Fold

Heart Racing Game

Hands on for Hearts

Before you start

You'll need:

Participants - gather your colleagues for this fundraising game
String – 2m for each race line
Racing hearts - use the template on the left to create as many hearts as you need. Just cut around the edge of Cardio Carl, being careful not to cut between his heads. Fold over along the line shown.

Fundraise for St John Ambulance Cymru using this game, by asking for an entry donation, see if someone would be willing to donate a prize or offer a percentage of your entry

How to play

There are a few ways you can play this game; compete in pairs, individually or as teams. In all games if Cardio Carl falls off - bring him back to the start and begin your turn again!

In pairs

Working in pairs race against your colleagues. Player one holds an end of the string up high, whilst player two holds the other end of the string down low. Player one places the folded heart over the string and shakes to race. When the heart reaches player two tilt the string the opposite way and race the heart back to player one. Fastest pair wins!

In teams

Are you ready to relay? Spilt into at least two teams and compete against your colleagues. Tie the end of each team's string to a chair, nominate team captains to start the race and line up behind your captain. Place your folded heart over the string and shake to race! When your heart reaches the bottom, the string is passed the next player and the heart is brought back to the start. Race until every player in your team has completed their turn. Fastest team wins!

Individually

There's only one winner in this one! Tie the end of your string to a chair, place your folded heart over the string and, you guessed it, shake to race! You could run two lines and play "winner stays on", race all together with a chair and string each, or time each competitor and make a leader board – you could do this one over a longer period to maximise participation and fundraising!

On your marks, get set, get your heart racing!