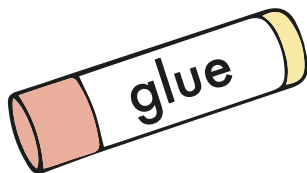
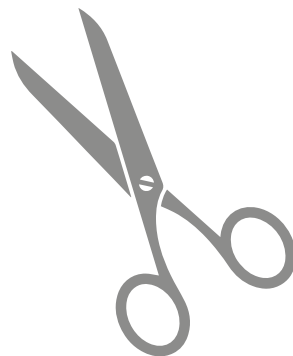




SURVIVAL OF THE SILLIEST

How do I make Zilli?

What you need:



Support HELIX by purchasing decks from <http://GetZilli.com>.

1

Download and print out this file. We suggest printing on heavier paper for best results. You can print on A4 or letter sized paper.



2

Cut out the individual cards along the lines indicated by the scissors icon. Each card should have a front and back "panel" connected along 1 edge.



3

Carefully fold each card in half with front and back panels facing outwards. Use a spot of glue to keep the card from unfolding.



Be active, be silly & be happy!

Share your best moves, rules and ideas with us!
We're @GetZilli on Instagram and Twitter!
And check out the latest news at <http://GetZilli.com>.

How to Play

Zilli has two types of cards. **Action Cards**, with coloured backgrounds, show moves that the players have to perform. **Special Cards**, with white backgrounds, change the way the moves have to be performed. For example, **Double Time** makes all the moves really fast.

If you're the youngest player, then you start the game as the **Ringmaster**. Shuffle the deck and take five cards. Choose three **Action Cards** for the other players to perform. If you have any **Special Cards** you can throw one of those in too. Put the remaining cards back in the deck. Reveal the cards you've chosen to everyone in dramatic fashion.

Now for the challenge! Count out loud from 1 to 10 while all the other players try to perform the action challenges for your entertainment.

TURN OVER, THERE'S MORE!

For example, the other players might have to combine and act out **Frog Jumps** and **Robot Dance** and **Air Guitar**... whoa!

When the time is up you have to decide who gave the best performance, who was the funniest? Who was the most creative? Who was the silliest? Once you've chosen your winner or winners, give them the **Action Cards** from the round as the reward. Divvy up the bounty as you see fit.

Now on to the next round! The person to the left of the **Ringmaster** becomes the new **Ringmaster** and repeats the same process. Change the **Ringmaster** on every round and keep going until all the cards have gone. At the end of the game the person who has won the most cards is the winner and is crowned the **ZILLI MASTER**.

Have fun and be silly.

Zilli
XOXO

WHAT'S YOUR MOVE?

DO IT!

TELL US HOW YOU DO IT

ADD YOUR IDEA AT help.Bezilli.com

Zilli

SHAKE
YOUR
TAIL
FEATHER



An ancient and beautiful dance inspired by the noble chicken. Put your hands in your arm pits then shake your tail feather! Easy!

Zilli

PRESS UPS

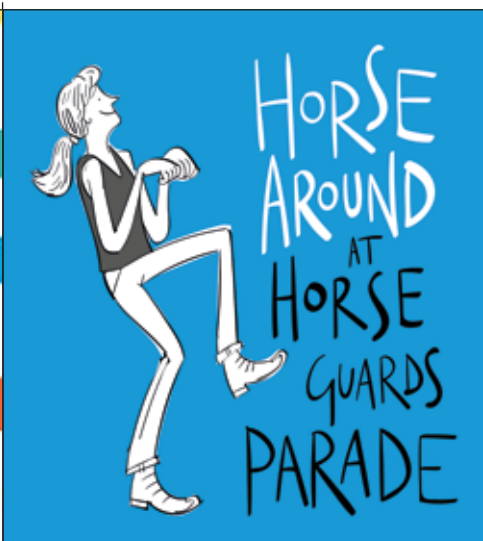


Bend your elbows and touch the floor with your nose, like you've done a million times before. But this time, smile! Easy, right?

Zilli



The majestic eagle, soaring gracefully over the desert. Spread your wings and keep flapping. Hmm, you look like a pigeon, but that's OK too.



You are a horse... of course, of course. The guards have to be serious, but you don't. Especially when you're being photographed.

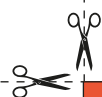


Let's make friends with our feet! First, stretch your arms up towards the sun. Then bend right over at the waist and try to touch your toes.



Who needs a boat to go rowing? Or a river for that matter. Not us! Extend your arms, pull your body forward and row up the river.





Imagine that you are a robot, and then dance to the algorithm. Robots are great at dancing... bleep, bleep, whirl.



Stand on one leg and stay there. Easy, right? Give it a go and see. You can teeter and totter and waver and wobble, but don't fall over.

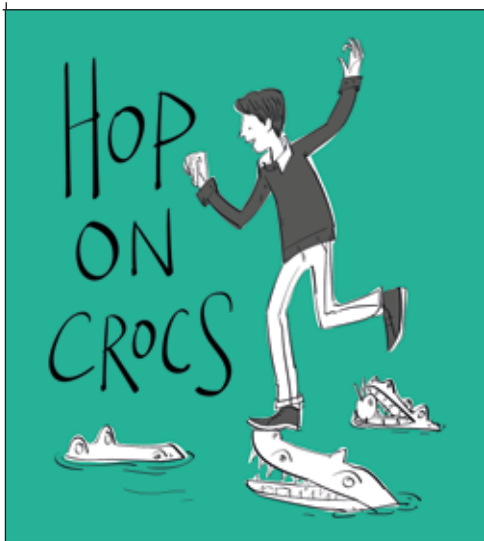


Get close to the ground and kick your legs in the air, but don't fall over. Kick! Kick! Kick! Hey! Hey! Hey!



Jump like Jack! Who is Jack? Who knows! But he was great at jumping. Straight up in the air, arms and legs out like a capital X, just amazing.





We need to get across the stream by hopping on those rocks. Wait, those rocks are crocs! Better move quick before they SNAP!



We're going for a run to... here! Run as fast as you can, swing your arms and get your knees up high, but don't move from the spot.



I know Kung-Fu! Kick as high as you can with one leg, then the other. Control your feet of fury though, we don't want anyone getting hurt.



Grab a chord with your left arm, then spin your right arm like a rock and roll windmill. You're a rock star, put on a show and jump around!



BEEF CAKE



Grit your teeth, tense your glutes and flex your guns. BEEEEEEFFFFCAAAAAAKE!

Zilli

CRAB DANCE



Crabs are surprisingly elegant dancers when they have the right rhythm. Snap your claws and walk sideways on the beach by the sea.

Zilli

SHIKAKA



SHII KAI KAI! What does it mean? No idea! Put your feet wide apart and crouch down low, now pump your arms in the air and stamp your feet.

Zilli

GANGNAM STYLE



Hold the reins with your hands and jump from one leg to the other, as if you were riding a tiny horse. And then wield a lasso. Not silly at all!

Zilli



Stick your arms out like you're trying to find a light switch in the dark, then walk really slowly without bending your knees. And MOAAAN!



You've been hibernating all winter long in a nice warm cave and now someone has woken you up. Stomp around angrily and roar!

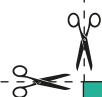


It's time to see what it's like to be a tree. So put down some roots, stretch out your branches and get ready to photosynthesise.



It's a very serious fever and you've just caught it. Put your left hand down by your side and swing your hips while your right hand points skyward.





SPACE FLEAS

Fleas from space! How did they get here?
On the back of a space dog, silly!
They're really itchy though, scratch for your life!



JUMP THE ROPE

If you've got a rope then that's just great. If
you haven't then that's great too, you can just
pretend. Spin the rope and jump! Faster!



ROLY POLY

It's a forward roll! You know how to do that
don't you? Just put your head on the floor, curl
yourself into a ball and roll!



CABER TOSS

Toss the caber (it's Scottish for log). Find one
and throw it with all your might and see it
tumble. Then do it again.





FROG JUMPS



Frogs know about jumping and they're just the best! Squat down on the ground with your hands between your feet. Now HOPI HOPI HOPI



SUMO STANCE



Make like a real heavyweight and stomp like a sumo wrestler! Plant both feet, get down in a squat and puff yourself up like a big balloon.



CONGA LINE



Lock your arms on your friends shoulders and scurry around together like a giant... conga line.

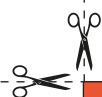


DO THE TWIST



Twist your shoulders one way while you twist your hips the other way. And then reverse, like an indecisive whirlpool.





WHEELBARRROW

Use your friend to take out the garden rubbish. Has your friend got wheels? Probably not, they'll just have to use their hands.



SIT-UPS

Pretend your knees and elbows are long lost pals rushing to be reunited. Then be like the cruel Fates and tear them apart. Repeat.



MOUNTAIN CLIMB

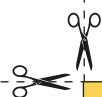
Get down on your hands and knees and climb Kilimanjaro! It will be hard going but luckily we're experts.



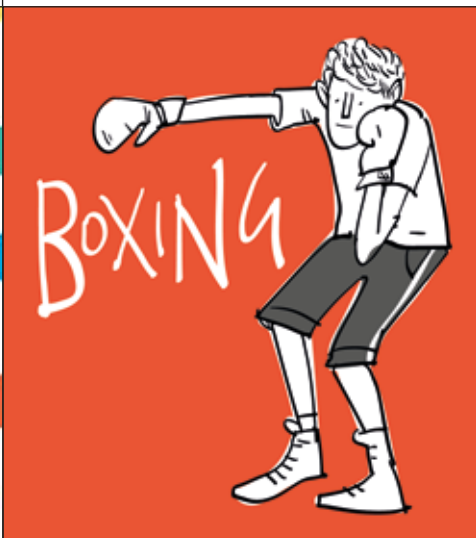
WALK LIKE AN EGYPTIAN

Cleopatra was a really famous queen of Egypt. If you can walk the same way she did then you're doing it right.

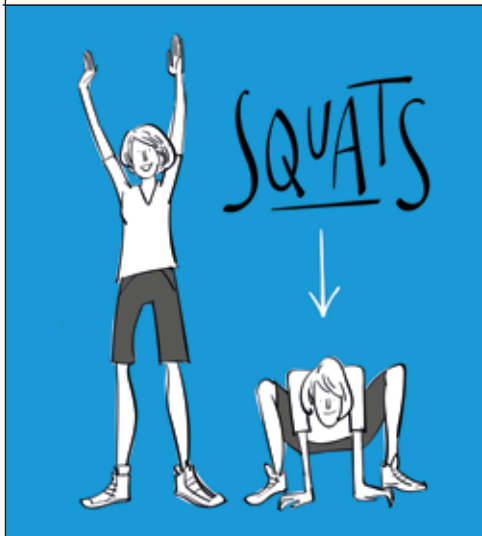




Spin around on the spot. Be careful when you finish because you just might fall over. Kudos for keeping your lunch in.



Put up your dukes and duck and weave like a prize fighter. Don't actually hit anyone though, we're all good friends here.

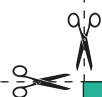


Squats are good for your feet, your head and everything else in between. Stretch high in the air, then go down to the floor. Good times.



What does the fox say? Let's find out! Put one leg out in front of the other with a bent knee, then make little fox heads with your hands and bounce the whole thing up and down.





AIR BICYCLE



It's a weird bike but we love it anyway. Put your shoulders on the floor, put your legs in the air and pedal with all you've got.

Zilli



PIGGY BACK RIDE

Grab a friend, jump on their back and ride off together into the sunset. So long partner!

Zilli

PLANKING



Make like a plank and... plank. It's as simple as that, just make yourself as straight and as stiff as possible and stay there. You know, like a plank!

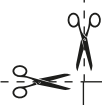
Zilli

DOWNWARD FACING DOG



Make like a press-up then walk your feet towards your hands until your bum is sticking up in the air. Looks like a dog, right?

Zilli



DOUBLE TIME

Affects all ACTION cards in play.
Same as before but at double the speed.
Twice the speed, twice the laughs.



GRAVITY

Affects all ACTION cards in play.
Everything feels so heavy! You can barely lift
your feet off the ground and your knees are
bending under the weight of your head.



DOUBLE TIME

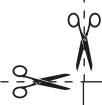

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Affects all ACTION cards in play.
The wiring has gone all wrong! Front is back, up is down and left is right. Do everything exactly the same but the wrong way around.




Affects all ACTION cards in play.
Put on a show, ham it up and strut your stuff. Exaggerate every single action until it's just plain silly. Even sillier than before!

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