



Virtual Games – Truth or Dare

Description

Description

Help your students practice decision-making during this fast-paced game of truth or dare played virtually. Students decide what choice is right for them.

Supplies

- No supplies needed

How to Play

1. This activity works best on a virtual platform like Zoom where participants can see each other. You can have students individually choose truth or dare, students can be paired with another, or they can all do it together.
2. Have students take turns choosing truth or dare. Based on their choice, read aloud one of the following from the appropriate truth or dare options.
3. Dare examples:
 - Spin around 4 times
 - Dance for 30 seconds
 - Show us your favorite item out of your room
 - Drink a spoonful of hot sauce
 - Do your best Mickey Mouse Impression
 - Sing the ABC's backwards
 - Touch your nose with your tongue
 - Go outside and yell "Happy New Year!"
 - Have a full conversation with a broom
 - Stop blinking for 30 seconds

- Act like a cowboy/cowgirl
- Act like a chicken
- Talk like a robot
- Do the disco
- Stick a spoon on your nose and try to keep it there as long as possible
- Sketch a picture of yourself with your eyes closed
- Do 10 push-ups

4. Truth examples:

- What is your least favorite thing to do at home?
- What is one rule you have at home?
- What is your favorite movie?
- Do you and your family watch tv shows together?
- Have you ever played a prank on someone?
- What is your favorite snack to eat at home?
- Have you cooked anything yourself?
- What games do you play during the day?
- What friend from school do you talk to the most?
- What is the one food you couldn't live without?
- What is your favorite song to sing along to?
- What annoys you the most?
- If you had three wishes, what would they be?
- What makes you happy?
- What is your dream job?
- What is your favorite memory of school?
- Who is your favorite rapper/singer?
- What is your favorite part of the day?

Activity Prompts for Reflection

- Can you share an example of a step you needed to think about before you acted?
- If you could change one thing that happened during this activity, what would it be?
- Who would like to share one good choice that they made during this activity?

Other Ways to Play

- Use a [spinning wheel](#) to put the names of students and/or the truths/dares.
- Have students come up with some truths and dares at the beginning. Write them down and use them throughout the game.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- Make sure truths and dares are age appropriate for your students.

Category

1. Activities
2. Responsible Decision-Making

Sel-competency

1. Responsible Decision-Making

Allotted-time

1. 20 minutes

Themes

1. No Supplies Needed