

NAME GAME

Source: Improv theatre warm-up

Overview

A game that involves throwing an imaginary ball that helps people learn each other's names.

Purpose

- Connecting
- Paying attention
- Being present and aware
- Making offers

Supplies

- None

Time

- 5 – 15 minutes

Number of Players

- 5 - 50

Activity Flow

- Stand in a circle, and introduce the activity
- Go around the circle and have everyone say their preferred name
- Demonstrate throwing an imaginary ball to someone else in the circle, as you throw to that person, call their name
- When they 'catch' the ball, they also say their own name
- Then they throw it to another person in the circle, calling that person's name
- Stop after a while and ask what makes it easy or hard to do
- Could also ask if people are making up imaginary rules (hint: there are no rules except those described above)
- Resume playing

Variations

- Can add a second or third 'ball' – this greatly increases the need to pay attention and the game will eventually break down, usually amongst much laughter