

# Energizer: Musical Chairs Revisited

(15 minutes)

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FACE THE FAST

## Objective

Participants will work together to ensure everyone is seated when the music stops.

## Materials Needed

- music player
- music
- chairs

## Activity Summary

While the music plays everybody walks around the chairs in a circle. When the music is paused, everybody scrambles for a chair. In this version of musical chairs everyone must be seated when the music stops (no one is ever “out”). After everyone is seated, take away a chair and repeat. Do this until there are no chairs left.

## Procedure

Set-up chairs in a circle, facing outward. Start with one less chair than there are participants. For larger groups, you might want to split up into smaller groups and run the activity simultaneously.

Explain that when the music stops every one must be seated. The group will have to work as a team to ensure every person has a seat even as chairs are removed.

## Debrief

Ask participants how they felt about playing a version of musical chairs where everyone was a winner rather than the traditional version where everyone but one person is a loser.