





 <p>3<sup>+</sup></p> <p>STADIUM WAVE</p>	 <p>3<sup>+</sup></p> <p>SQUAT DOWN</p>	 <p>3<sup>+</sup></p> <p>CHANGE SEATS</p>	 <p>3<sup>+</sup></p> <p>REACH ACROSS</p>
 <p>3<sup>+</sup></p> <p>SHAKE THE BODY</p>	 <p>3<sup>+</sup></p> <p>GO UNDER THE BRIDGE</p>	 <p>3<sup>+</sup></p> <p>LEAN BACK</p>	 <p>3<sup>+</sup></p> <p>LEFT TO THE RIGHT</p>
 <p>3<sup>+</sup></p> <p>BREAK THE CIRCLE</p>	 <p>3<sup>+</sup></p> <p>JUMP TO THE RIGHT</p>	 <p>3<sup>+</sup></p> <p>LEAN FORWARD</p>	 <p>3<sup>+</sup></p> <p>CLOSE EYES FOR 1 ROUND</p>
 <p>2</p> <p>MAKE A BRIDGE</p>	 <p>2</p> <p>SQUAT DOWN</p>	 <p>2</p> <p>SUMO!</p>	 <p>2</p> <p>LEAN BACK</p>
 <p>2</p> <p>SHAKE THE BODY</p>	 <p>2</p> <p>WITH FEET!</p>	 <p>1</p> <p>MOVE AN OBJECT</p>	 <p>1</p> <p>YOUR OWN PROMPT</p>
 <p>1</p> <p>HUG SOMEONE</p>	 <p>1</p> <p>BODY STRETCH</p>	 <p>1</p> <p>SHAKE THE BODY</p>	 <p>1</p> <p>YOUR OWN PROMPT</p>

Random generator can be found at [emisun.net/fingertwister](http://emisun.net/fingertwister)

Multiple-Player Challenge

2-Player Challenge

1-Player Challenge





**Stadium Wave:**  
Players gather in a circle and create a human wave while their fingers connected

STADIUM WAVE



**Stadium Wave:**  
Players gather in a circle and shake their bodies while their fingers connected

SHAKE THE BODY



**Break the Circle:**  
Players form a circle around the host or a player, and the person in the middle needs to break out of the circle connected by fingers.

BREAK THE CIRCLE



**Make A Bridge:**  
Two players group up using arms to build a bridge while their fingers connected.

MAKE A BRIDGE



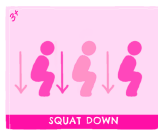
**Shake The Body:**  
Two players group up shaking their body together while their fingers connected

SHAKE THE BODY



**Hug Someone**  
Everyone hugs someone while their own fingers connected.

HUG SOMEONE



**Squat Down:**  
Players form a circle and squat down together while their fingers connected

SQUAT DOWN



**Go Under The Bridge**  
Two players group up and make a bridge, one player goes under the bridge while their fingers connected

GO UNDER THE BRIDGE



**Jump To The Right**  
Players form a circle and jump 1 step to the right together, while their fingers connected

JUMP TO THE RIGHT



**Squat Down:**  
Two players group up squat down together, while their fingers connected

SQUAT DOWN



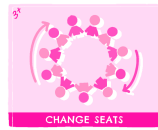
**With Feet**  
Two players group up connect both their fingers and feet!

WITH FEET!



**Hug Someone**  
Each player connect their own fingers and hugs someone!

BODY STRETCH



**Change seats:**  
Players gather in a circle and move clockwise to change seats, while their fingers connected

CHANGE SEATS



**Lean Back:**  
Players gather in a circle and lean back together while their fingers connected

LEAN BACK



**Lean Forward**  
Players gather in a circle and lean forward together while their fingers connected

LEAN FORWARD



**Sumo!**  
Two players group up push and pull each other a sumo wrestling match!

SUMO!



**Shake Body:**  
Each player connect their own fingers and try to move an object from one spot to another

MOVE AN OBJECT



**Shake Body:**  
Each player connect their own fingers and shake body.

SHAKE THE BODY



**Reach Across**  
Players gather in a circle and reach the player across to connect their fingers.

REACH ACROSS



**Reach Across**  
Players gather in a circle and cross their arms to connect the fingers with the players next to them.

LEFT TO THE RIGHT



**Close Eyes For 1 Round:**  
All players must close their eyes for the next challenge.

CLOSE EYES FOR 1 ROUND



**Lean Back:**  
Two players group up lean back together while their fingers connected

LEAN BACK



**Your Own Prompt**  
Any player can come e up with a challenge for everyone to try!

YOUR OWN PROMPT



[emisun.net/fingertwister](https://emisun.net/fingertwister)  
Multiple-Player Challenge  
2-Player Challenge  
1-Player Challenge  
Emi Y Sun Game 4.21.2023