both hands.

Getting Active Together:

This game adds a fun fitness twist by incorporating physical challenges—such as running or performing a short exercise—when players miss the target, ensuring that everyone stays energised and has a good laugh.



Success Milestones

Accurate Execution of Finger Displays:

Players consistently display a chosen number of fingers within the allowed range (1 to 5 per hand) and do so in perfect sync with the countdown, demonstrating focus and quick reaction.

Active Team Engagement:

Participants actively rotate partners and encourage each other, contributing to a lively, supportive atmosphere as they work to hit the magic numbers.

Completion of Fun Physical Challenges:

When a guess is incorrect, players willingly complete the designated physical challenge, whether it's a set number of star jumps, burpees, or another fun movement, keeping the energy high and the spirit positive.

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Objective:

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Players:

- Suitable for any group size.
- Best played in pairs; participants rotate partners throughout the game to build connections and keep the energy high.

Materials:

- No additional materials are needed.
- A clear, open space where everyone can comfortably stand in a circle or similar formation.

Setup:

1. Form a Circle:

- Have all participants stand in a circle or an appropriate formation where everyone can see each other.

2. Partner Up:

- Initially, players pair up with someone new for each round.

3. Explain the Rules:

- Inform everyone that they will decide, without speaking, how many fingers (between 1 and 5) to show on one hand, aiming for the total from both partners to equal seven.
- After a set period (e.g., two minutes), the challenge will escalate: participants will use both hands, aiming for a total of eleven fingers.
- Emphasise that once a pairing has scored a point with a specific partner, they should not pair with that same person again to keep the game dynamic.



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Gameplay:

1. One-Hand Challenge (Target: 7):

- Partners, without communicating, decide independently how many fingers to display on one hand.
- On the count "three, two, one," both partners reveal their chosen number simultaneously.
- If the combined total equals seven, they score a point.
- If the total is not seven, no points are awarded, and they must find a new partner to try again.

2. Two-Hand Challenge (Target: 11):

- After playing for about two minutes, introduce the two-hand challenge.
- Now, each participant extends both hands and displays a number of fingers (each hand from 1 to 5) so that together, the pair's total equals eleven.
- The same rules apply: if the total equals eleven, they earn a point; if not, they may face a fun physical challenge (such as ten star jumps, a short run, or another agreed-upon exercise).

3. Physical Challenges and Rotation:

- Optionally, if a pair fails to hit the target number, they complete a designated physical exercise as a "punishment" before finding a new partner.
- Continue the game for a set time (three to five minutes), ensuring everyone gets multiple turns with different partners.

Winning the Game:

- At the end of the game session, tally the points earned by each participant.
- The player with the highest total of points is crowned the "Seven Eleven Champion."
- Remember, while scoring adds a competitive edge, the primary goal is to enjoy the challenge, foster connections, and get moving together.

Variations for Different Settings:

• Children's Edition:

Simplify the challenge with fewer rules or allow more playful movements (e.g., funny faces or a silly dance) for incorrect guesses.

• Fitness Edition:

Increase the intensity of the physical challenges (e.g., longer runs or more repetitions) to add an extra workout component.

• Team Building Edition:

Instead of individual points, have teams work together and share their points to encourage collective strategy and communication.

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- **Customised Edition:**

Create new variations by introducing different "magic numbers" or additional tasks (like answering a quick "get to know you" question) when the target isn't met.

Additional Notes:

Seven Eleven – Family Edition is a dynamic, engaging icebreaker that combines non-verbal coordination with a bit of playful competition and physical activity. It's designed to energise participants, promote teamwork, and foster positive interactions right from the start of any session. Enjoy the laughter, embrace the challenge, and celebrate every successful connection as you work toward becoming the ultimate Seven-Eleven Champion!

