



NAME GAMES



GOAL

- Unblocking ● Energizer
- Getting to know each other
- Group building

TARGET GROUP

All groups

NUMBER OF PARTICIPANTS

Any

DURATION

Depending on group size

EQUIPMENT

No equipment necessary

TECHNICALITIES

The group learns how to mute and unmute themselves. Some of the versions can be played without either sound or video.

EXERCISE DESCRIPTION

There are several options for activities aiming to learn names, which can build on each other. The most simple way is to ask the participants to say their names one after another and to make sure it is pronounced loud and clear.

To create the order in which participants will say their names, you can ask participants to rename themselves by adding a number given by the teamer in front of their name (or the teamer can simply rename all participants). For instance: "1 Seba", "2 Lea", "3 Morgane", "4 Mariem", etc. Alternatively, you can give the instruction to participants to self-organise and to listen to each other, in order to promote team building.

The next step is to say their own name and then calling another person of the group by their name, who then says their own name and calls another person of the group and so on. For example: "Seba, Lea" » "Lea, Morgane" » "Morgane, Mariem" » etc.

To make this more interesting, you can ask participants to add a certain information after their name, for example the city or state where they come from/live/are right now. Then the next person not only repeats the name of the previous person, but also the information. For example: "Seba, Neuruppin, Germany, Lea" » "Seba, Neuruppin, Germany; Lea, Novi Sad, Serbia, Morgane" » "Lea, Novi Sad, Serbia, Morgane, Almada, Portugal, Mariem" » etc.

A further option for the group is to add a gesture and a sound to their name. This gesture and sound should be visible and clear. Once everybody has found a gesture and a sound, there should be one or two rounds where everyone says their name and makes their gesture and sound once. Every time, the whole group repeats the gesture and sound of each person.

Then, when everyone has memorised the gestures and sounds, the teamer can launch a round where people not only make their sound and gesture, but also call another person by using their respective sound and gesture (not necessarily in a fixed order). For example: Person A starts with their movement and sound (waving their hand + "beep, beep") and then calls the next person B by imitating their gesture and sound (dance move + "oooooh"). Then this person B repeats their gesture and sound (dance move + "oooooh") and calls the next person C by imitating their gesture and sound (twirl + "knock knock"), and so on.

For the next version, the teamer asks the group to put a number in front of their name to create an order, from 1 to the total number of participants. Either the teamer can give them their number or the group has to self-organise to create an order. If they self-organise, it is helpful to give a clear instruction on how (if they can talk or not, if they should use only non-verbal communication, etc.).

One person starts with their gesture and sound, and following the order, the next person imitates the same gesture and sound, but exaggerates slightly to make it bigger/louder; then the next person exaggerates it a bit more, and so on. Of course you can also give the opposite instruction: to make the gestures and sounds always smaller and quieter. It can be interesting to reverse the order after a while.