

SCARE TACTICS 101



Goof around, practice your best monster moves, and then challenge a friend (real or imaginary) to a scaring contest or two. Which one of you can be “Top Scarer”?

Take turns playing Sully (big and ferocious) or Mike (funny and quick). Pounce, bounce, roar, spook, sneak up and SCARE THE LIVING DAYLIGHTS out of friends, family members, or your favorite stuffed animals. Who has the scariest moves? How about the silliest?

Sample Scare Tactics

Invent some special moves and give them clever names like:

Sully: Tailspin Slap Attack, Monster Fur Flop Aerial Pounce, Somersault Jump

Mike: Spinning Ball Attack, Bouncing Eyeball Aerial Pounce, Double Hover Jump

Scary Feet, Scary Feet!

How loud can you stomp? Now pick up the pace. How fast can you stomp?

Bounce-Off

Limber up, put a spring in your step, and do your best Mike Wazowski.

Who can bounce the highest? Who can keep bouncing the longest?

BOO-Off

Sneak, sneak, sneak... BOO! Who can do it the best?

Roaring Contest

Grrrr, growl, twist and shout. Or, as they say in training class,

“Reach deep down and let the scary out!”

