



Conference Energiser Program

100+ people (5 mins)

1. [Sit Down If...](#) - simple, non-verbal & fun elimination game

Props – none

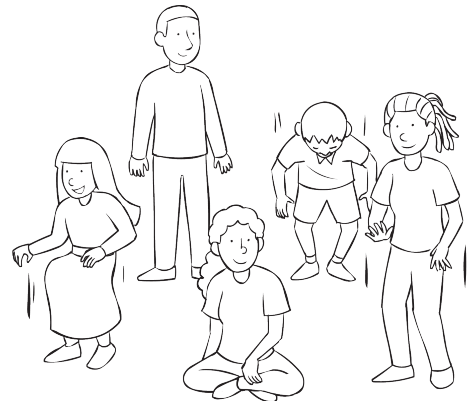
Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips & popular variations, click the links above.

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1. Sit Down If... (5 mins)

1. In advance, prepare a list of statements or questions which reflect particular characteristics and / or experiences of people. See sample list of statements below.
2. Gather your group, and ask them to stand in front of their chair or in an open space.
3. Announce that you will soon call a series of statements to the group from your list.
4. Explain that if the statement applies to an individual, this person is invited to sit down, in effect, eliminated from the game.
5. For example, you could ask 'Sit down if you ... sing in the shower, or... have never ridden a horse.'
6. Continue to read from your list, item by item, until you have eliminated everyone in your group, or only one person remains.
7. Play a second round with a different set of questions, or try a variation.



Here are a set of **sample statements** you could ask (in no particular order). Add to this list by thinking of your own statements, or download the *Print+Play Sit Down If...* template from the [Resources tab](#) connected to this activity.

Sit down if you...

- Didn't apply deodorant today
- Are wearing at least one sock with a hole in it
- Sing in the shower

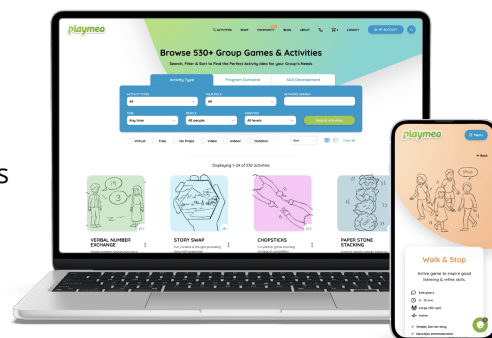
- Believe that two people on a date should share expenses
- Are ticklish
- Received a traffic infringement notice in the past year
- Have never ridden a horse
- Have never travelled outside the country
- Have at least one tooth filling
- Own more than two mobile (cell) phones
- Are mad at someone
- Have walked more than 10 kilometres (6 miles) in a day

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