



WORD PLAY

Up or Down

Each answer is one word. Add UP after it and you get the first meaning. Add DOWN after it and you get the second.

1 UP: to take on responsibility. DOWN: to resign from a role.

3 UP: a formal report or reprimand. DOWN: to record on paper.

5 UP: to start speaking. DOWN: to get quiet.

7 UP: to wear something formal. DOWN: to go casual, or to scold someone.

9 UP: to fasten a seat belt. DOWN: to get serious and focus.

2 UP: to raise a price. DOWN: to lower a price.

4 UP: to exaggerate. DOWN: to make something seem less important.

6 UP: to promote or praise. DOWN: to speak to someone condescendingly.

8 UP: a delay. DOWN: to keep a job for a long time.

10 UP: to defend a person or idea. DOWN: to back away from a fight.



WORD PLAY · HOST COPY

Up or Down

ANSWERS AND DIRECTIONS · DO NOT HAND OUT

WHY IT WORKS

Short clues, one word answers, and a real aha moment. Teams have to talk through each one, which warms up both the brain and the conversation.

Working memory

Vocabulary

Teamwork

HOW TO PLAY · 7 MINUTES

1. Split the room into teams of 2 to 4, or play as one big group.
2. Hand out page 1 only. Keep this page with the host.
3. Set a timer, then read the answers out loud and let teams score themselves.
4. Give 5 minutes. Teams can skip and come back.
5. Read the clue, pause, then reveal the word.

ANSWERS

1 Step UP: to take on responsibility. DOWN: to resign from a role.

3 Write UP: a formal report or reprimand. DOWN: to record on paper.

5 Pipe UP: to start speaking. DOWN: to get quiet.

7 Dress UP: to wear something formal. DOWN: to go casual, or to scold someone.

9 Buckle UP: to fasten a seat belt. DOWN: to get serious and focus.

2 Mark UP: to raise a price. DOWN: to lower a price.

4 Play UP: to exaggerate. DOWN: to make something seem less important.

6 Talk UP: to promote or praise. DOWN: to speak to someone condescendingly.

8 Hold UP: a delay. DOWN: to keep a job for a long time.

10 Stand UP: to defend a person or idea. DOWN: to back away from a fight.

Want a full meeting kit? The Weekly Sales Meeting Kit has 12 ten minute team games, one for every week of the quarter. Find it and more free warm-ups at totalextrovert.com.