

Host Guide: 20-Minute Challenge

A complete mini-party activity: no dance training, no phones, no ranking



20

minutes

4–12

guests

2–4

per crew

0

phones needed

WHAT YOU NEED

- ☐ These cards, cut apart
- ☐ One crew sheet per crew
- ☐ Pencils
- ☐ Music on a speaker, or clapping
- ☐ A clear space for each crew

BEFORE GUESTS ARRIVE

Cut out the eight cards, shuffle them face down, and clear a space about the size of a rug for each crew. Choose a few songs everyone knows.

HOW TO PLAY

- | | | |
|--------------|-------------------------|--|
| 3 min | Warm up together | Play Copycat Line or Freeze Frame with everyone. |
| 2 min | Make crews | Crews of 2–4 choose a name and roles on their crew sheet. |
| 1 min | Draw cards | Each crew draws three cards and may swap one. |
| 8 min | Build | Turn the three cards into three sets of eight counts and a finish pose. |
| 6 min | Share | Each crew shows its routine once. The others say one thing they noticed. |

DONE WHEN

Every crew has shown its routine and heard one thing someone noticed.

EVERYONE INCLUDED

Not dancing? Be the director, the DJ, the narrator, the prop manager or the spotter. Anyone can say “pass”. Screen-free: this activity needs no phones and nobody is filmed. If a family wants photos, ask each family and each child first, and never post other children.

Print on US Letter paper at 100% or Actual Size. Cut the cards on the dashed lines; card stock makes them last.

OUR SONG LIST (CLEAN VERSIONS)

Move Cards 1–4

Cut on the dashed lines; each crew draws three cards



MOVE LAB • 01

TIME

Freeze Frame

2 min • Everyone

Dance any way you like for seven counts. On eight, freeze in your boldest shape and hold it until the music comes back.

DONE WHEN

Everyone has frozen on eight three times in a row.

EASIER

Freeze whenever the host calls “freeze”.

BIGGER

Freeze at a new level each time: high, middle, low.

MOVE LAB • 02

BODY

Mirror Me

2 min • Pairs

Face a partner. The leader moves slowly; the mirror copies at the same moment, like a reflection. Swap after eight counts.

DONE WHEN

Both partners have led and mirrored twice.

EASIER

Move arms and head only.

BIGGER

The leader speeds up a little each round.

MOVE LAB • 03

TIME

Slow-Mo Replay

2 min • Solo or pairs

Pick one move. Do it at normal speed, then in super slow motion, then twice as fast.

DONE WHEN

Your move has been shown at all three speeds.

EASIER

Borrow a move from a card you already played.

BIGGER

Add a slow turn and a quick freeze.

MOVE LAB • 04

ACTION

Copycat Line

3 min • Everyone

Stand in a line. The front dancer invents a move for eight counts and everyone copies. Then the front dancer goes to the back.

DONE WHEN

Everyone has led the line once.

EASIER

Leaders may repeat a move someone already did.

BIGGER

Each leader adds a move to the last one.

Move Cards 5–8

Every card has an easier and a bigger version



MOVE LAB • 05

ENERGY

Robot Remix

2 min • Solo

Turn an everyday action, like brushing teeth or kicking a ball, into a robot move: sharp stops and straight lines.

DONE WHEN

You have shown one robot move and taught it to someone.

EASIER

Move one body part at a time.

BIGGER

Switch from robot to smooth like water on a clap.

MOVE LAB • 06

SPACE

Stay on the Spot

2 min • Everyone

Dance for eight counts without moving your feet: arms, shoulders, head and hips only.

DONE WHEN

Three rounds of eight counts with your feet planted.

EASIER

Sit on a chair and dance from the waist up.

BIGGER

Use a new level each round: tall, crouched, leaning.

MOVE LAB • 07

ACTION

Wave Machine

2 min • Crew

Stand side by side. Each dancer raises their arms one count after the dancer beside them, so a wave runs down the line and back.

DONE WHEN

The wave has gone down the line and back without a gap.

EASIER

Pass a clap instead of a wave.

BIGGER

Send two waves from opposite ends at once.

MOVE LAB • 08

BODY

Big Finish

3 min • Crew

Plan the last eight counts of a routine: everyone ends in one connected shape on the final beat.

DONE WHEN

Your crew lands its finish shape together twice.

EASIER

Everyone strikes their own pose on count eight.

BIGGER

Make the shape look like something: a bridge, a rocket.

Crew Sheet

Print one per crew



CREW NAME

CREW CHEER OR HANDSHAKE

WHO IS IN OUR CREW

Everyone chooses a job: dancer, director, dj, prop manager, narrator, spotter. Anyone can say "pass".

CREW MEMBER	JOB TODAY

OUR CARDS

CARD 1

CARD 2

CARD 3

OUR ROUTINE

COUNTS	WHAT WE DO
Set 1: 8 counts	
Set 2: 8 counts	
Set 3: 8 counts	
Finish pose	

DONE WHEN

- ☐ We showed our routine once
- ☐ We heard one thing someone noticed
- ☐ Everyone had a job they chose