

This crowd breaker is always fun and requires little preparation and no props. It involves everyone. Simply have everyone stand up. Announce that you will be reading from a list of "If" statements. If a statement applies to them, they must sit down. Feel free to come up with your own statements in addition to these:

- You didn't use a deodorant today.
- You have worn the same socks for two days.
- Your belly button is an outie.
- You are a girl and have a run in your pantyhose.
- You still suck your thumb.
- You are good looking.
- You hit the snooze button on your alarm clock.
- You watch reruns.
- You have never eaten snail.
- Your mother dresses you.
- You have a hole in your sock.
- You recently got a traffic ticket.
- You are on a diet.
- You have a false tooth.
- You are mad at your boyfriend or girlfriend right now.

End by saying something such as, "Sit down if you are tired of standing;" this will usually get everyone to sit down.