

VISUAL

VERBAL

GREEN..  
SPEED UP!

RED...  
SLOW  
DOWN!

FOUR!

PERSONAL

DIFFERENT CUES

SIDE STEP

SIDE STEP

SKIP

HOW CAN  
YOU BOUNCE?

RACE  
A  
FRIEND

Players run courses and see if both can arrive together at the finish.

GO FAST.

GO SLOW.

SLOW DOWN IF GOING FAST  
SPEED UP IF GOING SLOW.