

TRUTH & DARE GAME



Basic Rules

1. **Gather Everyone in a Circle:** Sit in a circle so everyone can see and interact with each other.
2. **Decide the Order:**
 - You can spin a bottle, and whoever the bottle points to gets the turn.
 - Or, simply go in a clockwise or random order.
3. **Ask "Truth or Dare?":**
 - When it's someone's turn, they choose either *Truth* or *Dare*.
 - If they choose *Truth*, they must answer a question honestly.
 - If they choose *Dare*, they must complete the challenge given.
4. **Prepare Questions and Dares:**
 - **Truth:** Questions can be about personal experiences, secrets, or fun facts. For example:
 - "What's the most embarrassing thing you've ever done?"
 - "Who was your first crush?"
 - **Dare:** Challenges can be funny, silly, or adventurous. For example:
 - "Sing a song in a funny voice."
 - "Dance without music for 30 seconds."
5. **Set Rules for Safety:**
 - No inappropriate or offensive questions/dare.
 - Players can skip a turn if they feel uncomfortable, but consider adding a fun penalty for skipping (e.g., they tell a funny story).
6. **Make It Fun!**
 - Keep the questions and dares entertaining but respectful.
 - Add your own twists like themes (e.g., romantic, spooky, cultural).
7. **End the Game:**
 - Set a time limit or play until everyone has had an equal number of turns.
 - Conclude with a fun group activity if desired.

What You Need

- A group of players (at least 3, but more is better).
- A bottle (optional, for spinning) or you can take turns in a clockwise order.

Tips:

- **Age-Appropriate Content:** Ensure the questions and dares are suitable for the group.
- **Keep It Light-Hearted:** The goal is to have fun, not to make anyone uncomfortable.
- **Team Dares:** For large groups, create team-based dares for added excitement