

Act like you're learning to ride a bike. Show how proud you are and then how scared you are!

Do the hula with very intricate hand motions and very dramatic hand motions.

Drive a race car with close calls of crashing, and then have a dramatic crash.

Jump from a plane with your parachute. Don't forget to count to 10 when you jump, pull the rip cord, be jolted when the parachute finally opens. Every so often sniff the air very deeply. Land hard and then relax.

Listen to very active music on a headset. Don't forget to tap your feet and sing along.

Ride on a very scary roller coaster that goes very high up and drops down very fast. It also goes around sharp corners. Don't forget to scream!

Wash dishes of a variety of sizes including huge pots and pans and bottles.

You are in a rocket taking off from the earth. You are jolted around, and there is a lot of pressure pushing against you. Comment on what you see outside.

You are operating a jack hammer on very hard material. Stop and wipe the sweat from your forehead many times.

You are rafting down very violent rapids and get very wet a number of times. Don't forget to scream.

You are rock climbing, and at one point you slip and slide way down screaming all the way.

You are watching an extremely scary movie! Don't forget to scream!