



ALL IN THE CARDS

Participants

Any number of participants.

Time Allotment

5 Minutes

Activity Level

High

Materials

- Standard Card Deck

Method

- Using a shuffled standard card deck, assign an activity to each of the four suits:
 - Heart: Jumping in place,
 - Spades: Running in place
 - Clubs: Sit ups
 - Diamonds: Squats
- Have each participant draw a card from the deck and they have to do the activity for that suit for 60 seconds.
- Have participants pass their cards to their neighbor and repeat for 5 passes.