

Mingle Mingle Mingle

Keep moving, keep mingling — then freeze and find your group before you're left out.

SCAN TO SEE IT PLAYED



The core game

How it works

- 1 Everyone walks freely around the space, singing 'mingle, mingle, mingle' in a warm and friendly voice.
- 2 The leader claps three times to stop the music — on the third clap, the leader calls out a number.
- 3 Players quickly find others and form groups of exactly that number — no more, no fewer.
- 4 Anyone left over or in the wrong-sized group does a fun forfeit (e.g. five jumping jacks, a silly dance, or answering a fun question), then everyone mingles again.

Ways to play

Two versions for every occasion

Way 1 — Classic Mingle

Best for 8+ players · Open space, indoors or outdoors

- Everyone spreads out and begins walking around singing 'mingle, mingle, mingle' in a nice, happy tone.
- The leader claps three times — everyone freezes on the third clap.
- The leader calls a number — players race to form groups of exactly that size.
- Groups who can't complete give a high-five to someone nearby and do a fun forfeit together.
- Keep playing with different numbers — try calling numbers close to the total group size for extra scrambling.

Way 2 — Home Family Version

Best for 4-8 players · Living room or backyard

- Use music instead of singing — play a favourite song and everyone dances around while it plays.
- Pause the music to signal freeze time, then call a number for grouping.
- With a smaller family group, call numbers like 1, 2, or 3 and allow groups to form with toys or pets counted in.
- Whoever does the forfeit gets to choose the next number or pick the next song.

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TIP FOR PARENTS

Try this at home

Make the forfeits as silly as possible — the sillier the better. Let your child choose the forfeit sometimes so they feel ownership of the game, and always do the forfeit yourself when you're caught short.

THE SCIENCE OF PLAY

Why it works

The combination of free movement and sudden social grouping activates both physical energy and social awareness at the same time. The friendly tone of the mingle chant sets a welcoming atmosphere, and the fun forfeits remove the sting of being 'out' — keeping everyone engaged and laughing rather than feeling excluded.

SCHOOL ' HOME

The connection

Your child played this at school to build confidence mixing with different classmates — at home it's a wonderful way to get the whole family energised and connected before an activity.