Warp Speed

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

Optimum Group Size: 8-30

Materials Needed: A watch with second hand.

Outline of Activity:

Place group members in a circle and have them say their names, in order, as they go around the circle. After they do this, have them repeat this circular movement several times encouraging them to say their names faster and closer together. Use the watch to track their speed and challenge them to meet time goals (i.e., "let's go for 15 seconds, 10 seconds). Also have them think of ways to go faster, like shortening their names. (Sue instead of Susan, Pa instead of Paul.)

Goal:

This activity helps everyone learn the names of others in the group. It is very low risk and a fun way to start a group. It also contributes to group bonding by them working together to meet time goals.

How to Process:

No processing needed.

Source or Submitted by: Joan Klemek, Drug Free Schools Consortium