



**Yay Nay
Let's Stay**



PLAY

This fun and energising game helps participants connect with one another and get moving while also improving focus and coordination. It's perfect as a warm-up or icebreaker for any session.



Learning Intentions

Improve Coordination and Focus:

Students will enhance their physical coordination and concentration by following commands requiring quick responses and physical movement.

Foster Group Connection and Teamwork:

Students will build stronger connections within the group by participating in a fun and collaborative activity that promotes interaction, communication, and cooperation.

Encourage Laughter and Fun in Learning:

Students will engage in a light-hearted game that energises the group, encouraging enjoyment and a positive start to any session while fostering a relaxed and inclusive environment.



Success Criteria

Accurate Execution of Movements:

Students demonstrate their ability to correctly follow the 'Yay,' 'Nay,' and 'Let's Stay' commands during the game, showing improved focus and coordination.

Active Participation in Group Activity:

Students actively participate, engage with their peers, and contribute to the group's overall energy and enjoyment, promoting a sense of connection and teamwork.

Positive Attitude and Enjoyment:

Students embrace the fun nature of the game, laughing, enjoying themselves, and maintaining a positive attitude, even when mistakes are made, reinforcing the importance of playfulness in learning.





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Objective:

This fun and energising game helps participants connect with one another and get moving while also improving focus and coordination. It's perfect as a warm-up or icebreaker for any session.

Duration:

- 2 to 10 minutes

Players:

- Suitable for participants of all ages
- Can accommodate any group size

Materials:

- None

Setup:

1. Have everyone stand in a circle, facing one direction.
2. Place your hands on the shoulders of the person in front of you.
3. Ensure there is about an arm's length gap between each person to avoid jumping on each other's feet.

Instructions:

1. Basic Moves:

- **Yay** – Jump forward
- **Nay** – Jump backward
- **Let's Stay** – Complete a 180-degree spin to face the other direction and place your hands on the new person's shoulders.

2. Practice the Moves:

- Start by going through each of the three moves slowly with the group. Practice until everyone is comfortable with the actions.

3. Pick Up the Pace:

- Once everyone has mastered the moves, start speeding up the commands, which will make the game more challenging and fun.

4. Challenge the Group:

- Now that the group is familiar with the moves, introduce sequences they must follow when you say "Go." Below are some sequence levels to try:





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Levels of Challenge:

- **Level One:** Yay, yay, nay, let's stay
- **Level Two:** Yay, nay, let's stay, nay
- **Level Three:** Nay, nay, yay, yay, let's stay
- **Level Four:** Let's stay, nay, let's stay, yay, nay

Final Reflection:

This game will get everyone laughing, moving, and concentrating as they try to complete the sequence levels. It's a great way to start a session with energy and fun while promoting connection and teamwork.

Note:

Encourage participants to enjoy themselves and not worry about mistakes, it's all part of the fun! You can also create your own levels or invite students to develop new sequences to keep the game fresh and exciting.

