

Name Games

Example 1

Paper Name Game

Time: 5 - 10mins

Resources:

A4 / A3 Paper

A group must stand in a circle and each person must say their name once.

Taking a piece of A4 or A3 paper into the centre of the circle (A3 for bigger groups) one person must stand in the middle and say someone else's name.

As they say that person's name they drop the paper in the air and go back to the circle

The person whose name has been said must attempt to catch the paper before it falls to the floor.

If the paper reaches the floor it must be divided in two and one half thrown away and the game continues.

If they catch the paper, the paper stays the same size and the game continues.

Example 2

Name Sequence

Time: 5-10mins

The group stand or sit in a circle.

One player has a ball. They throw it to another player and say the other player's name out loud. They then throw to the next player and say their name out loud. Continue round the circle until everyone's name has been called and the pattern is set.

Notes:

The same name can not be called twice to ensure everyone has had a go.

The person who starts the sequence must be the last person to be picked at the end.

Continue until the process is quick and all names are correct. Then add another ball and have both going at once. Or repeat the sequences backwards.

Relaxation Games / Creative Writing Warm Up / Mindfulness

Pages

5-10 mins

Ask everyone to find a comfortable space in the room and one that is not directly in front of someone else.

Hand out a sheet a paper and a pen and ask the group to just put the paper and pen to one side but within reach.

Explain that the group must now do nothing. Only sit and listen to the piece of music and daydream. Explain that when the music ends they will need to pick up their pen and paper and just write for 3 mins until asked to stop, without speaking. They can doodle, write a list, write a letter or just write 'i don't know what to write'. They should be advised that they will not be asked to share this paper but instead it just a mind dump. It can be thrown away or kept but idea is that the group are freed of the things in their head and are ready to present in the workshop.

Public Speaking / Getting to Know You / Performance

3 Lies 1 Truth Game

Split group into teams of 3 or 4.

Each group have to share one story from their childhood. The story needs to be truthful.

The group will decide on one story to take forward. This is usually the least believable story/ the more unlikely story.

One group at a time line up in front of the class. Each member of the group tells the same story. It is true for one member and false for the rest. Each member must tell the story with passion and as though they are recalling a memory.

The room can ask questions to any of the group and they must answer. The room vote for who they think told the truth. The real truth teller comes forward and they share the full experience of the story.

Things for discussion:

- How did we know who was telling the truth
- Who was most believable
- What methods did people use - eye contact, gestures, body language, confidence
- What details made it more believable

Variation for smaller groups

2 Truths and One Lie

- Each person must tell us 2 truths about themselves and one lie
- Everyone else must guess which is the lie
- Everyone takes a turn.

Energiser / Getting to Know You

Anyone Who... (Fruit Salad) Game

Time: 5 - 10 mins

All sit round in a circle. The facilitator takes away their chair and the group make the circle complete. The facilitator stands in the middle of the circle and explains the rules.

The rules:

- The person in the centre must say something that is true about themselves. If this is also true for you, then you must move seat. You can't move to the seat next to you. You can't get up and go back to your original seat.
- Examples: anyone who has a sister, anyone who is wearing blue...

After a few rounds of this game, when most people have had a go, you can ask the group to pick from a series of statements. This can guide the topic in the way that you choose. For example; anyone who: has faced prejudice, understands hate crime,

has done something they regret, thinks extremism and violence are worse in other countries.

Then when people move and don't move, you can open up debate and pull in their opinions.

Things for discussion:

- What is the reason for the game (energy, excitement, nerves, public speaking, finding common grounds, exploring identity...)

Concentration

1 - 20

Time: 5 - 15 mins

The group as a collective must count to 20. They must only speak one at a time. They must shout out at random the next number in sequence. The group must not create a pattern such as each next person in sequence but totally random in their input. If the group get to 20 they win if someone shouts out the same number at the same time, they return to 0 to start again. Do it a few times every session until they get it. Try it without eye contact and all focused on a point in the centre of the circle.

Prejudice Activity

Time: 10 mins

Everyone is given a slip of paper that all state 'You are a 70 year old lady, you have beginning stages of dementia, you live alone'. They are asked to read their paper privately and not share the information.

The group are then asked to raise their hand when they think the following statements apply to the character on their piece paper.

Ask;

Do you enjoy classical music?

Do you drive?

Are you married?

Do you like rap music?

Do you have a criminal record?

Are you heterosexual?
Do take pain relief?
Do you do yoga?

After making a rough tally on a flipchart ask the first person to tell us who is on their sheet of paper and then the next person and quite quickly it becomes clear.

Everyone has the same slip of paper and you will be surprised how many people put their hand up and say yes when they are putting their own prejudice on to the task.

Sandwich Game - Networks and Partnerships / Team Work

Time: 15 mins

I usually just make a list of ingredients and make up the prices - it's not an exact art! I include a supermarket brand option, a couple of mid-range option and a trendy/artisan option.

E.g. Bread: Tesco Value Bread 21p a loaf, Warburtons Thick Slice White Bread 89p a loaf, Small Wholemeal Bakers Loaf £1.10, Artisan Sourdough Loaf 2.50

Ham: Honey Roast Premium Ham £4.00 for 8 slices, pack of ham 30 slices £1.99, Roast Ham cuts off in pack £1.00

I split the group into 3 smaller groups and give each one a budget of £1.50, £2.50 or £5.00. Putting the budget in a sealed envelope, explaining the task and then getting the group to open the envelope and start. The instructions are to create a sandwich using the budget in your envelope and the ingredients list on the board. After a while, stop the task and talk a little about collaborative working between organisations. It's usually a good idea to look at the idea of skill sharing and resource sharing. Then let them start to collaborate and solve the problem themselves. At the end of the task I try to talk about maintaining the ethos/feel/aim/integrity of your project no matter what the budget.

Evaluation

High Five Evaluation

5-10 mins

Ask participant to draw around their left hand on a piece of A4 paper.

Ask them write about their experience of the project / personal development / whatever it is you want to evaluate?

Write next to each finger....

Thumb - should signify something they would put a thumbs up to.

Index finger - should signify something they would instruct a change.

Middle finger - something they would put their middle finger up to.

Wedding finger - something they feel an emotional response to.

Pinky finger - something they promise to do.

All can be interpreted as the person evaluating sees fit. This allows for more insight into their experience.