

Urban Fear Factor Challenge List

Challenge Name	Challenge Description	Answer	Points
Start Here	Tips and Tricks	Photo	1
Aloha	Find someone wearing a Hawaiian shirt and ask permission for a teammate to wear it. Then snap a photo of your teammate and the person the shirt belongs to hula dancing together.	Photo	30
Alpha-Belch	Find a stranger who can burp on command and record a 5-second video of them belching out the first five letters of the alphabet.	Video	40
Anchors Aweigh!	Ahoy! Find a mate (whether a sailor or a landlubber) with an anchor tattoo on their body, and snap a photo of a team member pointing out the ink.	Photo	20
Balloon Pop	Snap a photo of a teammate popping a balloon using only their fingernails.	Photo	30
Belly Laughs	Draw a giant face on a teammate's stomach using a pen or marker. Snap a photo of the teammate standing on a busy street corner using their hands to move the face and making their belly "talk".	Photo	30
Bobsledding Team	Find something the size and shape of a bobsled, and snap a photo of all teammates squeezed inside it pretending to sled.	Photo	50
Bone Popping	Find a stranger who can crack their knuckles loudly, and snap a photo of a teammate's disgusted reaction to the bones cracking.	Photo	20
Break It Down	Record a 5-second video of a teammate and a stranger battling it out in an epic break dancing battle. Follow the link below for some inspiration. https://www.youtube.com/watch?v=J3SIEc059EI	Video	30
Butt Dialed	Set a teammate's phone to speakerphone and call a phone number that's posted in a public place. When someone answers say, "I'm sorry, I think I butt-dialed you!" and hang up. Record a 5-second video of the prank call.	Video	30
C.P.R...We Doing This Right?	Locate a nurse or other medical professional in uniform somewhere outside in a public place. Snap a posed photo of your team pretending to give them C.P.R.	Photo	30
Cannonball!	Visit a local public pool and snap a photo of a teammate mid-air, showing off their best cannonball while jumping into the pool fully clothed!	Photo	99
Captain of the Castle	Get strangers to join you in creating a three-tiered human pyramid. Your pyramid must have three people kneeling on the bottom row, two people kneeling on the middle row, and one person standing on top. Snap a photo of your team effort.	Photo	30
Caution: Construction Ahead	Find a construction site and challenge a construction worker, who is fully dressed in safety gear, to a thumb-war. Snap a photo of the action.	Photo	30
Claim to Fame	Search for someone or something made famous within the last year, and take a picture of your whole team touching it. If it's a person you're after, you must find the REAL person, no pictures of pictures allowed!	Photo	20
Cluck and Waggle	Search for a restaurant that has "chicken" in its name or specializes in chicken dishes. Then record a 5-second video of your team doing the "Chicken Dance" in front of it.	Video	50
Dirty Words	Snap a photo of a teammate writing "Clean Me!" in the dust of a vehicle's rear window.	Photo	20


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Double-Decker Race	Find two willing and able strangers to pair up with two members of your team for a double-decker race on a grassy area. Snap a photo mid-race, of two people riding on the shoulders of the bottom two people, while they compete in a foot race.	Photo	50
Dress and Impress	Take off an article of clothing from each team member and place it on a touristy inanimate object in your city. Take a photo of your team with the impressively dressed object, and then put your clothes back on!	Photo	20
Dynamic Duo	Search for a tandem bicycle or borrow a bike from a stranger. Then snap a photo of two team members riding on the bike at the same time.	Photo	30
Fashion Statement	Have a teammate go somewhere private and put their clothes on backwards and inside out. Snap a photo of them with their new style and make sure they wear them this way for the rest of the activity.	Photo	30
Faux-Stache	Fashion mustaches out of whatever materials you can find. Then snap a photo of your team modelling their fake mustaches, alongside a stranger sporting a real mustache.	Photo	40
Flavor Pack	Record a 5-second video of a teammate eating an entire ketchup or sugar packet. You may not go into a restaurant or business to get the packet, but you may ask strangers carrying take-out food or beverages outside.	Video	60
Flipping Out	Find a stranger who can flip their upper eyelids inside out, and snap a photo of their odd ability.	Photo	40
Foodie Feet	Snap a photo of a teammate feeding something - a stick of gum, candy or whatever you can find - to a stranger using only their feet.	Photo	60
Foot Massage	Convince a stranger to give a teammate a foot rub, and snap a photo mid-massage.	Photo	40
For the Birds	Feed a wild city pigeon or other bird and get it to land on a teammate. Snap a photo of the bird standing on your teammate.	Photo	60
Front Page News	Search for a local newspaper. Then snap a photo of at least one teammate acting out the front page headline with the newspaper in the shot.	Photo	40
Get High	Snap a team selfie from a high point, such as a rooftop deck or lookout tower. Make sure the photo illustrates just how high you get!	Photo	20
Gone Wild	Catch and hold a wild reptile or amphibian, such as a lizard or frog. Snap a photo of a teammate holding the living creature.	Photo	40
Got Your Back	Give an elderly stranger a piggyback ride to their destination, and snap a photo mid-ride.	Photo	30
Gotta Go	Snap a photo of two teammates standing inside a portable toilet, somewhere outside in a public place.	Photo	40
Grammar Test	Find a grammatically incorrect sign. Take a photo with your entire team in front of it.	Photo	20
Hangin' Around	Search for a playground and act like a kid again! Take a photo of your entire team hanging upside down off the monkey bars.	Photo	20
Harlem Shake	Recruit five strangers to join your team in performing your very own Harlem Shake. Snap a photo of the action! Follow the link below for some inspiration: https://youtu.be/uYKetG1R3Sk	Photo	30

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Head Over Heels	Head to a park or grassy area and challenge another team to a “cartwheel-off” to see who can do the most sequential cartwheels. One member from each team must complete as many cartwheels as possible simultaneously. Snap a photo of the action.	Photo	50
Hey Macarena!	Record a 5-second video mid-dance, of eight people doing the Macarena at a bus stop, subway platform, or transit depot.	Video	30
How Low Can You Go?	Snap a photo of a teammate doing ‘The Limbo’ under a fixed structure, such as a railing, that is at least waist high.	Photo	10
I’m Flying!	Recreate the famous ‘I’m Flying!’ scene from Titanic, by having a teammate play Rose and recruiting a stranger to play Jack (or vice versa). Stand on something elevated and snap a photo of the two re-enacting the romantic moment.	Photo	30
Jump Up, Jump Up	Find an object that functions like a trampoline, and take a photo of a teammate bouncing as high as possible on it.	Photo	20
Just the Essentials	Find a stranger who is willing to remove every single item from their purse, briefcase or bag. Snap a photo of a teammate with the stranger and all of their belongings emptied from their bag.	Photo	40
KISS Me	Paint a teammate's face black and white, like a member of KISS. Take a photo of your finished rock star with their tongue out.	Photo	50
Knights of the Park	Challenge another team to a duel in a public park! Each teammate should fashion a sword using whatever found materials are available. Snap a photo mid-battle.	Photo	40
Koala Hugs	Koala-ing is the act of jumping on a friend or object and clenching to them, like a koala on a tree. Snap a photo of a team member koala-ing someone or something, with both feet off the ground! If you’re koala-ing on someone, please ask permission first!	Photo	20
Light My Fire	Search for a firefighter in uniform (who’s not actively on duty) and have your entire team hold the firefighter perpendicular to your team’s bodies. If you need extra muscle, recruit help from strangers.	Photo	30
Locks of Love	Find a salon that participates in Locks for Love or another charitable hair donation program and have a teammate donate their long hair. Snap a post-haircut photo of a teammate holding up the hair they’re donating to charity while sporting their new hairstyle.	Photo	99
Made You Jump	Head to a crowded place and have a teammate make a loud noise while standing behind someone. Record a 5-second video of what happens next.	Video	30
Marry Me?	Stage a marriage proposal in a busy place and call for the crowd’s attention before one teammate publicly proposes to another on bended knee. Record a 5-second video of the teammate on the receiving end of the proposal, yelling, “NO!” and running away.	Video	50
Mascot Mayhem	Pose for a team photo with either a mascot in costume or a statue of a mascot for a local restaurant, sports team, or other business.	Photo	30
Music to My Ears	Using whatever props you can find or make (except for real instruments), create your own musical band. Record a 5-second video of your team performing on a busy street corner for passersby.	Video	30
Nailed It	Find a chalkboard on a sidewalk in front of a restaurant or other business. Record a 5-second video of a teammate scraping their fingernails loudly down the chalkboard.	Video	30

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Namaste	<p>Head to a quiet place in a public park and recruit three strangers to participate in some yoga with your team. Snap a photo of everyone simultaneously balancing on one leg in the Eagle pose as pictured below.</p> 	Photo	30
New Do	Find a stranger outside of a salon who is willing to let your team mess up their hair as much as possible for ten seconds. Snap a photo of your team and the stranger standing in front of the salon with their new hairstyle.	Photo	30
Nose Powered	Acquire an uninflated balloon. Then record a 5-second video of a teammate attempting to blow up the balloon using only their nose.	Video	30
Pick Up Game	Head to a nearby park or field of play. Find a group of people playing a recreational team sport, and ask if a teammate can join in their game. Snap a photo of your teammate on the field mid-play.	Photo	30
Picked Out of a Crowd	Snap a photo of a teammate standing in a crowd of strangers with their finger up their nose.	Photo	30
Pooch Smooch	Find a stranger walking their dog, and ask if a teammate can give the dog a kiss. Snap a photo of the dog licking a teammate on the face.	Photo	30
Power Ballad	Ask a stranger for a lighter. Then record a 5-second video of your team and the stranger singing a ballad of your choice, and swaying together with the flame held high.	Video	50
Puppy Love	Snap a photo of your entire team holding a leash and walking a stranger's dog.	Photo	10
Roadkill	Head to a busy public street and have a teammate "play possum" on the sidewalk, by lying on their back with arms and legs held stiffly in the air. Snap a photo of your teammate with a curious onlooker in the shot.	Photo	30
Roses are Red	Record a 5-second video of a teammate reciting an improvised love poem to a stranger. Begin with the line "roses are red."	Video	30
Scream for Ice Cream	Search for a stranger eating ice cream. Convince them to give you a taste and snap a photo of a teammate enjoying the sweet treat.	Photo	60
Skip Along	Snap a photo of a teammate and a stranger holding hands and skipping through a park.	Photo	50
Slow Jam Serenade	Record a 5-second video of a teammate passionately serenading a stranger with their favorite romantic slow jam. Check out this list for some slow jam inspiration: http://digitaldreamdoor.com/pages/best_rb-song-bal-90s.html	Video	30
Smooth Moves	Ask a stranger to pose in a passionate tango move with a teammate and snap a photo of them. Be sure to have one person holding a rose or flower between their teeth!	Photo	30
So Fresh and So Clean	Search for a laundromat. Then ask someone leaving with their laundry if a teammate can smell their freshly laundered load. Snap a photo of your teammate sniffing.	Photo	50

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Soap Opera Splash	Convince a stranger to let your team splash them in the face with a cup or bottle of water. Record a 5-second video of a teammate tossing water from a bottle or cup into the stranger's face dramatically.	Video	40
That's Awkward	Ever heard of awkwardfamilyphotos.com? Now it's your turn to create a cringe-worthy team photo, while posing in a public park. Use any resources or materials available to you to make it truly awkward.	Photo	10
The Gift of Life	Snap a photo of a teammate donating blood at a local blood bank.	Photo	99
Tight Squeeze	Find a small enclosed space and snap a photo of your entire team squeezed inside it.	Photo	20
Traffic Patrol	Head to a busy public park and snap a photo of a teammate pretending to direct "traffic" as people walk by.	Photo	30
Twerk It!	Record a 5-second video of a teammate twerking with a stranger in a public place.	Video	50
Ugly Selfie	Have a teammate challenge someone from another team to see which person can make the most hideous facial expression. Snap a selfie together and post it to a teammate's Facebook, with the hashtag #uglyselfie. Upload a screenshot of the posted photo.	Photo	20
Vroom Vroom!	Find somebody riding a motorcycle and ask if you can take a turn. Snap a picture of a teammate sitting on the bike with the helmet on!	Photo	30
Water Fountain Stand	Who knows what a "keg stand" is? Snap a photo of a teammate drinking from a public water fountain, while the rest of the team holds the teammate's feet above their head.	Photo	60
Wax On, Wax Off	Purchase a package of waxing strips and record a 5-second video of a teammate using one of the strips to remove hair from anywhere except their arms or legs.	Video	80
Well Connected	Search for a stranger who is using their laptop outside in a public place and ask if a teammate can check their email. Snap a photo of the teammate using the laptop while sitting on the stranger's lap.	Photo	30
Wetter is Better	Have a teammate place their head under a waterfall or a fountain and snap a photo of them getting their hair wet.	Photo	70
You Da Bomb	Find some strangers trying to take a selfie, and offer to snap the photo for them. Two teammates must secretly photobomb the picture while making hilarious faces in the background. Have a teammate snap a photo of the whole scene including the strangers and photobombers.	Photo	30