Kids: truths

T What is your favourite food?	T What was the funniest thing that happened to you at school?	T If you could have any pet, what would it be?
T What is something you are really good at?	T What superpower would you choose?	T Who is your favourite cartoon character and why?
T What is the silliest thing you have ever done?	T What would you do if you were invisible for a day?	T What is your favourite game to play outside?
T If you could be any animal, what would you be?	T What is the best present you ever got?	T What makes you laugh the most?
T What do you want to be when you grow up?	T What is your favourite thing about your best friend?	T Which food do you dislike the most?
T What is the scariest dream you remember?	T If you could visit anywhere, where would you go?	T What is your favourite song to sing?

Kids: dares

D Hop on one foot for 10 seconds.	D Do your best animal impression.	D Sing “Happy Birthday” in a robot voice.
D Walk like a penguin across the room.	D Make the funniest face you can.	D Say the alphabet backwards as far as you can.
D Do five jumping jacks.	D Talk like a pirate until your next turn.	D Pretend to be a statue for 20 seconds.
D Tell a joke.	D Balance a book on your head and walk three steps.	D Draw a cat with your eyes closed.
D Spin around three times and say your name.	D Speak in a whisper for the next round.	D Do your best dance move.
D Say a tongue twister three times fast.	D Act out your favourite animal without sounds.	D Give everyone a compliment.

Teens: truths

T What is the most embarrassing song on your playlist?	T What is one thing you would change about your school?	T Who in this room would survive a zombie apocalypse
T What is your worst habit?	T What is the last thing you searched for online?	T What is a secret talent nobody here knows about?
T What was your most embarrassing moment this year?	T What app do you spend the most time on?	T What is something you pretended to like?
T What is the weirdest food combination you enjoy?	T Which celebrity would you want as a best friend?	T What is a goal you have for this year?
T What is the worst gift you ever received?	T What is one fear you have?	T Have you ever blamed someone else for something yo
T What is the longest you have gone without your phone?	T What was your first impression of the person to your left?	T What is the most childish thing you still do?

Teens: dares

D Do an impression of your favourite animated character.	D Speak in an accent until your next turn.	D Let the group choose your profile emoji for an hour.
D Do your best impression of a teacher (keep it kind).	D Try to lick your elbow.	D Do 10 push-ups or 20 seconds of plank.
D Sing the chorus of a song chosen by the group.	D Describe your morning routine like a nature documentary narrator.	D Talk without using the letter “s” for one minute.
D Do a runway walk across the room.	D Let someone draw a small doodle on your hand with a marker.	D Say something nice about every person here.
D Tell a story using only emojis read aloud.	D Balance a spoon on your nose for 10 seconds.	D Do your best dramatic movie death scene.
D Keep a straight face while the group tries to make you laugh for 30 seconds.	D Speak only in questions until your next turn.	D Rap two lines about the person to your right.

Adults: truths

T What is the most spontaneous thing you have ever done?	T What job would you be terrible at?	T What is a hobby you have abandoned?
T What is the best advice you have ever received?	T What is your most irrational fear?	T What is something you are proud of but rarely mentio
T Which fictional world would you most like to live in?	T What is the worst haircut you have had?	T What would your autobiography be called?
T What is a skill you wish you had learned earlier?	T What is the strangest thing you believed as a child?	T What is your guilty-pleasure TV show?
T What is the most useless thing you have bought?	T What is one thing on your bucket list?	T Who was your first celebrity crush?
T What is the best trip you have ever taken?	T What habit are you trying to break?	T What would you do with an unexpected day off?

Adults: dares

D Do your best impression of someone in the room (kindly).	D Tell a two-minute story about how you met the host.	D Speak like a news reporter until your next turn.
D Let the group choose a song for you to hum.	D Hold a yoga pose chosen by the group for 20 seconds.	D Say the alphabet with an animal for each letter.
D Describe your day as a movie trailer.	D Swap seats with the person of the group's choice.	D Hold a plank while everyone else takes a turn.
D Draw a portrait of the person to your left in 30 seconds.	D Do your best infomercial for an object in the room.	D Share your most-used emoji and act it out.
D Write a haiku about the host and read it aloud.	D Do a slow-motion replay of your last trip or fall.	D Keep an object balanced on your head until your next
D Explain a hobby of yours in 30 seconds without saying "the"	D Invent a toast and give it.	D Mime your job for the group to guess.