Find Someone… Worksheet

Directions: In this activity you are going to find someone to do the following tasks. Write the person’s name down on the blank space who you completed the task with. Be sure to find someone different each time!

Find someone…..

- To give a high-five to _________________________
- To make up a handshake with _________________________
- Who has the same favorite food _________________________
- Who has the same birth month _________________________
- To do a plank with for 60 seconds _________________________
- To do 20 sit-ups with _________________________
- To jog two laps with _________________________
- To make up a 30-second dance with _________________________
- To take a “selfie” with _________________________
- To do 10 jumping jacks with _________________________
- To sit back-to-back and stand up with _________________________
- To mirror (facing each other one person mirrors the other) _________________________
- To do an isometric hold with (one partner palms up, the other partner palms down. Slowly push against each other.) _________________________
- To thumb wrestle with _________________________
- To define empowerment in their own words _________________________
- To share one thing you’re thankful for today _________________________
- To share why you think equity, diversity, and being inclusive is important _________________________
- Who has the same favorite TV show/movie _________________________