

Frisbee Facts

Type: X **Introductory** **Working** **Closing** **Game**

Low Risk – Getting to know each other	Growing Risk – Personal awareness	Ending – Saying goodbye	Active Exercise – For group building and fun
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Optimum Group Size: 10 - 100

Materials Needed: Paper plates, markers

Outline of Activity:

Everyone is given a plate and a marker. Each person should then write three interesting things about themselves on the plate. Once this is done everyone should stand in a large circle facing inward. When the leader says 'Go' everyone should throw their plate Frisbee style across the room. Each person should then pick up someone else's Frisbee and attempt to find the original owner by going to individuals, introducing yourself, and then asking if the plate you have belongs to them. If it does not then both persons should share their three 'Frisbee facts' with each other. Once everyone has had their Frisbee returned to them the group can get into a circle again and repeat the process.

Goal:

Learn Names and interesting facts about group members