



Get Psyched! Instructions

Purpose/Benefits:

The general purpose of this activity is to have chapter members interact with one another and have fun.

Energy Level:

High – It is necessary for all chapter members to get up and move around.

Settings/Materials Needed:

Allow enough space for chapter members to move around. Each chapter member needs the “**Get Psyched!**” worksheet and pen/pencil to write.

Method:

The object is to have each member go around and complete the worksheet by interacting and having fun with other chapter members. One could make this a friendly competition by putting a time limit on it and providing an FNL promo item as a prize for the first person to complete the worksheet.

Attachments:

See the next page to “**Get Psyched!**” worksheet.



Get Psyched!

Do everything listed here and get signatures to prove it!
Please – only one signature per person!

1. Untie someone's shoe, then tie it again. Have the person sign here:

2. Count out loud as you pat your head and rub your stomach **10** times with a partner. Partner signs here:

3. Find someone who has a pet and have them sign their pet's name here:

4. Have someone else do **5** chicken wings for you and then sign their name here:

5. Get someone to sing a TV commercial and sign here:

6. Do your very best impersonation of a cow, pig, and chicken for someone and have them sign here:

7. Find someone who has brothers and sisters and have them sign here:

8. Get **2** different autographs and their place of birth on the back of this sheet!

9. Find someone who is wearing dress shoes and have them sign here:

10. Get **4** other people to form a circle with you and sing one verse of "Row, Row, Row Your Boat" and have them sign the back of this sheet!

11. Find someone who has a pencil with them and have them sign here:

12. Find **6** people and have a group hug!



Orange County Friday Night Live Partnership (OCFNLP) is administered by the Orange County Department of Education and funded by the County of Orange Health Care Agency, Alcohol and Drug Education and Prevention Team.
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