

# Yay Nay Let's Stay

Quick and Easy

PLAY

**Yay Nay Let's Stay** is an energising icebreaker that gets participants moving, laughing, and focusing together. Through a series of fun directional commands—jumping forward ("Yay"), jumping backward ("Nay"), and completing a 180-degree spin ("Let's Stay")—the game promotes physical fitness, quick decision-making, and group teamwork in a playful setting.



## Family Objects

### Improve Coordination and Focus:

Family members enhance their physical coordination and concentration by following quick commands and engaging in dynamic movements that keep everyone on their toes.

### Foster Group Connection and Teamwork:

Participants build stronger connections as they stand in a circle, work together, and support one another during the fun, collaborative activity.

### Encourage Laughter and Fun in Learning:

The game creates an energetic, light-hearted environment where everyone enjoys playful competition, embraces mistakes with laughter, and starts the session on a positive note.



## Success Milestones

### Accurate Execution of Movements:

Players demonstrate the ability to correctly follow the "Yay," "Nay," and "Let's Stay" commands, showing improved focus and physical coordination.

### Active Participation in Group Activity:

Family members actively engage, contributing to the group's energy and interaction by responding to commands promptly and enthusiastically.

### Positive Attitude and Enjoyment:

Participants maintain a positive, fun attitude throughout the game, supporting each other and celebrating every effort, even when mistakes are made.

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## Objective:

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## Players:

- Suitable for any group size and participants of all ages.
- Ideal for family gatherings, classroom warm-ups, or team-building sessions.

## Materials:

- No materials are required—just enough space for participants to stand in a circle comfortably.

## Setup:

### 1. Form a Circle:

- Have all participants stand in a circle, facing the same direction.
- Each person should place their hands on the shoulders of the person in front of them.

### 2. Spacing:

- Ensure there's roughly an arm's length gap between each participant to avoid accidental collisions during movement.

## Gameplay:

### 1. Basic Moves:

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

### 2. Practice the Moves:

- Begin by slowly going through each of the three moves as a group, practicing until everyone feels comfortable with the actions.

### 3. Pick Up the Pace:

- Once the basic moves are mastered, increase the speed of the commands to make the game more challenging and fun.

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#### 4. Challenge the Group:

- Introduce sequences that players must follow when you say "Go." For example:
  - **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
- Feel free to create your own sequences or invite participants to develop new ones to keep the game fresh and exciting.

#### Winning the Game:

- There is no single winner in Yay Nay Let's Stay; the primary focus is on participation, fun, and building connection.
- However, you can choose to track performance by noting how high the group's count reaches before a mistake is made, and then challenge everyone to beat that record in subsequent rounds.

#### Variations for Different Settings:

- **Children's Edition:**

Simplify the movements by incorporating fun elements, such as imitating animal movements or adding playful sound effects during the commands.

- **Fitness Edition:**

Intensify the physical component by incorporating additional exercises (e.g., burpees or jumping jacks) at certain count milestones, or by increasing the pace and complexity of the sequences.

- **Team Building Edition:**

Organise the game as part of a larger tournament where teams compete in multiple rounds, encouraging discussion and strategising to improve coordination and communication.

#### Additional Notes:

Yay Nay Let's Stay is more than just a game—it's a dynamic icebreaker that brings energy, laughter, and connection to any group setting. By combining physical movement with quick decision-making, it helps participants loosen up, improve their coordination, and build a sense of unity. Enjoy the fun, embrace the mistakes, and celebrate the lively spirit that this game brings to your family or group gathering!