

# Ideas for Totem Pole Challenges

Description of Challenge	Props needed	Other children/ adults needed
Give a speech: 1) Prepare a short speech (or read from a book) and give it in front of a small group of people. 2) Have members of audience ask questions during the speech.		Yes
Go to a nearby store and ask store clerk for directions/to buy something (e.g., pack of gum, where are the chips?).		Yes (store clerk)
Trip in front of people		Yes
Wear strange makeup or make hair look funny and walk in front of others	Make-up/hair product	Yes
Call someone you're nervous about calling to get together		Yes
Take a timed quiz	Quiz	No
Walk in public with toilet paper stuck to your shoe	Toilet paper	Yes
Walk around the building/the neighborhood alone		No
Have your parent/guardian leave without taking cell phone and without saying when they'll return.		Yes (parent/guardian)
Treasure/Scavenger hunt: Get a list of people/objects to find from other places in the building and go alone (the people then have to give them something or sign a paper to show that you found them).	Objects/ People	Yes
Pay for item with wrong amount of money at a nearby store.	Money	Yes (store clerk)
Surveys: Ask people you don't know (like security guard, people outside) questions for a survey (e.g., what's your favorite holiday, season, food, color, etc. or "how do you know when you're feeling nervous?")	Survey	Yes
Perform something (musical instrument/scene from a play/sing a song/play a game) in front of a small (or large) group of people.	Props for Performance	Yes
Play a game with a new person	Game	Yes
Play "hide and seek" with your coach in the building		No
Surf the internet and read about and talk about pictures and articles having to do with something that worries you.	Internet access	No
Watch part of a scary movie	Move, TV/VCR	No
Spin around in a chair until you're dizzy, or do jumping jacks until it's hard to breath, or breath quickly into a small paper bag over and over again.	Chair/Bag	No
Sit in the dark.		No
Taking a really difficult test and showing the results to your parent/guardian	Test	Yes (parent/guardian)
Take a test and purposely make mistakes and have someone else grade it (parent/guardian or some other adult).	Test	Yes
Write something with the wrong hand and have someone else read it (without being about to explain why it is messy).		Yes
Walk around in public looking "messy"		Yes
Do something embarrassing in public like bump into someone or spill something, ask an obvious question, or laugh really loudly.		Yes
Purposely lose an easy game to a stranger	Game	Yes
Do something that will get you in trouble (like walk where there is "restricted entrance" or talk in a library).		Yes