



ESCAPE ADULTHOOD PARTY!

the official guide

by kim & jason kotecki

edition 1.0



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ADULTHOOD
PARTY!

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introduction

this book is a work in progress. It was inspired by a woman named Joan who attended an [Escape Adulthood Summit](#) and wanted to bring back some of the magic she experienced to a group of her friends. So she hosted the first ever Escape Adulthood Party. And a great time was had by all.

We thought it would be fun to spread this idea, because who couldn't benefit from a little less Adulthood in their lives? And an excuse to have a party with no obligation other than to have ton of fun? Sign us up!

So we've taken the concept of Joan's original party, combined it with standard elements of an Escape Adulthood Summit, and sprinkled in tons of ideas provided by people like you. This guide is the result of that magical combination.

Keep in mind that it is just a guide. We've given you an outline, but feel free to put your own spin on it to make it your own.

In fact, we invite you to help make it better. Do you have an idea that adds a new flavor to the mix? Perhaps a recipe, theme suggestion, centerpiece example, game idea, or best practice? Please send it to kj@escapeadulthood.com right this instant and there's a good chance we'll add it to the next version of this guide!

This document is 100% free. Make Adulthood twitchy by spreading it far and wide.

One more thing: Throughout this guide, we have links to resources to enhance your Escape Adulthood Party. Some are free and some are not. By no means are any of these things required for a shindig of epic proportions; we've simply made them available for your convenience with the hopes of making your job as party planner and host easy peasy lemon squeezy.

Don't forget — we welcome your help in making this better. Send us your thoughts at kj@escapeadulthood.com.



Stay young,

Kim & Jason

P.S. [Click here](#) to make sure you have the most recent version, because we're updating it regularly.



ESCAPE ADULTHOOD PARTY!

what makes it an escape adulthood party?

Most parties do a pretty good job of decreasing Adulthood (except political parties, which usually do the opposite). For the record, we are all for the former. But an Escape Adulthood Party is a different kind of animal. Although parameters for an Escape Adulthood Party are not set in stone, the best ones have the following five elements:

- 1 **Show & Tell**
- 2 **Fun Food with a Childlike Twist**
- 3 **Game/Activity**
- 4 **Discussion**
- 5 **Goodie Bags**

Keep in mind that an Escape Adulthood Party is not limited to these elements, it's just that the good ones have at least those five. The rest of this guide goes into more detail about each one and offers tons of tips and ideas for incorporating them into your party.





themes

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You may be thinking, wait, isn't "Escape Adulthood" already a party theme? Yes indeedy. The universe known as childhood is a vast and wonderful playground filled with subject matter to inspire your party. But that doesn't mean you can't take things to a new level by introducing a specific twist, especially if you plan on making these babies a recurring event.

Here are a few ideas to spark your imagination:

- Birthday Party (turn a regular birthday party into an escape adulthood party)
- Summer Camp
- Outdoor yard games
- Pajama party
- Dinner Party (featuring food from childhood)
- Costume party (you could go with a general costume party or pick a specific genre, like caveman, ancient Greece, cross-dressing, outer space, Wes Anderson movies, etc.)
- Decade party (1950's, 1960's, 1970's, 1980's, 1990's, or even the 1690's or 2090's!)
- Superhero night
- Beach
- Crazy hair
- Clowning around
- Picasso (with a focus on making art)
- Take your [Book Club](#) to new heights





ESCAPE ADULTHOOD PARTY!

sample agenda

This section is practically pointless, as everything depends on variables such as number of guests, length of party, and activities you have planned. The options are endless, which can lead to mental paralysis. So let's just consider this a basic framework to give your brain a place to start, okay?

This agenda assumes you have 10 guests and your party is about 3 hours long.

6:00 - 6:15: Guests arrive and are given goodie bags.

6:15 - 6:45: Everyone has three minutes to share their show & tell item.

6:45 - 7:15: Everybody has a blast playing Silly Soap Opera.

7:15 - 7:45: Bust out the fun desserts. Yum!

7:45 - 8:45: Have some Adulthood fighting discussion sparked by the following questions: What's your favorite childhood memory? If money was no concern, where would you most like to travel? What is your favorite way to fight Adulthood at work?

8:45 - 9:00: Take a silly group photo and say goodbyes!





food

ESCAPE ADULTHOOD PARTY!

Food is a huge part of any party, and an Escape Adulthood Party is no different. The only guideline is to find inspiration in childhood. For our Escape Adulthood Summits, we have always tried to put a grown-up twist on childhood favorites. One time we had a build-your-own PB&J bar, with artisan breads, locally-sourced jams, and bacon. We've also done a school lunch theme, complete with sloppy joes, tater tots, homemade apple sauce, and plastic trays!

You can serve a complete dinner, or just some fun finger foods or tasty desserts. You could even incorporate the food prep into the party itself!

meal ideas

Barbarian Spaghetti. The idea here is to serve spaghetti and meatballs without any plates! Just plop the pasta right in the middle of the table, and allow guests to pull their portion towards them. This is a real hoot (and a plastic tablecloth makes cleanup a snap!). Learn more [here](#).

Make Your Own Pizza. The sky is the limit here, but you can also make mini pizzas using English Muffins.

Breakfast for Dinner. People seem to love breaking the rule that you can only have eggs, bacon, and pancakes for breakfast.



Mac & Cheese Bar. Get some good noodles and offer mix-in's like chicken, green onions, olives, extra cheese, and bacon. Mmmm, bacon.

appetizers & desserts

S'Mores. No campfire? Microwave them for 12 seconds!

Candy Corn & Peanuts. Tastes like a salted nut roll.



food

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Puppy Chow. Melt 1 cup of semi-sweet chocolate chips in a saucepan over low heat. Add in 1/2 cup of peanut butter and mix until smooth. Remove from heat, add 9 cups of crispy rice cereal squares, and stir until coated. Pour 1 1/2 cups of confectioners' sugar into a large plastic bag, add cereal and shake until well coated. Store in an airtight container.

Finger Jell-O. Make up a batch of Jell-o in a shallow baking tray. (Add a splash of alcohol if you're so inclined :) Once set, use cookie cutters to make them into fun shapes.

Deviled Eggs. Make faces with chives, black olives, bacon bits and pimentos.

Fruit Kabobs. Skewer chunks of fruit, like cantaloupe, pineapple, melon, strawberries, or grapes. (And if you include watermelon, perhaps you can incorporate a seed spitting contest!)

Build Your Own Ice Cream Sundaes. You could offer different kinds of ice cream, as well as toppings like chocolate or caramel sauce, sprinkles, bananas, nuts, whipped cream, cherries, marshmallows, cookies, breakfast cereal, and more! If you have a smaller group, why not make a batch of homemade ice cream together?

Hot Chocolate. Don't forget the marshmallows!

Mini Finger Sandwiches. You know, regular sandwiches, just smaller. Not sandwiches made of fingers. That's gross.

Ugly Sweets. Bake and decorate some cookies or a cake that looks ugly on purpose. Use too many food colors and mix in unorthodox toppings, like potato chips, spray cheese, broccoli, bacon bits, pickles, gummy worms, sprinkles, breakfast cereal, goldfish crackers, etc. Potentially good eats that also doubles as a great group activity! Get inspired [here](#).

enhancements

Spatula City. If you're having a full meal, pull out all the unusual kitchen utensils, like spatulas, spaghetti forks, soup ladles, potato mashers, etc. Have everyone choose one of the utensils. Then each person is required to eat their entire dinner with it!

Dessert First. What kid wouldn't want to eat dessert first? Give your guests the chance to indulge their inner child!

want more ideas?



Peruse our regularly updated Pinterest board, with all kinds of ideas for food, favors & decorations to inspire you!

--> [Check it out here](#)



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games & activities

An Escape Adulthood Party just wouldn't be complete without some playful things to do. These ideas will get you started!

show & tell

Everybody remembers Show & Tell from kindergarten. We may be older, but the excitement of showing something special to us never goes away. There's nothing like giving adults the opportunity to relive this staple from childhood. It serves as an ideal ice breaker, quickly gets people into the spirit of the party, and usually generates a good amount of laughter, which is why we consider it a must-have for every Escape Adulthood Party.

You can ask guests to tie their show & tell item into a specific theme, or give them optional suggestions, like "something meaningful from their childhood that they still have," or "something that helps them escape adulthood." They could also demonstrate a talent for show & tell!

other ideas

2 Truths and a Lie. An excellent ice breaker in which each person has to share three things about themselves. Two of these tidbits need to be true, while the other is completely made up. The other guests then try to guess which one is the lie. For best results, have people pick things that are fairly outlandish and interesting. Telling folks that you grew up in Peoria when you really lived in Bloomington is a little less than scintillating.



Silly Soap Opera. Turn your television to a channel that's playing a program with at least as many characters as guests at your party. Hit the mute button. Have each guest assume the role of one of the characters by voicing for them. Don't be afraid to let the conversation go into crazy directions -- that's what makes it fun. As you might imagine, the type of show you choose (a soap opera, home decorating program, cartoon, reality TV show, etc.) will greatly influence the direction of the game. [See it in action.](#)



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games & activities

Cheese Puff Toss

Break into teams. Have one person from each team wear a shower cap covered in shaving cream while teammates throw cheese puffs at them from a distance. The winning team is the one who gets the most cheese puffs to stick.

Do I Lay Eggs?

This is a variation of the famous game 20 Questions. But in this version, players have to try and guess their animal identities. First, write down different types of animals on post-it notes, at least as many as people playing the game. Then each player has to stick one to the forehead of another person, without showing that person what it says. It might be a good idea to cover any mirrors to prevent peeking! Each player takes a turn asking the others yes-or-no questions – Do I have a tail? Do I lay eggs? – in an effort to figure out his or her animal. Keep playing until everyone guesses his or her identity. Add a twist with other themes, such as: cartoon characters, famous people, movies, food, articles of clothing, bands, movies, occupations, etc.

Crazy Captions

Secure some humorous photos of people or animals. Lay them out on the table or post them on the fridge. Using sticky notes, invite people to write a silly captions for each of the photos. It could be something the person in the picture is actually saying, or a silly description of what's going on in the photo.

TP Toss

Remember the old childhood game, Hot Potato? This one ditched the carbs in place of a simple roll of toilet paper. First, have everyone arrange themselves in a circle. Have someone start by tossing the roll of toilet paper to someone NOT immediately next to them. Throw the roll in such a way that the toilet paper starts to unravel. Keep tossing the TP around the room between players. The toilet paper will continue to unravel and create quite a web around the room. The loser is the person who gets stuck with the empty roll.

Here are some other idea starters...

- Make Play-Doh sculptures.
- Bob for apples.
- Have a water balloon fight.
- Play old classic board games: Hungry Hungry Hippo, Candy Land, Cooties, Battleship, etc.
- Have recess outdoors, complete with jump rope, hopscotch, or kick ball.
- Nerf gun wars.
- Fly kites.
- Do some sort of craft project (when was the last time you used a crayon?).



goodie bags

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People love getting gifts! A guaranteed way to ensure your guests go home giddy is by giving them goodie bags. A small assortment of items reminiscent of childhood is a fun way to make people feel special and ensure they'll remember your party for a long time.

Of course, they don't have to be bags. You could use boxes or buckets or anything else your brain cooks up. Here's a list of things you can fill them with...

- [Army men](#)
- [Balloons \(Rocket style\)](#)
- [Baseball cards](#)
- [Books](#)
- [Bubble gum](#)
- [Bubbles](#)
- [Buttons](#)
- [Candy blocks](#)
- [Chocolate Calculator](#)
- [Coloring books](#)
- [Cookie Cutters](#)
- [Cracker Jacks](#)
- [Crayons](#)
- [Dollar store toys](#)
- [Fake mustaches](#)
- [Googly Eyes](#)
- [Jacks](#)
- [Jelly Beans](#)
- [Jump ropes](#)
- [Kool-Aid](#)
- [Legos](#)
- [Lollipops \(Organic\)](#)
- [Magic wands](#)
- [Magnets](#)
- [Marbles](#)
- [Marty the Penguin](#)
- [Matchbox cars](#)
- [Old time candy](#)
- [Paddle ball](#)
- [Painting Books](#)
- [Pens or pencils](#)
- [PEZ](#)
- [Play Doh](#)
- [Pinwheels](#)
- [Puzzles](#)
- [Rubber duckie](#)
- [Shrinky Dinks](#)
- [Sidewalk Chalk](#)
- [Silly putty](#)
- [Silly string](#)
- [Slinky](#)
- [Stickers \(or these!\)](#)
- [Temporary tattoos](#)
- [T-shirts](#)
- [Viewmaster](#)
- [Water guns](#)
- [Wiffle ball](#)
- [Whoopee Cushion](#)
- [Yo-yo \(Auto-return style\)](#)





decorations & ambience

ESCAPE ADULTHOOD PARTY!

It's important to set the tone for your party by being intentional about the ambience you're creating. Fun decorations and whimsical little details will invite your guests to give themselves over to the experience and help gift them with a true escape from the clutches of Adultitis. Think about touching all five senses, if you can. Consider providing fun nametags, playing nostalgic background music, and displaying neat centerpieces.



We've created a spectacular, regularly updated Pinterest board, with all kinds of ideas for food, favors and decorations to inspire you!

[Check it out here.](#)



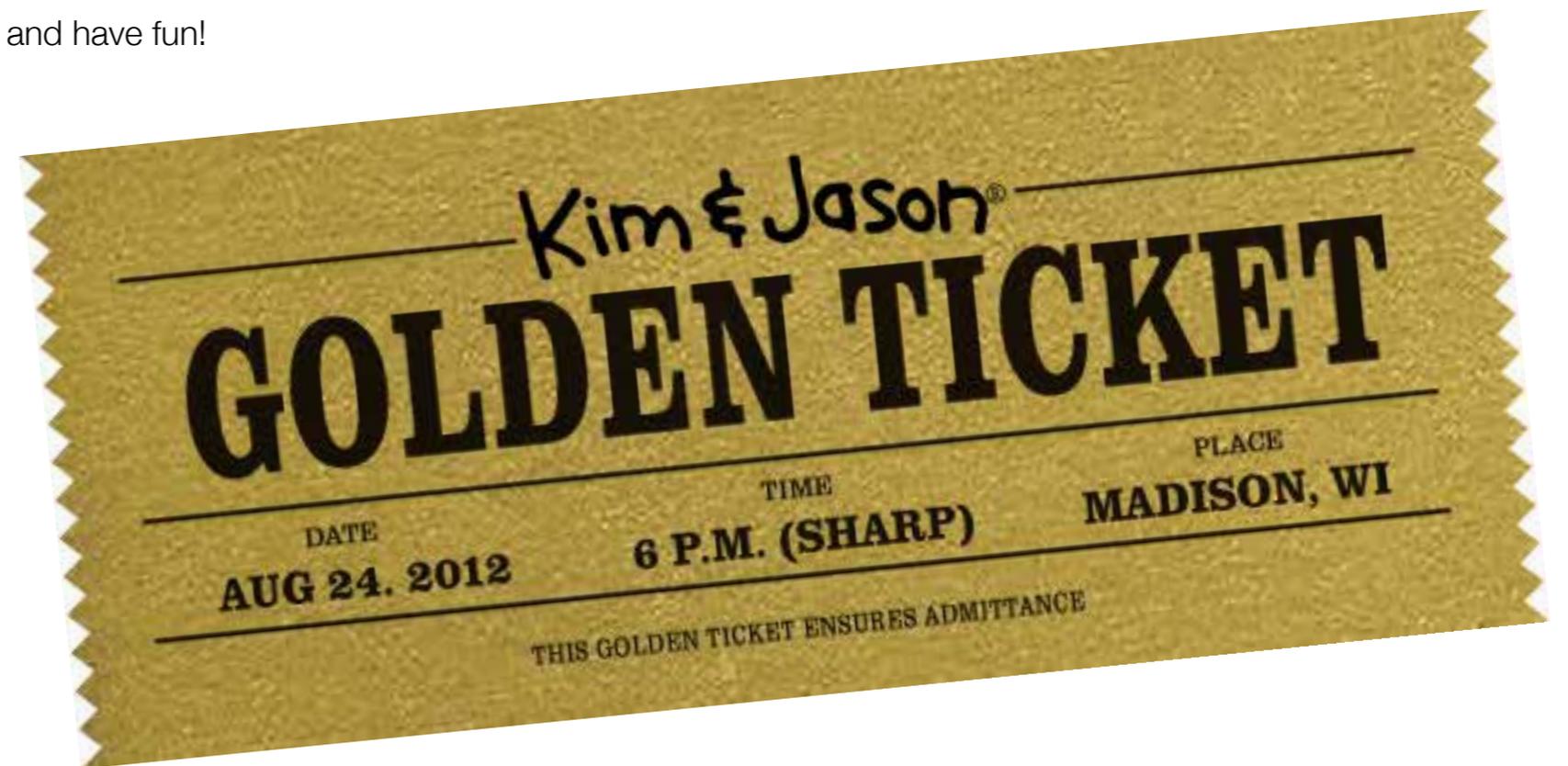


invitations

ESCAPE ADULTHOOD PARTY!

Let your guests know they're in for something special by sending out a neat invitation ahead of time. We send out "Golden Tickets" to attendees who register for an Escape Adulthood Summit. Our twist is that every year it takes on a new format. For the inaugural summit, we sent out paper tickets reminiscent of the one Charlie Bucket won to gain entry into Willy Wonka's chocolate factory. Another year we wrapped the golden ticket around a bottle of bubbles (and guests had to "test" them in order to gain entry).

Use your imagination and have fun!





ESCAPE ADULTHOOD PARTY!

discussion

The most effective treatment for Adulthood involves more than just fun and games. Some of the best, most useful takeaways of an Escape Adulthood Party come out of meaningful conversations between attendees.

Of course, depending on the vibe of your party, it's up to you to decide how deep you want to get. From our experience, the meatier the discussion, the more impact will be made.

Creating an atmosphere of fun, giving people a chance to get to know one another, and doing a fun group activity are all crucial elements for breaking down barriers, getting people to feel comfortable, and creating an environment conducive for sharing.

It can also be helpful to set up some simple ground rules. Let your guests know that sharing is optional. Invite them to be real and honest. And encourage them to be respectful of other people's backgrounds and point of views.

videos

Depending on the size of your group and your internet accessibility, the following YouTube videos from Jason's speaking programs are less than five minutes long and can be a great resource for jump-starting a great conversation. Below each link are a few discussion starters.



Little Lucy ([link](#))

- *What are some ways Adulthood sneaks its way into your story?*
- *Do you struggle with measuring the value of a day by how much you checked off your to-do list?*

Someday ([link](#))

- *What are you hoping to do someday?*
- *What's something small you could do this week that could get you closer to making that happen?*



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discussion

Red Shoes ([link](#))

- *What are the “red shoes” in your life?*
- *Share a time in your life when you did something without regard for what other people thought.*

Ugly Cookies ([link](#))

- *Name something you do regularly, mostly only because you’ve always done it that way.*
- *What new tradition you could start this week?*

The Rules ([link](#))

- *What are some rules that don’t exist that you often live by?*
- *What are some rules that don’t exist that drive you crazy to see other people follow?*

Fancy Dinner ([link](#))

- *Are you the type of person who always uses the good china or do you have a hard time remembering the last time you did? Why?*
- *Are there any opportunities you are missing out on because of artificial limits you’ve set?*

The Princess Dress ([link](#))

- *Share a time when cast your cares aside and jumped into something in your life with both feet.*
- *Which part of your princess dress most needs to get wet?*



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discussion

group mastermind

This is one of our favorite tools for excavating some real gold for attendees of our Escape Adulthood Summit. It's a next level activity that can get pretty deep, so it might not be a good fit for most parties. Here's how it works.

Supplies you'll need: Large post-it notes, enough pens or markers for everyone, three small stickers (think gold stars) for each guest.

1) Everyone takes 5 minutes to write down on the post-it notes 1-3 challenges or issues they'd most like to discuss. Here are some popular examples:

How do you become more spontaneous, especially if you are shy, a perfectionist, or crave routine?

How do you carve out more ME time when you have young kids?

How do you share your childlike spirit and have more fun at work while maintaining a sense of professionalism?

How do you keep Adulthood out of your marriage and make things more fun like when you were first dating?

2) The facilitator collects everyone's questions and reads each one aloud before posting them on a wall for all to see.

3) Then each guest uses their stickers to "vote" for the issues they'd most like to discuss by sticking them on the post-it notes of interest. Guests can use multiple stickers on one topic if they want.

4) After the voting is complete, the facilitator then arranges the topics by votes received. The one with the most stickers is the topic to be discussed first.

5) At this point, the floor is open. Anyone who has anything to share is free to chime in. An individual might offer a tip that's worked for them, share an idea they've heard someone else use effectively, or even just respond with an "Amen! I have this problem, too!" The facilitator's job is to keep the discussion going, and introduce a new topic after the current one seems to be exhausted. Move through as many topics as you can as time allows, but don't be afraid to let a discussion keep going if it seems to be fruitful.

Tips:

The facilitator should not be afraid of long silences. Sometimes there are natural lulls in the conversation, and sometimes introverts need a little time to formulate their thoughts. Resist the urge to fill the silence with jokes or pressure for people to share. Don't be afraid to wait a whole ten seconds before moving on to the next topic. Be patient and let the magic happen naturally.



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discussion

For large groups, it may be helpful to have some sort of soft ball or stuffed animal to assist with crowd control. The rule is that whoever has the object has the floor. When they are finished, they pass it to someone else who has something to share. (Usually a raised hand serves as a good indicator for this.)

If someone appears to be monopolizing the conversation, don't be afraid to say something like, "Thanks for your great contributions, Jane, but I'd love to make sure everyone else gets a chance to share what's on their mind..."

This is not meant to serve as group therapy, but rather a way for people to connect with one another and share best practices for fighting Adulthood. If someone has serious physical or psychological issues, he or she should be encouraged to seek professional help.



ESCAPE ADULTHOOD PARTY!

discussion

discussion questions

Here are a boatload of discussion starters you can steal, ranging from silly to serious (and even seasonal):

- What is your favorite childhood memory?
- If money wasn't a concern...what would your dream job be?
- If talent wasn't required...what would you want to do?
- If money wasn't a concern...where would you like to travel?
- What smell most reminds you of childhood?
- What was YOUR least favorite chore when you were a kid?
- What did you want to be when you grew up?
- What book did you wear out when you were a kid?
- What is your favorite Crayola crayon color?
- If you could be any age again for one month, which age would you choose? Which one would be LAST on your list?
- What's something you miss from your childhood that no longer exists?
- From bottle caps to baseball cards - what did you enjoy collecting as a kid?
- What will you never be too old for?
- What show from your childhood should Hollywood try to re-do next?
- Describe your favorite pajamas from childhood.
- What does Mr. Potato Head do for a living?
- What is your favorite black & white TV show?
- If you were a breakfast cereal, what kind of cereal would you be and why?
- When you were six, if you could've had a hundred of anything, what would you have wanted?
- If you could choose one toy to bring to life, which one would it be and why?
- If you could have renamed yourself when you were a kid, which name would you have chosen?
- What kind (and color) of car would you like to have had when you were five?



ESCAPE ADULTHOOD PARTY!

discussion

- What wild animal would you most like to have as a pet?
- If I could be five again for one day, one thing I would definitely do is...
- When you were a kid, who was your favorite TV personality?
- Who was your favorite childhood athlete?
- What was your favorite outside game to play when you were a kid?
- What superpower would you most like to have?
- Who would you like to hang out with to make you feel like a kid?
- Pretend you found \$100 when you were a kid. What would you have spent it on?
- What company would benefit most if it were taken over and run by kids? (Or at least people with a childlike spirit...)
- What's your favorite childhood building material: Lego or Play-Doh or _____ ?
- If you could trade in your car for any imaginary/fictional "vehicle," what would it be?
- If you could have an extra hour each day to do something YOU wanted, how would you spend it?
- What imaginary place would you most like to visit?
- What was the first movie you ever saw in the theater?
- What posters graced the walls of your childhood bedroom?
- What's the weirdest thing you believed as a kid?
- From Space Invaders to Super Mario -- what was your FAVORITE video game?
- If you could look like anyone in the world, who would it be?
- What is your favorite thing to do to pamper yourself when you are home sick?
- You are stranded on a deserted island with one fictional character. Who would you choose and why?
- Meatloaf, smeatloaf, double-beatloaf. What food did you HATE the most as a child?
- When you were a kid, what was your favorite thing to do on a rainy day?



ESCAPE ADULTHOOD PARTY!

discussion

- Who was your favorite fictitious role model when you were a kid?
- Which Sesame Street character would you most like to hang out with for a day? Why?
- You just found a pot at the end of a rainbow. What do you wish it was filled with?
- What was a popular childhood game that you just never got into?
- What was your favorite flavor of ice cream as a kid? (Has it changed since you've grown up?)
- If money was no object and your only limit was your *childlike* imagination, what would you like to invent?
- What are some ways YOU think the airlines could make flying more fun?
- Where was your favorite place to hang out as a kid?
- If you could be the sidekick of any superhero, who would you choose?
- What would be the best (and worst) parts about having a dinosaur as a pet?
- Favorite. Candy bar. Ever. Go!
- What's the most childlike restaurant ever?
- What's the most you've ever eaten of something in one sitting? (Krispy Kreme donuts, Oreo cookies, bags of Doritos, etc.)
- What would be the coolest thing about being a prince or princess?
- When does a person officially become a "grown-up?"
- The world record for longest board game marathon is 50 hours. The game was Settlers of Catan. What board game could YOU play for 50 hours straight?
- What's a favorite toy from your childhood that you no longer have but would love to get your hands on?
- Have you ever been to a drive-in movie? If so, what's been your favorite movie to see?
- If you had the chance to play the role of any fictional character in a movie, who would you most want to be?



ESCAPE ADULTHOOD PARTY!

discussion

Holiday & Seasonal

- What is your FAVORITE holiday tradition?
- The best thing about a snow day is...
- Pick one: Snowman, snow fort, or sledding?
- What's your favorite Christmas movie of all time?
- What was the worst Christmas present you ever received?
- What was the best gift you GAVE this year?
- What was the best gift you received this year?
- Would you rather have 8 flying reindeer OR a team of elves at your beck and call? Why?
- What was your favorite thing about Valentine's Day when you were a kid?
- What is your all-time favorite Halloween candy? The worst?
- What's the best homemade Halloween costume you've ever seen or put together? (and what supplies are required?)
- What is the best April Fools prank you ever played (or was played on you)?
- My favorite part of Thanksgiving is _____.
- What's your favorite spring smell?
- What's something childlike that you've done in the rain?
- What does Easter Bunny do the rest of the year?
- Your favorite Easter memory from childhood. Go!
- What was your favorite way to cool off on a hot day when you were a kid? How about now?
- What summer drink most reminds you of childhood?
- When you were a kid, what was the thing you looked forward to most about summer vacation?
- What's something childlike you can't wait to do this summer?
- What was your favorite thing about starting a new school year when you were a kid?



penguins book club

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Penguins Can't Fly +39 Other Rules That Don't Exist is a beautiful and inspiring little book that uncovers some of the most useless so-called rules we often find ourselves living by. It's also great for book clubs! Breaking rules that don't exist often requires a good measure of courage. Doing it with friends makes it easier and more fun. Sprinkle in the elements of an Escape Adulthood Party, and you've got a book club that puts all others to shame!

The book is broken up into 40 bite-sized chapters (plus an introduction and some final thoughts), so you can easily customize your reading schedule to best fit your group.

We've included a mix of silly and serious discussion starters in the pages that follow. Enjoy!

Need books? You can [buy them at the Escape Adulthood Lemonade Stand](#), but they're also available at Amazon.com, Barnes & Noble, and your friendly independent neighborhood bookstore.

Get a flavor for the book by perusing a free preview [here](#).





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penguins book club

00 - Introduction

- How does Adulthood most affect your life?
- Have everyone [take the Adulthood Quiz](#) and discuss your results.

01 - Thou Shalt Act Thine Age

- What has been your favorite age so far, and why?
- If you didn't know how old you were, what age would you feel?

02 - Thou Shalt Color Inside The Lines

- Why do you think people are afraid to color outside the lines?
- In what areas of your life do you feel like you could benefit from coloring outside the lines?

03 - Thou Shalt Not Wear White After Labor Day

- What is the worst fashion fad you've lived through?
- Do you have any fashion rules you always follow? How about some you love to break?

04 - Thou Shalt Not Celebrate Without Thy Calendar's Permission

- What is your favorite holiday, and what about it makes it great to you?
- If you could create any holiday, what would it be for and what would it entail?

05 - Thou Shalt Not Eat Dessert First

- When was the last time you ate dessert first? What did you eat?
- What is something you always wanted to do as a kid, but never (or only very rarely) have done?

06 - Thou Shalt Not Have Too Much Fun at Work

- Share a time when you interacted with someone who was clearly having fun at their job.
- What is one of your favorite ways to have fun at work?

07 - Thou Shalt Not Jump in Puddles

- What do you think is the best part of being an adult?
- At what age did Adulthood start becoming a factor for you?

08 - Thou Shalt Not Eat Breakfast for Dinner

- What is your favorite thing to eat for breakfast?
- What food do you most enjoy eating at unusual times? (i.e. pancakes for dinner, pizza for breakfast, etc.)

09 - Thou Shalt Hate Monday

- What is your favorite day of the week, and why?
- Do you feel like you are doing work that matters? If not, what would your dream job be?



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10 - Thou Shalt Brag About How Busy Thou Art

- Many people these days are overwhelmed with busyness. Why do you think that is?
- What one practice could you begin this week to lower your busyness level?

11 - Thy Christmas Cookies Shalt Look Like Christmas Cookies

- What holiday traditions do you participate in that don't really hold any meaning for you?
- What is something you do every week (or every day) that you could experiment doing in a different way?

12 - Thou Shalt Not Blow Bubbles in Thy Milk

- What are the things your parents or grandparents used to say that you've caught yourself repeating?
- What do you think is the sign that indicates a person has officially "grown-up?"

13 - Thou Shalt Wait Thirty Minutes to Swim After Eating

- What's a rule that you've heard from a parent or grandparent that you still find yourself following?
- If you've even broken it, how did it make you feel?

14 - Thou Shalt Let Others Define Thy Success

- Who is the most successful person you know personally?
- What is your definition of success? How has it changed over the years, if at all?

15 - Thou Shalt Do and See Everything Whilst on Vacation

- What is your favorite vacation memory that wasn't planned or part of the official itinerary?
- What area of your life could benefit from a little breathing room?

16 - Thou Shalt Clean Thy Plate

- What is the one food you'd be more than happy to ship to Africa so you'd never be forced to eat it again?
- Describe a time when you enjoyed something so much that you literally licked the plate (or pan, container, etc.) clean.

17 - Thou Shalt Always Wear Clean Underpants Upon Leaving Thy House

- What is something you always do before leaving the house?
- What is one thing you could start doing before you leave the house that might make your story better?



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18 - Thou Shalt Remove Thy Name Tag Immediately After An Event

- Name a rule that most people would be afraid to break.
- Describe an experience when you did something scary that led to a positive result you weren't expecting.

19 - Thou Shalt Conceal Thy Wrinkles

- How do you feel about aging?
- In your opinion, what makes someone beautiful?

20 - Thou Shalt Embrace Common Knowledge

- What is something you're curious to learn more about?
- Describe a time when you were surprised to discover the opposite of something you previously believed.

21 - Thine Offspring Shalt Be in a Million Extracurricular Activities

- What are the warning signs that let you know when you're involved in too many things?
- What is one thing in your life that you could say "no" to in order to have more time for something even better?

22 - Thou Shalt Not Let Them See You Car Dancing

- What song, when it comes on the radio, will automatically cause you to begin car dancing?
- Share a time when someone's silliness helped bring you a little bit of relief or happiness.

23 - Thou Shalt Not Wear Thy Wedding Dress After Thy Wedding Day

- What's the neatest anniversary tradition you've ever implemented, seen, or heard of?
- What's the most memorable thing you've ever worn?

24 - Thou Shalt Be Realistic

- What big dream do you have that sometimes seems unrealistic?
- What fears, obstacles, or naysayers are standing in the way of you achieving your big dream?

25 - Thou Shalt Not Make a Mess

- What was the biggest mess you ever made?
- What is your favorite kind of mess to make?
- What was the best experience, discovery, or adventure you ever had that came about from a wrong turn?

26 - Thou Shalt Reserve Thy Fine China for Special Occasions

- Share your most memorable dinner ever. Where were you? Who were you with? What did you eat?
- If you could have a fancy dinner with three people (dead or alive), who would they be and why?



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27 - Thou Shalt Hide Thy Weirdness

- Who is someone you know that turned their weirdness into a super power?
- What is the weirdest thing about you? Have you ever thought about it as a super power?

28 - Thou Shalt Not Bring Bananas on Thy Fishing Boat

- Name a rule that doesn't exist that you grew up with that you thought everyone followed.
- What's one of the weirdest rules that doesn't exist that you've ever heard of?

29 - Thou Shalt Get Thine In-Box To Zero

- What is the most effective weapon Adultitis can use to keep you from being present?
- How do you personally determine between something's importance versus being merely urgent.

30 - Spouses Shalt Not Swap Sides of the Bed

- Has this ever been a rule in any of your relationships?
- What other weird rules do you sometimes see couples living by?

31 - Thou Shalt Always Be Careful

- Share a time when you were careful and ended up regretting it.
- What is something you've always wanted to do that you know you'll regret if you die before you get the chance?

32 - Only Young Children and High School Seniors Shalt Take Cheesy Photos Near Oversize Numbers

- What was the silliest thing you've ever done?
- If you could go back in time to your senior year, and give yourself one piece of advice, what would it be?

33 - Thou Shalt Not Play Hooky

- Have you ever played hooky? Where did you go and who were you with?
- If you could plan your perfect "sick of it" day, what would be on the itinerary?

34 - Thou Shalt Get a Job with Benefits

- If you were a famous rock star and could require any one thing as a part of your contract, what would it be?
- What "benefit" of your current occupation do you value the most? Which one do you wish you had?

35 - Thou Shalt Not Wear Pajamas in Public

- What is your favorite ice cream flavor?
- What's the weirdest thing you've ever worn in public?

36 - Thou Shalt Not Draw on Thy Children

- Whether you are a parent or not, what do you think is the best power of parenthood?
- What's the proudest thing you've ever done without any regard for what other people thought?



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37 - Thou Shalt Not Be Ridiculous

- What is the most ridiculous thing you've ever done?
- Where in your life are you feeling pulled to be a little more ridiculous?

38 - Thou Shalt Make Thy Bed

- Are you a bed-maker? Have you always been?
- What was the first rule that your parents made you follow that you broke as soon as you moved out on your own?

39 - Thou Shalt Care What Other People Think

- What's something you've done recently that you never thought you'd ever do?
- What are your "red shoes?" What's the thing you secretly would like to have, do, or be?

40 - Thou Shalt Wait for Permission

- What are you waiting for permission to begin?
- How can you be a "permission granter" in the lives of others?



final thoughts

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Remember an Escape Adulthood Party is supposed to *remove* Adulthood, not add it. Feel free to improvise on this guide, making your party your own. The most important thing is to have

fun!

And don't forget, send us your pictures, tips, and things you learned so we can use it to inspire others and make this guide even better! Email us at kj@escapeadulthood.com.

Party on!

