

Name Games & Energizers

Bumpidy Bump Bump Bump

Warm up (for all name games) - Let's learn names! Have people turn to their left and right and introduce themselves to the person there.

Activity: The group circles up. One person is it and stands in the middle of the circle. He or she walks around the circle and points to a person at random. The person who is it says, "Left (or right) Bumpidy Bump Bump Bump." If the person he points at can name the person to their left (or right) before the It person gets to the last Bump then they are safe, otherwise they switch places and they are now it.

Cool down (for all name games): Celebrate - see if anyone can name all the people in the circle.

Three time's the Charm

Activity: The group circles up. One person is it and stands in the middle of the circle. They go to a random person and introduce themselves by saying, "Hi, my name is ..." three times. The other person introduces themselves back by saying, "Hi my name is ..." also three times. Once that is done they race around the outside of the circle in opposite directions until they meet. There they must introduce themselves a last time. First one back to the spot wins and the other person is in the middle and play continues. If anyone in the circle would like to introduce themselves to the runners as they pass they may do so and the runners must stop and shake hands too!

Musical Introductions

Activity: Form two circles with equal number of people once facing in and the other facing out. The inner group stays still while the outer group rotates. Music plays while the outer group rotates. When the music stops the people stop now facing a partner. Partners share the following information: Name and 1 question from the list below. Partners introduce each other to the group and play resumes.

Questions:

Place of birth, astrological sign, place you grew up, favorite ice cream flavor, favorite cartoon character, favorite book, favorite movie etc. etc.

Have You Ever?

Activity: Group circles up. One person is it. Everyone else designates their spot in the circle with some personal item like a water bottle or note book. The person in the middle asks, "Have you ever ..." and inserts something they have done that's safe to share with the group and that they think others may have done. Everyone who has done that thing comes into the middle of the circle, introduces themselves to the others in the circle and then must return to one of the spots in the circle. They may neither return to their own spot or one adjacent to it. The odd person out continues by asking, "Have you ever ..."

Commonalities

Activity: The group circles up. The facilitator gives the group a general category and the group gets into smaller groups based on their choice of specifics. In that small group they introduce themselves, celebrate and wait for the next general category. For example the general category is "Favorite place to take a vacation." Sub groups might be, "the beach," "Boston," "France." Category ideas: Vacation spot, favorite type of book, type of movie, type of video game, favorite sport to watch, to play, type of music etc.

Group Juggle

Activity: The group circles up. The group must pass objects around in the circle. Each object must start with the facilitator and end with her. Everyone should get each object once but only once. Say the name of the person you are passing the ball to and thank the person you are getting it from. Start with one object and then throw 20 into the mix!

Yurt Circle

Activity: The group circles up around a climbing rope tied into a circle. Have everyone pick up the rope and take a step back until the rope is taut. Have everyone lean back and feel the group support them. Now lean back to standing again. Now try it with eyes closed. Try sitting down and standing back up again while leaning into the rope. Try that with eyes closed. Try having alternating people lean forward and backward. Try that with eyes closed. Debrief with connectedness of us all, impact on other people.

5 by 5

Activity: Wave first your right arm (hard) five times, then your left arm five times, now your right leg and then your left leg. Repeat as above 4, 3, 2 and finally 1 time. Quick energizer.

Toaster, Mixer, Dish washer

Activity: The group circles up. One person is it and is in the circle. She points at random to someone in the circle and says one of the three appliances listed above. That person and the person on either side must leap to make that appliance. The slowest person to comply or the person who messes up goes into the circle. If the execute perfectly then the person in the middle tries again.

Name, Sound, Motion

Activity: The group circles up. Starting with the facilitator and going around the circle each person says their name, makes a sound that indicates their mood currently and a motion that indicates something they love to do. All responses must be rated G. After one person says their name, sound and motion. The whole group duplicates it and the next person goes.

Peek – a – Who

Warm up – This is a competitive name game – one team will win so pay attention! The object of this game is to win as many people as possible over to your side until no other players remain on the opposing side. (As a result everyone ends up on the same team at the end, sneaky eh?)

Have everyone say their name once before beginning. Divide the group into two equal sides.

Activity – The two teams retreat to their sides. Instructors raise a tarp, sheet or some other screen between the teams. Each team secretly sends a representative to the tarp but at the moment they can't see the person on the other side. On the count of three the instructors lower the tarp and both players must shout out the name of the other person. The first person to correctly shout out the name of their opponent wins that person to their team. The tarp is raised and play continues. Note: only the two people at the tarp may attempt to shout out a name. Other team members may not.

Cool down – Stop play when one team has everyone on it or when folks are tired of it. See if anyone can name everyone else's name in the circle. Celebrate!