

**YAY NAY**  
**LET'S**  
*Stay*



# Yay, Nay, Let's Stay

## Instructions

### Objective:

An energetic and engaging icebreaker designed to promote coordination, concentration, and laughter. Suitable for participants of all ages, the game involves simple movements and quick reactions.

### Players:

Playable with any number of participants, ideal for groups forming a circle.

### Materials:

No materials are needed, just an open space large enough for all participants to form a circle and move freely.

### Setup:

- Participants stand in a circle, facing in one direction.
- Each player places their hands on the shoulders of the person in front of them.
- Ensure a small gap (about an arm's length) between players to avoid accidental contact during jumps.

### Gameplay:

- Movement Instructions:
  - Yay: Jump forward.
  - Nay: Jump backward.

- Let's Stay: Complete a 180-degree spin to face the opposite direction and place hands on the new person in front of you.
- Practice: Start by practising each of the three moves individually.
- Pacing: Gradually increase the pace once the group has mastered the moves.
- Sequence Challenge: Introduce sequences that the group must complete on command. Suggested levels include:
  - 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.

## Winning the Game:

There are no traditional winning criteria. The focus is on group participation, coordination, and fun.

## Variations for Different Settings:

- Children's Edition: Add playful elements like funny noises or actions.
- Corporate Edition: Focus on teamwork and synchronisation, incorporating a team-building theme.
- Fitness Edition: Increase the physical intensity by adding more jumps or spins.

## Additional Notes:

- This game is perfect for energising a group and creating a lively, fun atmosphere.
- It encourages laughter and concentration as participants try to follow the sequences.
- "Yay, Nay, Let's Stay" is a simple yet effective activity for starting sessions, breaking the ice, or re-energising a group.

