

DROP THE KEYS

OBJECTIVE // To have fun, energize, and laugh

TIME// 5 to 15 minutes

GROUP SIZE// 5 to 50 participants

MATERIALS //

- A set of keys on a lanyard, or a similar item that can fall without being damaged and that will make noise when it hits the ground
- A chair for each participant

HOW IT'S DONE//

- Set up a circle of chairs, number one less than the number of participants
- The person without a chair is 'IT'. This person holds the keys in the center of the circle.
- All participants sit on the chairs and extend their left hand out in front of them, palm facing to the left of their body.
- The IT person runs around the circle clapping their right hand to the extended left hands
- The IT person grasps one person's extended hand, and that person gets up and runs around the circle with the IT person, clapping their right hand to the extended left hands, grasping one extended hand and pulling up a third participant.
- The IT chain continues to run in circles, spiraling inward if necessary, until the IT person drops the keys.
- When the keys are dropped, all participants scramble to a chair. The person left standing once all others are seated becomes the new 'IT' person and the game re-starts.