

Inspire! Ice Breakers & Openers



Activity: Yin-Yang-You

Overview

"Yin-Yang-You" requires participants to pay close attention to the other members of the group. While rapidly passing the Yin-Yang-You pattern around the circle, participants struggle to stay focused and not become confused. No one is "out" in this game. Those who get confused and break the pattern simply slide into a new role.

Props

- None.

Instructions

- Ask your group to arrange themselves in a circle.
- Demonstrate the three movements of the activity: Yin, Yang and You.
- "Yin" requires placing a hand on top of one's head.
- "Yang" requires placing a hand under the chin, palm down.
- "You" is a hand pointed straight out towards someone else.
- Yin and Yang can pass only to the left or right, while You can pass to anyone in the circle.
- The direction of play (left or right around the circle) is determined by the direction that the person's fingers are pointing as they say Yin or Yang.
- For example, if a player does the Yin motion (palm flat on top of the head) with the right hand, his or her fingers would naturally point to the left and play would move in that direction. The person to his or her left must then "Yang," (hand under the chin, palm down) either left or back to the right.
- The person who is "Yang-ed" must quickly "You" (point straight at) anyone in the group. The person who is "You-ed" starts the cycle over again with a "Yin" to the left or right.
- When a player confuses the pattern or takes too long to make a move they step out of the circle and become a heckler or supporter.
- These players try to confuse those still in the circle by talking or gesturing near them, or, help them through supportive comments.
- Hecklers or supporters may not touch anyone in the circle.
- Play continues until there are only two or three people left in the circle.
- You should play numerous times so that the group can grow accustomed to the pattern.
- Start slowly at first and gradually speed up play as your group gets used to the game.

Variations

Another excellent non-elimination variation starts with two circles playing simultaneously. When a person steps out of one circle, he or she moves right into action in the second. Players can bounce back and forth many times, while trying to stay put as much as possible.

Also, try changing "Yin," "Yang" and "You" to bo-log-na, A-B-C or any other variation that suits you. The more creative you are the better!