

THREE IS A Crowd



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Instructions

Objective:

To serve as an icebreaker or lesson starter, enhancing concentration and engagement through a simple counting and squatting exercise.

Players:

Pairs, suitable for all ages and group sizes.

Materials:

None required.

Setup:

Partner participants and have them introduce themselves, necessary for the gameplay.

Gameplay:

- Pairs face each other in a squat hold position.
- They alternate counting numbers aloud, starting from one.
- When a multiple of three is reached (3, 6, 9, 12, etc.), the player must stand up, say their partner's name instead of the number, and return to the squat hold.
- The game continues until a player makes a mistake, with the pair's highest number reached being their score.
- Restart the game, aiming to beat the previous score.

Winning the Game:

We are focusing on achieving a higher score than the previous round, with the primary goal being fun and interaction.

Modifications:

- After players are familiar with the game, switch the counting element to match session topics, like naming cities, muscles, bones, etc., at three multiples.

Additional Notes:

'Three is a Crowd' is an engaging game that combines physical activity with mental focus, ideal for warming up and connecting participants in any group setting.