

SCAN TO SEE IT PLAYED



Yay, Nay, Let's Stay

Jump forward, jump back, or spin and stay — three moves, one circle, endless laughter.

The core game

How it works

- 1 Everyone stands in a circle facing one direction, with hands resting on the shoulders of the person in front.
- 2 Learn the three moves: Yay = jump forward, Nay = jump backward, Let's Stay = spin 180 degrees and place hands on the new person's shoulders.
- 3 The leader calls a sequence slowly at first, giving the group time to practise each move.
- 4 Once confident, the leader speeds up and runs sequences from the level list — Level 1 through Level 4 — until someone can't keep up.

Ways to play

Two versions for every occasion

Way 1 — Level Up

Best for 4–30 players · Living room, backyard, or park

- Stand in a circle, hands on the shoulders of the person in front. Leave about an arm's length gap between players.
- Practise the three moves slowly: Yay (jump forward), Nay (jump backward), Let's Stay (180-degree spin to face the other way).
- Start with Level 1: Yay, yay, nay, let's stay. Master it, then move to Level 2.
- Work through all four levels, speeding up as the group improves.
- Anyone who jumps the wrong way does a forfeit challenge before rejoining.

Way 2 — Call It Yourself

Best for 4–10 players · Home, dinner table warm-up

- Take turns being the caller — youngest family member goes first.
- The caller makes up their own sequence of Yay, Nay, and Let's Stay in any order.
- Everyone else must follow. Anyone who goes wrong swaps to become the next caller.
- Try to stump each other with tricky sequences — but keep them fair and fun.
- See who can keep the group going the longest without a mistake.

TIP FOR PARENTS

Try this at home

Start with just Yay and Nay before introducing Let's Stay — once the first two feel automatic, the third move becomes a fun twist rather than a stressful one. Play it before dinner to burn energy and get everyone laughing.

THE SCIENCE OF PLAY

Why it works

Following rapid verbal commands while moving your body activates both the listening and motor-planning parts of the brain simultaneously — this is exactly why it builds concentration and listening skills so effectively. The shared circle also creates a strong sense of team because everyone's movement affects everyone else.

SCHOOL ' HOME

The connection

Your child learned to listen and move at the same time with this game today — at home, let them be the caller so they can share exactly what they experienced at school.