

Inspire! Ice Breakers & Openers



Activity: Dollar Jump

Overview

Who says you can not get anything for a dollar these days? For a buck you can lead a very fun and challenging activity, that will, more often than not, put the dollar back in your pocket. All the participants have to do to earn the dollar is jump over the bill while holding their toes. It sounds a lot easier than it actually is.

Props

- A dollar bill.

Instructions

- Pull out a crisp dollar bill.
- Explain to your group that all they have to do is jump over it. There will surely be some suspicion among the group members due to the simplicity of this game.
- The dollar must be jumped lengthwise and not be touched.
- All jumps must be forward, never backwards heels first.
- The most important rule, which makes the game so difficult, is that the jump only counts if the participant is holding his or her toes during the entire jump. Hands must remain flat over the top of the shoes with fingers wrapped over the toes.
- Your group will see how difficult it is to keep hands from popping from their feet when jumping. This is a fantastic way to show your group your fun side.

Safety

The dollar isn't worth hurting yourself over. Tell group members to keep this in mind as they make their attempts. This activity can be played anywhere: on a nice grassy area or on a padded mat inside if you want a little more cushion.