

Musical Chairs Reverse

Play the traditional game and talk about how it feels to be left out.

And then play a “backwards” musical chairs game. Here are 2 different options:

Option 1: The goal is to get everybody to sit without their feet touching the ground. Each round you remove a chair, but nobody gets eliminated. This is a cooperative activity to make sure everybody stays in the game.

Option 2: Start out with one extra chair, and when the music stops, the two people on either side of the empty chair have to go find a new person to join the game. They have to introduce the new person and then add a new chair for the new round. This might not be feasible unless you can find extra people (maybe parents?) to join the game.

<https://ehflaw.typepad.com/blog/2013/10/reverse-musical-chairs.html>

Playing a game of Musical Chairs two different ways will help to contrast what it feels like to eliminate people vs. work together to keep everybody in the game (or even invite new people to join the game).

[Provide proper supervision to make sure this activity does not get out of control.]