

Name Game

Type: X **Introductory** **Working** **Closing** **Game**
Low Risk – Growing Risk – Ending – Active Exercise –
Getting to know Personal Saying goodbye For group building
each other awareness and fun

Optimum Group Size: 5-20

Materials Needed: None

Outline of Activity:

The group sits in a circle; one person will start by saying his/her name and prefacing it with an adjective that describes him/herself and that also starts with the same letter as his/her first name. (For example, Funny Freddy or Terrific Tonia.) The second person should repeat the first person's adjective and name before going on to say his/her own adjective and name. The third person will say the first person's and second person's adjectives and names before saying his/her own adjective and name. This will continue until the last person repeats everyone's adjective and name and ends the activity by saying his/her own adjective and names.

*Variation – Follow each name with the name of an animal that begins with the same initial. (For example, Freddy Frog or Tonia Turtle.)

Goal:

The participants should get a vague idea of each individual's personality. They should be able to remember each other's names. They are given the opportunity to interact and have fun in a low risk situation.

How to Process:

How did you feel during this activity? Why?
Why did you choose the adjective you did?
What does that adjective say about you?
What did you learn about yourself? About others?

Source or Submitted by: Unknown