

# Move your Butt



To play this game everyone must have a chair except the facilitator. All the chairs must be placed in a circle. Then the facilitator goes into the middle of the circle to explain the rules. In this game, the person in the middle tries to get a seat by calling out something about themselves that applies to other people in the group. It has to be something true about themselves.

For example, the facilitator might say “Move your butt if you are wearing a sweater.” In this case, everyone wearing a sweater must get out of their seat and try to run to another one. The only rule is that they can’t sit back down in their seat or the seat next to it. This gives the person in the middle a chance to run towards a seat. Usually they find one and someone new is in the middle. This game can go on for as many rounds you want!

If your space doesn’t allow for seating, you can play this game standing. Use something to mark each spot in the circle (paper symbols, objects, shoes, etc) so you don’t lose track.



# DECISIONS DECISIONS

This is a good alternative to Move Your Butt if your group cannot move quickly or the space isn't set up for that, as speed is not required of this activity.

Have your group stand together.

The facilitator will ask the group to decide between two things read aloud.

They will move to the right side of the room for Option A, or the left side for Option B, depending on their preference. The facilitator will then split those choices up with a related question, but different preferences, and the group will re-sort themselves again. You will have people moving back and forth across the room at each question.

Read the questions aloud and have the group sort and re-sort themselves. Some decisions will be tough! If some in group cannot choose between your options, and opt for the middle, you can give them a "both" or "alternative/neither" option, and invite them to share what those are.

Example questions:

1.  
RIGHT: Kraft Dinner  
LEFT: Homemade Mac n' Cheese

RIGHT: Ketchup on your mac n' cheese  
LEFT: No Ketchup

4.  
RIGHT: Cake  
LEFT: Pie  
  
RIGHT: Ice Cream Cake  
LEFT: Meat Pie

7.  
RIGHT: Books  
LEFT: Television  
  
What's your favourite show? Book?

2.  
RIGHT: Vampires  
LEFT: Werewolves

RIGHT: Twilight vampires  
LEFT: Old-School Dracula vampires

5.  
RIGHT: Trick  
LEFT: Treat  
  
RIGHT: Cute Halloween  
LEFT: Spooky Halloween

What was the best costume you've worn for Halloween?

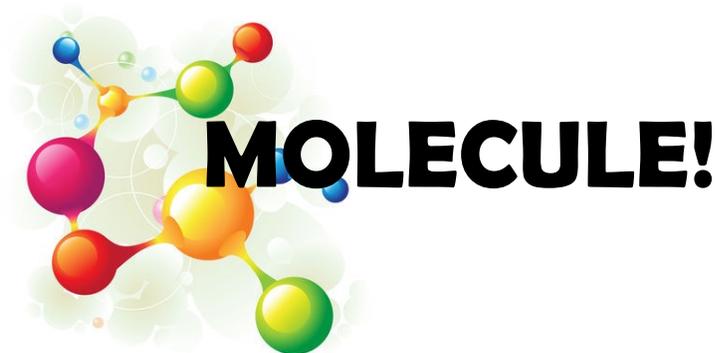
8.  
RIGHT: Coffee  
LEFT: Tea  
  
RIGHT: Pumpkin Spice  
LEFT: No Pumpkin Spice

3.  
RIGHT: Dogs  
LEFT: Cats

What are their names? How many?  
MIDDLE: What neither/alternative animals do you have?

6.  
RIGHT: Summer  
LEFT: Fall  
  
RIGHT: Swimming  
LEFT: Stepping on crunchy leaves

9. Keep going and add your own!



Each person represents an Atom. They move randomly round the room until you shout a number, when they must gather with other Atoms to create a Molecule of the size you've shouted.

Allow your group to roam around until you shout "MOLECULES OF \_\_\_\_\_ " (2, 3, 4, 5, etc.).

If anyone is left outside of the specific number groupings, let them be "absorbed" into the closest molecule so they can participate.

Once they are in their molecule, ask a question that each person in the molecule will answer and share with each other. This could be introductory information (names, pronouns, age, school, etc.), or questions about their interests or favourites.

Once they've all shared, you will disperse the molecules back into roaming atoms with "SCATTER!"

Once they are all roaming again, choose a new number to group into and keep the game going.

### **Example questions:**

What is your name and pronoun?

Do you have a pet? If not, what kind of pet do you want?

Share your favourite hobby

Talk about your favourite book or TV show

What's your favourite holiday?

Are you a morning person or a night owl?

What's your favorite ice cream flavor?

What breed of dog is your favourite?

What's your favourite sport or outdoor activity?

What's your favourite vegetable?

What's your favourite dessert?

How do you take your coffee/tea?

What's your go-to dance move?

Can you go to sleep with socks on?

Do you have or want any tattoos?

Would you rather be a vampire or a werewolf?

If you could travel anywhere in the world, where would you go?

What's your favourite season?

What band do you want to see live?

If you could be any Disney villain, which one would you be?