

KIDS **TRUTH OR DARE** **PACK**

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TRUTHS & DARES FOR KIDS

- **50 TRUTH QUESTIONS FOR KIDS**
- **60 DARES FOR KIDS**
- **8 "FREE PASSES"**

KIDS TRUTH QUESTIONS

Cut out the cards and draw from the pile when a player chooses "truth" in the game.



**WHAT IS ONE WEIRD
HABIT YOU HAVE?**

**WHERE ARE YOU MOST
TICKLISH?**

**WHAT'S THE
WEIRDEST/GROSSEST THING
YOU HAVE DONE?**

**WHAT DO YOU WISH YOUR
PARENTS WOULD AND
WOULDN'T DO?**

**WHAT FOOD DO YOU HOPE
YOU NEVER HAVE TO EAT
AGAIN?**

**HAVE YOU EVER PRETENDED
TO BE ASLEEP BUT THEN
STAYED UP REALLY LATE?**

**WHAT IS SOMETHING THAT'S
NOT REAL, BUT YOU REALLY
WISH IT WAS?**

**WHERE IS ONE PLACE
YOU DON'T LIKE GOING?**

**TELL US ABOUT A STRANGE
DREAM YOU'VE HAD.**

**HAVE YOU EVER BROKEN
SOMETHING AND NOT TOLD
ANYONE ABOUT IT?**

KIDS TRUTH QUESTIONS

Cut out the cards and draw from the pile when a player chooses "truth" in the game.



GIVE EACH PERSON IN YOUR FAMILY A NICKNAME THAT FITS THEM.

WHAT SHOW DO YOU LOVE THAT MOM AND DAD HATE?

WHAT'S THE LONGEST YOU'VE GONE WITHOUT SHOWERING?

WHAT GROSS SMELL DO YOU SECRETLY KIND OF LIKE?

WHAT WORD ARE YOU NOT SUPPOSED TO SAY, BUT YOU SOMETIMES SAY IT?

WHEN WAS THE LAST TIME YOU STARED AT SOMEONE? WHY WERE YOU STARING?

WHICH ANIMAL IS YOUR SPIRIT ANIMAL? (WHICH ARE YOU MOST LIKE?)

HAVE YOU EVER WATCHED A SHOW THAT YOU THOUGHT WASN'T SCARY, BUT IT FREAKED YOU OUT?

HAVE YOU EVER HID FOOD BEFORE?

TELL US ONE THING WE DON'T KNOW ABOUT YOU.

KIDS TRUTH QUESTIONS

Cut out the cards and draw from the pile when a player chooses "truth" in the game.



**WHAT DOES YOUR
DREAM ROOM LOOK
LIKE?**

**IF YOU RECEIVED \$100 TO
DO WHATEVER YOU
WANTED WITH, WHAT
WOULD YOU DO WITH IT?**

**IF YOU HAD THREE
WISHES GRANTED,
WHAT WOULD THEY BE?**

**IF YOU COULD BUY
ANYTHING AT THE STORE
RIGHT NOW, WHAT WOULD
IT BE?**

**IF YOU COULD BRING ONE
VIDEO GAME TO LIFE, WHICH
WOULD IT BE?**

**IF YOU HAD TO MOVE,
WHERE WOULD YOU PREFER
TO MOVE TO?**

**WHAT'S THE LAST THING
YOU GOOGLED (OR ASKED
ALEXA ABOUT)?**

**HAVE YOU EVER WORN
DIRTY UNDERWEAR?**

**HAVE YOU EVER SEEN YOUR
CHRISTMAS (OR BIRTHDAY)
PRESENTS AHEAD OF TIME?**

**HAVE YOU EVER FAKED
BEING SICK TO STAY HOME
FROM SCHOOL?**

KIDS TRUTH QUESTIONS

Cut out the cards and draw from the pile when a player chooses "truth" in the game.



**WHEN WAS THE LAST
TIME YOU CRIED? WHAT
DID YOU CRY ABOUT?**

**WHAT ARE YOU MOST
AFRAID OF?**

**WHAT'S A BIG MISTAKE
YOU'VE MADE?**

**WHEN HAVE YOU
GOTTEN INTO THE MOST
TROUBLE?**

**WHAT IS ONE THING YOU
WOULD DO IF YOU KNEW
YOU WOULDN'T GET INTO
TROUBLE?**

**WHAT IS ONE THING YOU'D
CHANGE IF YOU COULD
ABOUT YOUR LIFE?**

**WHAT IS ONE JOB YOU
WOULD NEVER WANT TO
DO?**

**WHAT DO YOU WANT TO
DO WHEN YOU GROW
UP?**

**WHAT'S THE SCARIEST
THING YOU'VE EVER DONE?**

**WHAT'S THE HARDEST
THING YOU'VE EVER HAD
TO DO?**

KIDS TRUTH QUESTIONS

Cut out the cards and draw from the pile when a player chooses "truth" in the game.



**HAVE YOU KISSED
ANYONE BEFORE?**

**HAVE YOU EVER HID A
BAD GRADE FROM YOUR
PARENTS?**

**ARE YOU AFRAID OF
THE DARK?**

**DO YOU STILL GET
NERVOUS ABOUT
MONSTERS?**

**DO YOU HAVE A CRUSH
ON ANYONE?**

**WHAT'S THE WEIRDEST
THING IN YOUR ROOM
RIGHT NOW?**

**HAVE YOU EVER
ACCIDENTALLY SNEEZED
ON SOMEONE?**

**HAVE YOU EVER PEED
(OR POOPED) IN A POOL
BEFORE?**

**WHAT IS SOMETHING
EMBARRASSING YOUR
PARENTS DO?**

**HAVE YOU EVER FARTED
AND BLAMED IT ON
SOMEONE ELSE?**

DARE CARDS FOR KIDS

Cut out the cards and draw from the pile when a player chooses "dare" in the game.



**GO OUTSIDE & HUG A
TREE FOR 5 MINUTES**

**TURN YOUR CLOTHES
INSIDE OUT AND WEAR
THEM**

**WEAR A TOWEL OR
BLANKET AS YOUR
PERSONAL CAPE FOR
THE REST OF THE GAME**

**PLAY THE AIR GUITAR TO
A SONG OF CHOICE**

**DO YOUR BEST BATMAN
VOICE**

**COME UP WITH YOUR BEST
CRAZY PERSON LAUGH**

**ANSWER EVERYONE LIKE A
PIRATE FOR THE NEXT 20
MINUTES**

**LET SOMEONE CRACK AN
EGG OVER YOUR HEAD**

**GET IN THE SHOWER WITH
YOUR CLOTHES ON**

**LET SOMEONE SMEAR
WHIPPED CREAM IN
YOUR FACE**

DARE CARDS FOR KIDS

Cut out the cards and draw from the pile when a player chooses "dare" in the game.



EAT A PIECE OF LEMON

**GET EVERYONE AN OBJECT
FROM THE OTHER ROOM
WHILE USING YOUR HANDS
LIKE A T-REX**

**SING A LULLABY AND
ROCK A STUFFED
ANIMAL TO SLEEP**

**WALK BACKWARDS
WHEREVER YOU GO FOR
THE REST OF THE GAME**

**EAT A BANANA WITHOUT
USING YOUR HANDS**

**WEAR (CLEAN) UNDERWEAR
ON YOUR HEAD FOR THE
REST OF THE GAME**

**ACT LIKE A ROBOT FOR
THE NEXT TWO TURNS**

**SMELL THREE PEOPLE'S SHOES
AND DETERMINE WHICH ARE
THE STINKIEST**

**ADD "WHOA...THAT WAS
CRAZY, MAN" TO THE END OF
EACH SENTENCE UNTIL THE
REST OF THE GAME**

GIVE YOUR BEST YODEL

DARE CARDS FOR KIDS

Cut out the cards and draw from the pile when a player chooses "dare" in the game.



**EAT A SPOONFUL OF
MUSTARD**

**CHANGE INTO SOMEONE
ELSE'S CLOTHES FOR THE
REST OF THE NIGHT**

**GIVE SOMEONE IN A
FOOT RUB FOR 5
MINUTES**

**SMELL EVERYONE'S
BREATH (WHICH ONE
SMELLS THE WORST?)**

**LET SOMEONE GIVE YOU
A NEW HAIRSTYLE**

**DRINK FROM A MYSTERY
CONCOCTION THE GROUP
MAKES FOR YOU**

**BALANCE A SPOON ON
YOUR NOSE ACROSS THE
ROOM WHILE SOMEONE
DISTRACTS YOU**

**PRETEND THAT YOU ARE
SOMEONE ELSE FOR THE
NEXT 30 MINUTES**

**ANSWER EVERYONE IN A
SONG VOICE FOR THE NEXT 20
MINUTES**

**SPEAK IN A FOREIGN
ACCENT FOR THE NEXT
20 MINUTES**

DARE CARDS FOR KIDS

Cut out the cards and draw from the pile when a player chooses "dare" in the game.



**MAKE YOUR BEST
ORIGAMI FIGURE OUT
OF A NAPKIN**

**TRY TO CATCH THREE
PIECES OF FOOD IN YOUR
MOUTH WHILE SOMEONE
THROWS IT**

**SAY A TONGUE
TWISTER 10 TIMES
STRAIGHT**

**PUT ON AS MANY
LAYERS OF CLOTHING AS
YOU POSSIBLY CAN**

**SPEAK ONLY IN A
WHISPER FOR THE NEXT
10 MINUTES**

TRY TO DO THE SPLITS

KISS THE WINDOW

**BLOW UP 3 BALLOONS AND
POP THEM BY SITTING ON
THEM**

**DO A MODELING SHOW ON
THE DRIVEWAY FOR 5 MINUTES**

**LET SOMEONE DRAW A
MUSTACHE ON YOU**

DARE CARDS FOR KIDS

Cut out the cards and draw from the pile when a player chooses "dare" in the game.



**GO OUTSIDE AND SING A
CHRISTMAS CAROL AS
LOUD AS YOU CAN**

**EAT SOMETHING WHILE
BLINDFOLDED**

**ASK THE NEIGHBOR
FOR A ROLL OF
TOILET PAPER**

**HUG A SIGN AS
SOMEONE DRIVES BY**

**WINK AT SOMEONE AFTER
EVERY TIME YOU TALK FOR
THE NEXT 30 MINUTES**

**PUT AN ICE CUBE DOWN
YOUR SHIRT (WITH YOUR
SHIRT TUCKED IN)**

**STAY AS STILL AS A
STATUE FOR AT LEAST A
MINUTE**

**EAT A SPOONFUL OF
MINCED GARLIC**

**BLOW BUBBLES IN WATER
USING YOUR NOSE AND A
STRAW**

**END EACH SENTENCE WITH
"IN YOUR DREAMS" FOR THE
REST OF THE GAME**

DARE CARDS FOR KIDS

Cut out the cards and draw from the pile when a player chooses "dare" in the game.



**POUR COLD WATER
OVER YOUR HEAD**

**ACT OUT YOUR FAVORITE
SCENE FROM A MOVIE**

**WHEN SOMEONE TALKS
TO YOU FOR THE REST
OF THE GAME, RESPOND
TO SOMEONE ELSE**

**TRY TO SNEAK UP ON
SOMEONE BEFORE THE
GAME IS OVER**

**CROSS THE ROOM
BALANCING A BOOK ON
YOUR HEAD**

**GIVE YOUR BEST THANK
YOU SPEECH LIKE YOU JUST
WON AN AWARD**

DO 10 PUSHUPS

EAT A HOT PEPPER

**WRITE A THANK YOU NOTE
WITH YOUR NON-DOMINANT
HAND**

**SING A SONG ABOUT A
SILLY OBJECT (THEN
PRESENT IT TO THE GROUP)**

FREE PASSES

Before the game starts, decide if each player gets to have one "free pass" to use if they would like to skip a truth or dare. If they use the pass, the player must insert their truth or dare card back into the pile to draw from again.



**FREE
PASS**



**FREE
PASS**



**FREE
PASS**



**FREE
PASS**



**FREE
PASS**



**FREE
PASS**



**FREE
PASS**



**FREE
PASS**

