

The “UGLY TRUTH OR DARE” Activity

WHAT YOU’LL NEED:

- ✎ Two small containers such as boxes or jars
- ✎ Small pieces of blank paper
- ✎ Pens/pencils

HOW TO PLAY:

Begin by creating a “truth” bin and a “dare” bin. Fill the truth bin with truth-revealing questions, and fill the “dare” with clever and funny, but harmless, dares. Use the questions and dares below or create your own.



Have all players sit on the floor in a circle and number off to determine the order or, alternatively, begin with one volunteer and have them select the next player once their turn is up.

At each turn, have players choose between revealing the ugly truth about themselves and completing the dare challenge. Once they’ve decided, have them draw a “truth” or “dare” from their chosen bin and either reveal the truth or perform the dare.

TRUTHS

- ✎ Have you ever blamed a sibling for something you did and convinced your parents that they did it?
- ✎ What was the nastiest joke you have ever played on someone?
- ✎ Have you ever peed in a pool?
- ✎ What is the strangest dream you’ve ever had?
- ✎ Have you ever lied to a teacher and what was it about?
- ✎ What is the most embarrassing thing you ever said or did around a boy/girl you liked?
- ✎ What is the worst gift you have ever received?

DARES

- ✎ Dance like a crazy person in front of everyone for 30 seconds.
- ✎ Sing Baa Baa Black Sheep in your most hated teacher’s voice.
- ✎ After everything you say add “Whoa . . . I’m good!” for the next 15 minutes.
- ✎ Pretend that you are underwater for the next 10 minutes.
- ✎ Act like a gorilla/monkey for one whole minute.
- ✎ For five minutes, only communicate by barking like a dog or meowing like a cat.
- ✎ Recite the alphabet backward as fast as you can.