



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 _____