



Inclusive Musical Chairs

Instructions:

1. Arrange chairs in a circle. The backs of the chairs should be inside the circle, seats of the chairs should be facing out.
2. Go over the basic rules for Musical Chairs. Everyone will walk around the circle of chairs. When the music stops, everyone must find a chair. If you don't get a chair, you are out.
3. Explain that this game is Inclusive Musical Chairs, **meaning no one will "get out," even though one chair will be taken out every time the music stops. Everyone still needs to find a place to sit.**
4. Ask participants how they will solve this problem. If they don't figure it out, explain that they will have to squeeze in, get close, and do whatever it takes.
5. Play until you get down to just a few chairs (judge when to stop based on the number of people in the group).

Tip for Discussion and Processing:

This is a very fun activity that can be used at any time to energize a group and build group cohesion. Ask participants how they felt when you first explained that no one would ever be "out." Did they feel it would be impossible to ever fit everyone on just a few chairs? Did the task seem overwhelming? Compare this to problems that feel too big to solve. Ultimately, the group figured it out, even though it might have been a bit uncomfortable and cumbersome. Relate that to solving problems.

Title: Inclusive Musical Chairs

Group Size: 1 to 15

Time Needed: 15 to 20 minutes

Goal: To promote group cohesion and cooperation

Audience: Parents, Teens, Children

Special Considerations: This activity involves a great deal of physical contact with other group members. Make sure it is appropriate for your particular group.

Materials:

- ✓ One chair per person, minus one
- ✓ Tape or CD player, music