

TEAMS

Divide into two teams, dodgeball team captain style! Team 1 is the team with the youngest player.

Team 1 rolls first.

Alternate turns between teams. For example, one person from Team 1 will take their turn, then one person from Team 2 will take their turn. Repeat until all players have gone. Then repeat the order until a team wins.

HOW TO WIN

Your goal is to advance to the winning square on the game board before the other team!

Beware of squares and failed dares that will set you back along the way.

THE CARDS

Players must read every card out loud unless the card indicates not to. If a card can't be read out loud, the other team should look out for and try to call out suspicious behaviour from this person for the next few turns!

For team challenge cards, if your team cannot guess what you are acting out, move your team's token back to your position before the roll.

HOW TO PLAY

Step 1: Roll the dice!
Step 2: Advance your team's token as many spots as you rolled on the dice. Complete the action or dare on the square you land on.

If you move back, don't complete the action on the new square.

If you do not complete a dare, move back to your position before the roll.

Follow the instructions on the dare cards if there are competing rules.

MATERIALS (1/2)

We've included a blindfold and ear plugs for the dares that need them. We've also included game tokens for each team. Use these to advance on the game board.

MATERIALS (2/2)

For a few dares, you'll need earbuds or headphones. If this isn't possible, feel free to modify the dare to use the ear plugs instead.

Finally, you'll need a dice and a timer. Feel free to use a mobile device for this!



**A NOTE FROM THE
CREATORS OF
SENSORY OVERLOAD**

Our names are Maya
Harvey, Tara Jones,
Emily Redmond,
Wesley Rojas, and
Jeong Shin.

We hope you love our
game. Who knows,
maybe you'll leave with
some new friends on
your way out! ;)





Choose someone from the opposing team wearing shoes with laces.

Get the person to your right to tie your opponent's shoelaces together. The person to your opponent's right ties your shoelaces together. With your shoes tied, you and your opponent must close your eyes and race around the room with your partners guiding you. The loser's team moves back 3 squares.



Choose one person from the other team wearing black.

Close your eyes and have them draw something on your back using their finger. You have 20 seconds to guess what they're drawing. If you fail, you must move back 3 squares.



Pick someone on the opposite team who is wearing white.

On Instagram, close your eyes, scroll through your followers, and stop when the person on opposite team tells you to. You must like every photo on the account you stop on. If they have more than 10 photos, you can stop at 10.



Pick someone on the opposing team with long hair.

Close your eyes and let them dip or put your finger into anything that they choose.



Pick the person to your right on your team and two people directly across from you on the opposing team.

Close your eyes. These three people will stand up in a line facing you. Each person standing up will snap 3 times. Guess which snap is coming from your teammate. If you fail, you must move back 2 squares.



Pick the person on the opposing team whose outfit you like best today. Don't tell anybody who this person is.

With your eyes closed, draw a portrait of this person.

The person to your right on your team has one try to guess who it is or you move back to your position before your roll.



Someone from the opposing team will place a random object in your hands.

With your eyes closed, you have 3 tries to guess what the object is based on its weight, texture, and shape. If you guess correctly, stay where you are. If you guess incorrectly, move back to your position before your roll.



Think of an animal to draw.

Close your eyes and start drawing for 30 seconds, but don't finish the drawing. Pass the unfinished drawing to the person next to you. If they cannot finish drawing in 30 seconds with the animal you chose, go back 3 squares.





Close your eyes and draw another card from one of the other decks.

Your teammates must guide you through this dare using only their voices. If someone from the opposing team catches you breaking this challenge, you must move back 5 squares.



With your eyes closed, hug as many people as you can in 20 seconds.



Pick someone from the opposing team wearing white.

They must guide you through a series of yoga poses with your eyes closed and without being able to see the poses beforehand. Do this for at least 1 minute.



Have everyone from your team other than you line up and close their eyes.

Someone from the opposing team will whisper a short phrase to the first person in the line. The first person will act it out, then whisper the phrase to the next person, and so on. Your job is to guess the phrase by the end of the line. If you fail, you must move back 4 squares.



Choose a partner from your team and two opponents from the other team by the players with the earliest birthdays.

Close your eyes. Agree on an item of clothing (eg. shoes and socks, etc.). You and your partner race the opposing partners to get the item off their partner as fast as possible. The losing team moves back 4 squares.



Identify the person in the room who you are least familiar with.

Close your eyes. Have the person on your right verbally direct you to this person, and hold their hand for 30 seconds with your eyes close. If this person successfully escapes you, your team moves back 3 squares.



Close your eyes and have the person next to you read this dare out loud.

The opposing team chooses 3 players to take off the same item of clothing (e.g. shoe or sweater). With your eyes closed, have the person next to you bring each item to your nose. Guess which item belongs to which person. If you fail, you must move back 3 squares.



Close your eyes. Have the person next to you read this dare out loud.

Without opening their eyes again, the person who drew the card must say the order of how people in their team are sitting in the circle (going clockwise).

If they get it wrong, they must move back 3 squares.





Close your eyes. Have the person next to you read this dare out loud.

Someone from the opposing team hides your phone somewhere in the room. The person to your right must verbally guide you to where your phone is. If you can't find it, you must go back to your position before you rolled the dice.





Choose a person on the opposing team wearing jewelry.

Take turns trying to make each other laugh. You may not speak, and you can only make animal noises. The first person to laugh must move back 2 squares.



Around the circle, everyone from both teams stands up.

Go around the circle as quickly as possible and say “pterodactyl” and squawk when it is your turn to pass the phrase onto the next person. If you show your teeth at any point during this challenge, you are out and have to sit down. Whichever team has players standing at the end wins. The losing team must move back 3 squares.



Team challenge...

Choose a five word phrase and tell it to someone on the opposing team ONLY. Without making any sound or using any gestures, mouth this phrase to the person next to you. Like telephone, each person on your team must pass the phrase by only mouthing it. If the phrase changes by the end, you must move back 3 squares.



DON'T READ THIS CARD OUT LOUD

For your next three turns, you must incorporate the word, “bananas” every time you speak.

If someone from the opposing team catches on that you've been saying “bananas” a lot or staying oddly silent, you must move back 3 squares. Show this card to a teammate to keep you accountable.



DON'T READ THIS CARD OUT LOUD

Pick someone wearing denim. For the rest of the game, you can only talk to them like they are your crush.

If someone from the opposing team catches on, you must move back 3 squares. Show this card to a teammate to keep you accountable.



Talk without opening your mouth for the next 3 turns.

If someone on the opposing team catches you breaking this rule, move back 2 squares.



You must only speak in rhymes for the rest of the game.

If someone on the opposing team catches you breaking this rule, you must move back 2 squares.

(Example: Ugh, I really hope our team doesn't lose, if we do I might blow a fuse!)



Choose a food and tell someone from the opposite team.

You have 1 minute to act out the food without speaking. You win if your team guesses what food you are.





Let the opposing team pose you. You must be silent and stay like that for the next two rounds.

If you break the pose, move back 3 squares.



With your team...

Put in headphones and shuffle a playlist. For the first song that comes up, you must lip-sync the song without making any noise. Your team has 1 minute to guess the song.



Make a non-traditional animal sound (no barking, meowing, neighing, or quacking!)

Your team has to guess the animal you're imitating in 1 minute.



Fill your mouth with water and sing a song.

Your team has to guess the song you're singing in 1 minute.



Pick a family member or close friend from your contact list. Call them, but the only sounds you're allowed to make are monkey noises. Keep the conversation going for at least 1 minute. If you fail, you must go back 5 squares.



With the person on your left...

Come up with a job or occupation. Your partner will be the puppet, and you will be the puppetmaster. Neither of you can speak. You have 1 minute to move their body to act out the occupation until someone on your team guesses correctly.



From the opposing team, pick one person who is directly across from you.

Have them come up with a movie title that you'll have to act out without speaking to your own team. You have 30 seconds for your team to guess the movie while you act it out. If you fail, you must go back 3 squares.



Choose a person on your team who is wearing shoes other than sneakers.

For the rest of the game, whenever one of you speaks, you must end whatever you are saying with "Pip pip!" in an English accent, and your partner must respond with "Cheerio!" also in an English accent. If someone on the other team catches you breaking this rule, you must go back 2 squares.





Pick someone from the opposing team wearing jeans.

For the next three rounds, every time they speak, you must be silent and act out what they're saying. If someone from the opposing team catches you breaking this rule, you must move back 2 squares.



With the person sitting to your right...

Mouth the lyrics to a song while they sing them out loud. You've successfully completed the dare if your partner sings the correct song within 30 seconds.



DON'T READ THIS CARD OUT LOUD.

For the next two turns, you must act like a mime. If someone from the opposing team notices, you must move back 5 squares. Show this card to a teammate to keep you accountable.



Do your best impression of someone on the opposite team. You cannot speak or make any noises. You have 30 seconds.

If someone from the other team guesses who you are impersonating before someone from your own team, you must move back 4 squares.



Choose a partner from your team that you are least familiar with. Without speaking, reenact a scene from a romantic movie (eg. The Notebook) for at least 1 minute, kissing optional.





Have the person to your right pick someone from your contact list to call.

Plug your ears. Your partner must call the person they've chosen and act out what the person on the other end of the call is saying. Your goal is to try and guess what your partner is saying to keep the phone call conversation going for at least 1 minute.

If you the person on the phone notices something is unusual, you must go back 4 squares.



Draw a face on your hand and create a name and a new persona for it.

For the next four turns, pretend you cannot hear anymore, only your puppet can hear. You must respond with your hand puppet only.

If someone from the opposing team catches you breaking this challenge, you must move back 5 squares.



Put in headphones and shuffle a playlist so your teammates cannot hear the song.

For the first song that comes up, you must lip-sync the song live without making any noise. Your team has 1 minute to guess the song. If you fail, you must go back 3 squares.



Pick a song.

Using only your hands as tools, you must bang and clap out the rhythm of the song. You win if your team can guess the song.



For your next two turns, you must wear earbuds and blast music into your ears.

Try your best to lip-read what others are saying, as you still must respond to people speaking to you and engage in conversation.

If you miss a question directed at you, move back 3 squares.



Record yourself speaking about the weather for 30 seconds. Put on earbuds, and play this recording back while you try to read this sentence at full speed:

She sells seashells by the seashore, but the shells she sells are surely not all. For some shells are shy and don't want to be sold, so they hide in the sand, as quiet as a mouse.

If you stutter, go back 5 squares.



Have the tallest person on the other team choose any song.

With headphones on, play this song as loud as you can stand. While this song is playing, for 30 seconds, sing the chorus of a different song of your choice without hearing your voice.



Pick the person directly across from you as your partner.

Have a conversation with them for at least 1 minute while you are both wearing headphones playing intense classical music.





Pick someone from your team who speaks a language other than English. It must be a language that you do not speak.

Have them say a sentence or phrase in that language. Guess what they are saying based on their intonation and body language. If you fail, you must move back 3 squares.



Choose someone from the opposing team wearing a t-shirt.

Let them choose a LoFi (or any instrumental) beat for you. Put on headphones so you can't hear anything besides the music, then rap to the beat for at least 30 seconds.



Choose a partner from your team wearing white.

Cover your ears (both of you) and turn around so you can't see your partner. Sing a duet of "Don't Go Breaking My Heart" (or another favorite duet song) for at least 30 seconds.



Make your best fart noise using a body part other than your mouth.



Play a round of paranoia!

Cover your ears and hum so you can't hear. In 1 minute, your team will come up with superlative, "_____ is most likely to..." to describe you. Then, flip a coin. If it lands heads, the group must tell you what they came up with. If it's tails, you never get to find out!



Make 3 different crying noises - one for being hungry, one for needing a diaper change, and one for feeling scared. Change the order of these cries. Your team must guess which cry corresponds to which feeling. If you fail, you must move back 5 squares.



Turn around so you can't see the group.

Someone from the other team sings the highest note they can. You have one guess to correctly guess who the singer is from hearing the note once.



Plug your ears and hum so you can't hear the group.

The two shortest players from the opposing team will have a 1 minute conversation. Lip read the conversation from a few feet away and give a summary of the conversation. If the opposite team votes your summary as inadequate, you must move back 2 squares.

