

STAND UP IF ...

GOALS

- To learn more about each other
- To participate in a psychomotor activity

MATERIALS NEEDED

None.

METHOD

Tell participants you will be reading out a list. Ask them to stand up if any of the following pertains to them. Or, start with everyone standing and ask them to sit down if ...

NOTE: Use information about the participants to custom design a list, or choose from the following suggestions.

Stand up if you ... (repeat several times throughout)

- are wearing glasses
- have a pet
- are wearing a ring
- watch the news every day
- can ride a bike
- were born outside of Canada
- don't live in the city
- like to eat spinach
- like to go to the movies
- are wearing running shoes today
- have planted a garden last (this) summer
- have gone on a trip this year
- have 3 or more children
- own cowboy boots
- have chewing gum with you today
- are wearing blue
- read the newspaper
- have a picture in your wallet
- are saving money to buy something special
- have blue eyes
- have ever experienced stress
- are wearing coloured underwear
- are a skier
- were the first born in your family
- meditate regularly



- would rather be on a vacation now
- speak more than one language
- have quit smoking
- like chicken
- your favourite colour is green
- read romance novels
- come from a large family
- like to play video games
- don't like to cook
- like liver
- like rain better than sunshine
- play a musical instrument
- live in an apartment
- play hockey/football
- your favourite food is pasta
- were born in Canada
- prefer to live in the country
- like anchovies
- were born on an island
- have relatives in other countries
- have eaten plum pudding
- have eaten chapatis
- can do a folk dance (highland fling, hora, etc.)
- were born in winter
- enjoy bowling
- have a good sense of humour
- like Coke better than Pepsi
- keep a journal or diary
- enjoy an aerobic sport
- enjoy a craft or hobby
- sing in the shower
- eat healthy foods

