

ROCK, PAPER, SCISSORS BALANCE POSE GAME

Game Set-Up

- Stand 6 feet across from a partner.

Game Instructions

- The object of Balance Pose Game is to win as many Rock, Paper, Scissors matches as you can while holding different balance poses. Set a timer for 1 minute or for the desired length of game.
- On the start signal, choose a balance pose from the bottom of this page. Then play Rock, Paper, Scissors while holding that balance pose. It's okay if you and your partner choose different poses to begin the game.
- For the next match, the player who wins gets to choose the pose that both players will hold while playing. Continue until you hear the stop signal.

