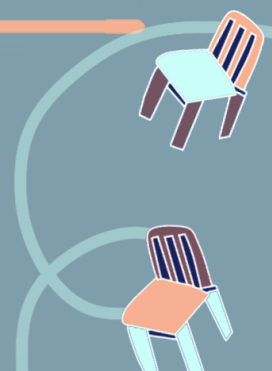


SITTING & STANDING



GOAL

- Energizer
- Focus
- Group dynamic

TARGET GROUP

Any

NUMBER OF PARTICIPANTS

6-25 participants

DURATION

Maximum 5 min

EQUIPMENT

No equipment needed

TECHNICALITIES

We recommend playing this on the computer and in grid view, as participants need to see each other.



EXERCISE DESCRIPTION

Participants and teamers are sitting. They need to have a bit of space between the table and the chair to make it easier when they'll stand. On the teamer's signal, 3 persons stand up. The aim is to always have exactly 3 persons standing (not 2, nor 4). If a standing person sits down, someone else has to stand up; if a sitting person stands up, someone has to sit down, so that there are always 3 persons standing. It may not be available to all to be standing up, for many different reasons.

Therefore, it is important to suggest an alternative gesture that would be a synonym of standing up. That way everyone can participate. For example, you can say that if you put both of our arms in front of your face that means you are standing.

OTHER VERSION

The teamer can change the number of persons standing. The higher the number, the harder it gets. Another version of this game would be that the main goal is to have always 3 persons in the camera frame, no more, no less. It is not about switching the cameras on and off, but about people having to disappear and reappear in front of their cameras.