TASK 1

## Hug without words

Hug and count to ten. No words. Just the hug.

1

3+ THE PRESENT FATHERS

TASK 2

## Ten hugs

Give each other ten hugs today. Every one counts, even the shortest.

2

3+ THE PRESENT FATHERS

TASK 3

## Hug and a word

Hug the other one. While you hug, say one thing you like about them.

3

3+ THE PRESENT FATHERS

TASK 4

## A hug for yourself

Hug yourself. Then say something kind you like hearing.

4

3+ THE PRESENT FATHERS

TASK 5

## The long hug

Hug and don't let go until you've both breathed out three times.

5

6+ THE PRESENT FATHERS

TASK 6

## Ten squats

Do ten squats together. Whoever stops first claps for the other.

6

3+ THE PRESENT FATHERS

TASK 7

## Twenty jumps

Jump twenty times. With every jump, name one of your strengths.

7

6+ THE PRESENT FATHERS

TASK 8

## Stand on one leg

Stand on one leg for thirty seconds. See who lasts longer.

8

3+ THE PRESENT FATHERS

TASK 9

## Five stretches

Do five stretches. Breathe in deeply on every one.

9

3+ THE PRESENT FATHERS

TASK 10

## Cat and cow

On all fours, do the cat cow stretch ten times. Slowly.

10

6+ THE PRESENT FATHERS

TASK 11

## One minute plank

Hold a plank for one minute. Whoever drops first counts for the other.

11

10+ THE PRESENT FATHERS

TASK 12

## Chair obstacle course

Build a course out of chairs and cushions. Cross it without touching the floor.

12

6+ THE PRESENT FATHERS

TASK 13

## Barefoot

Take your shoes off. Walk barefoot for thirty seconds and say what you feel.

13

3+ THE PRESENT FATHERS

TASK 14

## Hand massage

Massage the other one's hands for two minutes. Then swap.

14

6+ THE PRESENT FATHERS

TASK 15

## Three deep breaths

Sit facing each other. Take three deep breaths together.

15

3+ THE PRESENT FATHERS

TASK 16

## Smile in the mirror

Stand in front of the mirror and smile. Thirty seconds.

16

3+ THE PRESENT FATHERS

TASK 17

## What my body does

Each of you names five things you like about your own body.

17

6+ THE PRESENT FATHERS

TASK 18

## Dance without music

Dance in complete silence. Listen only to the movement.

18

3+ THE PRESENT FATHERS

TASK 19

## Ten seconds of dance

Move for ten seconds the way you feel. The other guesses how.

19

3+ THE PRESENT FATHERS

TASK 20

## Dance what you feel

Dance as if your body were showing what you feel. No rules.

20

6+ THE PRESENT FATHERS

TASK 21

## Howl like a wolf

Howl like a wolf. The other one answers. Then laugh together.

21

3+ THE PRESENT FATHERS

TASK 22

## Sock on your head

Each of you puts on something silly. A sock on your head counts.

22

3+ THE PRESENT FATHERS

TASK 23

## Walking backwards

Walk backwards only, for one minute. Call things by the wrong name.

23

3+ THE PRESENT FATHERS

TASK 24

## Faces until you laugh

Pull faces until you both laugh.

24

3+ THE PRESENT FATHERS

TASK 25

## The statue game

One puts the other into a pose. Freeze for thirty seconds.

25

3+ THE PRESENT FATHERS

TASK 26

## Group statue

Build a statue out of your own bodies. Call it Our Family.

26

6+ THE PRESENT FATHERS

TASK 27

## Mirror of faces

One makes faces, the other copies them. Then swap.

27

3+ THE PRESENT FATHERS

TASK 28

## Pose for a feeling

Invent a pose for one feeling. The other guesses which.

28

3+ THE PRESENT FATHERS

TASK 29

## Story without words

Tell a story with movement and your face only. The other guesses.

29

6+ THE PRESENT FATHERS

TASK 30

## A minute without words

For one minute, talk only with movement.

30

6+ THE PRESENT FATHERS

TASK 31

## Three feelings

Act three feelings in a row, without words. The other names them.

31

6+ THE PRESENT FATHERS

TASK 32

## Theatre of feelings

Pick joy, anger and fear. Act out a short scene for each.

32

6+ THE PRESENT FATHERS

TASK 33

## Secret greeting

Invent a greeting only the two of you use. Moves, claps, touches.

33

3+ THE PRESENT FATHERS

TASK 34

## Eyes for twenty seconds

Look each other in the eyes for twenty seconds. No words, no laughing.

34

6+ THE PRESENT FATHERS

TASK 35

## Smile with your eyes

Smile at the other with your eyes only. Your mouth stays still.

35

3+ THE PRESENT FATHERS

TASK 36

## Compliment of the day

Give the other an honest compliment. Look at them while you say it.

36

3+ THE PRESENT FATHERS

TASK 37

## Three good things

Each of you says three things you admire about the other.

37

6+ THE PRESENT FATHERS

TASK 38

## I'm grateful for

Each of you finishes the sentence three times: today I'm grateful for.

38

3+ THE PRESENT FATHERS

TASK 39

## What made me glad

Each of you names one thing that made you glad today.

39

3+ THE PRESENT FATHERS

TASK 40

## Today I feel

Each finishes the sentence: today I feel. The other only listens.

40

6+ THE PRESENT FATHERS

TASK 41

## Who am I today

Each picks an animal that describes how they feel. Then says why.

41

3+ THE PRESENT FATHERS

TASK 42

## Five things I feel

Close your eyes. Name five things you can feel right now.

42

6+ THE PRESENT FATHERS

TASK 43

## Sound of my day

Make a sound that describes your day. With your voice or your body.

43

6+ THE PRESENT FATHERS

TASK 44

## Object of my day

Find an object in the room that describes how you feel. Say why.

44

6+ THE PRESENT FATHERS

TASK 45

## The colour of today

Each names the colour of their day. Then explains the choice.

45

3+ THE PRESENT FATHERS

TASK 46

## Our mantra

Invent a short calming sentence. Say it together five times.

46

6+ THE PRESENT FATHERS

TASK 47

## My superpower

Each names their superpower. The other adds one more they can see.

47

3+ THE PRESENT FATHERS

TASK 48

## Draw how you feel

In one minute, draw how you feel. Then show it.

48

3+ THE PRESENT FATHERS

TASK 49

## Quick portrait

Draw each other in two minutes. No corrections.

49

6+ THE PRESENT FATHERS

TASK 50

## The other hand

Draw the other person with the hand you normally don't draw with.

50

6+ THE PRESENT FATHERS

TASK 51

## Blind drawing

Draw each other with your eyes closed. Then compare.

51

6+ THE PRESENT FATHERS

TASK 52

## Feeling as monster

Draw anger or fear as a monster. Give it a name.

52

6+ THE PRESENT FATHERS

TASK 53

## A new animal

Invent a new animal. How it looks, where it lives, what sound it makes.

53

3+ THE PRESENT FATHERS

TASK 54

## A new word

Invent a new word and its meaning. Use it three times.

54

6+ THE PRESENT FATHERS

TASK 55

## An animal joke

Tell a joke you made up yourself. It has to have an animal in it.

55

3+ THE PRESENT FATHERS

TASK 56

## Once there was

Start a story with once there was. The other continues. Take turns.

56

3+ THE PRESENT FATHERS

TASK 57

## Story from five things

Pick up five objects from the room. Build a story that uses all of them.

57

6+ THE PRESENT FATHERS

TASK 58

## Four line poem

Write a four line poem about today, together.

58

10+ THE PRESENT FATHERS

TASK 59

## Paper plane

Fold a plane. Write a message on the wing. See whose flies further.

59

6+ THE PRESENT FATHERS

TASK 60

## Bridge of sticks

Build a bridge out of sticks or toothpicks. It has to hold one object.

60

10+ THE PRESENT FATHERS

CHALLENGE 61

## Family crest

Make your family crest. Everyone adds one element and says what it means.

61

THE PRESENT FATHERS

CHALLENGE 62

## Family manifesto

Finish the sentence: our family is. Then write five rules and sign them.

62

THE PRESENT FATHERS

CHALLENGE 63

## Time capsule

Everyone writes one memory and adds one object. Hide the box for a year.

63

THE PRESENT FATHERS

CHALLENGE 64

## Gratitude box

Everyone writes three things they're grateful for. You read them at the weekend.

64

THE PRESENT FATHERS

CHALLENGE 65

## Jar of compliments

Everyone writes five compliments for the others. Draw one every day.

65

THE PRESENT FATHERS

CHALLENGE 66

## Mini play

Invent a story and act it out. Everyone gets a part.

66

THE PRESENT FATHERS

CHALLENGE 67

## Secret angel

Draw lots for whose secret angel you are. Help them all day unnoticed.

67

THE PRESENT FATHERS

CHALLENGE 68

## Sound of our family

Everyone adds a voice, a rhythm or a sound. Together you build one tune.

68

THE PRESENT FATHERS

CHALLENGE 69

## Game with no rules

Invent a new game. Everyone adds one crazy rule. Then play it.

69

THE PRESENT FATHERS

CHALLENGE 70

## Backwards hour

For one hour, do everything wrong. Walk backwards, wear your shirt inside out.

70

THE PRESENT FATHERS

CHALLENGE 71

## Pyjama dance

Everyone changes into pyjamas and dances. Each picks one song.

71

THE PRESENT FATHERS

CHALLENGE 72

## Kindness stone

Find a stone and give it a meaning. Whoever holds it does something good.

72

THE PRESENT FATHERS

CHALLENGE 73

## Medal of courage

Make a paper medal. Give it to whoever did something hard today.

73

THE PRESENT FATHERS

CHALLENGE 74

## A hundred squats together

Do a hundred squats as a family. The total counts, not the person.

74

THE PRESENT FATHERS

CHALLENGE 75

## Family totem

Build an object that stands for your family. Use it whenever there's a misunderstanding.

75

THE PRESENT FATHERS

CHALLENGE 76

## Swap roles

Swap roles for one hour. The child leads, the adult follows.

76

THE PRESENT FATHERS

CHALLENGE 77

## Letter in a year

Everyone writes a letter to themselves one year from now. Seal them and keep them.

77

THE PRESENT FATHERS

CHALLENGE 78

## Blanket den

Build a den out of blankets and chairs. All squeeze in and tell stories.

78

THE PRESENT FATHERS

CHALLENGE 79

## Family interview

The child prepares five questions and interviews the adult. Then swap.

79

THE PRESENT FATHERS

CHALLENGE 80

## A minute of silence

Stay silent for one minute and listen. Then each says what they heard.

80

THE PRESENT FATHERS

POWER 81

## Bravo

*courage*

You take the harder version of your task. Everyone claps, even if it fails.

81

THE PRESENT FATHERS

POWER 82

## Nia

*honesty*

You say one true thing about your day that nobody knows yet. Nobody comments on it.

82

THE PRESENT FATHERS

POWER 83

## Sola

*gratitude*

You say one sentence of gratitude. Everyone repeats it after you.

83

THE PRESENT FATHERS

POWER 84

## Sol

*respect and limits*

You stop the game. This round nobody answers who doesn't want to.

84

THE PRESENT FATHERS

POWER 85

## Pati

*patience*

You turn the hourglass. While the sand runs, nobody hurries.

85

THE PRESENT FATHERS

POWER 86

## Zigi

*curiosity*

You do the next task as your seven year old or ninety year old self.

86

THE PRESENT FATHERS

POWER 87

## Eli

*responsibility*

You name one thing you got wrong today and one thing you will do about it. Nobody judges.

87

THE PRESENT FATHERS

POWER 88

## Mira

*change*

You swap your space and your card with a player you choose.

88

THE PRESENT FATHERS

POWER 89

## Ori

*thinking first*

You don't roll. Instead you ask one question to anyone at the table.

89

THE PRESENT FATHERS

POWER 90

## Luma

*kindness*

The game stops. Everyone hugs you. No words.

90

THE PRESENT FATHERS

POWER 91

## Bee

*perseverance*

You repeat the task that did not go well earlier. This time it counts.

91

THE PRESENT FATHERS

POWER 92

## Noa

*loyalty*

You give your power card to another player. They may use it right away.

92

THE PRESENT FATHERS