Do a spin

1 level / 3 spins in a row

2 level / 6 spins in a row

3 level / 10 spins in a row

Stay on one leg (airplane)

1 level / for 15 sec

2 level / for 30 sec

3 level / for 1 min

Do 5 squats

1 level / and count them

2 level / and touch your toes each time

3 level / and jump up after each squat

Six leg positions in classic dance - show

1 level / one position

2 level / three positions

3 level / all six positions

Do push-ups

1 level / 3 push-ups

2 level / 5 push-ups

3 level / 10 push-ups

Perform jumping Jacks

1 level / for 15 sec

2 level / for 30 sec

3 level / for 1 min

Stay on one leg and clap a rhythm

1 level / for 15 sec

2 level / for 30 sec

3 level / for 1 min

Show the location of your

1 level / spleen

2 level / thyroid gland

3 level / pancreas

Do a plank

1 level / for 30 sec

2 level / for 45 sec

3 level / for 60 sec

Write in mirror writing

1 level / your name

2 level / the name of one of the other players

3 level / word from Universe Any 1

Show a pose

1 level / that can be repeated by all players

2 level / that could be conceived by both a human and an animal

3 level / that cannot be repeated by all players

Show a movement

1 level/ / that can be repeated by all players

2 level / that could be conceived by both a human and an animal

3 level / that cannot be repeated by all players

Plant texture

1 level / name a soft plant

2 level / name three sharp plants

3 level / name two plants that are both sharp and soft

Create a task for Bodily - kinaesthetic intelligence

1 level / 1st level

2 level / 2nd level

3 level / 3rd level

Demonstrate from the BrainGym

1 level / 1 exercice

2 level / 2 different exercices

3 level / 3 different exercices

Show emotions (rasa) from Indian dance

1 level / 1 emotion

2 level / 2 emotions

3 level / 3 emotions

show the emotions with your body. The first player with correct answer get the same

1 level / Universe Emotion 1

2 level / Universe Emotion 2

3 level / Universe Emotion 3

Make movements with your body (hands, legs, had ect.), e.g. one hand up and down, other hand or leg right and left

1 level / two different

2 level / three different

3 level / four different

Express the emotions with your face. The first player with correct answer get the same reward.

1 level / Universe Emotion 1

2 level / Universe Emotion 2

3 level / Universe Emotion 3

Show a motion. The first player with correct answer get the same reward.

1 level / Universe Verbs 1

2 level / Universe Verbs 2

3 level / Universe Verbs 3


bodily-kinaesthetic