

Box Two

Objects Needed

- Biscuits (plenty)
- Tape

The Rules

- If you step outside of the square, without knocking a biscuit, you still have to eat one biscuit as a penalty.
- Every time you finish one cycle of your movement score you need to eat the closest biscuit to you even if you have not knocked it.

Pick a movement pattern from a-e:

- A. Movement: Spin with arms in air like a ballerina – Stop Abruptly after 360 degrees.
Rule: Every other spin, spin as fast as possible.
- B. Movement: Lunge forward on your right leg.
Rule: Keep your hands raised above your head for the duration of the lunge.
- C. Movement: Roll (however you want) / crouch on all fours / extend one leg rock back onto it and stand.
Rule: You can only ever move on diagonals.
- D. Movement: You must sway your hands and arms for 5 seconds every 20 seconds, whilst kicking out your legs, you must walk for the other 15 seconds.
Rule: You can only move when your eyes are covered.
- E. Movement: Raise you right arm above your head, keeping it straight.
Rule: You can only move when the person on your left stops moving.