



# Name Game

Warm-up activity developed by CatalyticAction

The Name Game is a short warm-up activity where we introduce each other's names in a fun, expressive way using rhythm and movement.

## Preparation:

- Have a list of the participants' names and learn them beforehand. Some participants might not articulate well during the activity, and this step would be very helpful for picking up and memorizing the names more quickly.
- Practice the rhythm you will be using in part one of the activity by clapping a simple beat, using hands, possibly in combination with other body parts. While clapping, say the names on the list while staying in rhythm.

Suggested Rhythm:  
think "We will, we will rock you!"



Tip: If you find keeping rhythm challenging, you may skip to Part Two, and use movements instead.



### Purpose:

To group our energy and get acquainted with each other, as well as a chance for each voice to be heard and each presence acknowledged.



### Duration:

Approximately 5-10 minutes depending on the size of the group.



### Group size:

Ideally up to 15 participants with one facilitator, up to 30 participants with two facilitators.



### Suggested Age:

4+



### Materials:

None needed.



### Space:

A calm open space big enough to form a circle.

# Step by Step

## Part One - Rhythm

- Stand in position and clap the beat, calling everyone to join the circle. To initiate an exciting energy, ask other facilitators or a few participants to begin clapping with you.
- When everyone joins the circle, pause the beat and greet the group, thank them for being there, and briefly explain the purpose of the gathering.
- Explain that in this activity, each person will sing their name at the start of each beat, and the group will repeat their name in a chorus. Encourage participants to say their names loudly and clearly.
- Demonstrate once and proceed with a round.

Tip: Some participants may be shy and silent, especially if they have experienced displacement and trauma. In such cases you may pause the beat and encourage them gently: 'Would you like to whisper your name to a friend? Would you like your friend to share your name with the group?' If they remain hesitant, assure them that it is ok, that they are welcome to share whenever they are comfortable, and move on. If possible, find a moment to share a sweet word or smile with them later on.



## Part Two - Movement

- When you complete a round, pause the beat and acknowledge their good efforts.
- Explain that you will be doing another round, but this time, each person will sing their name accompanied by a movement, then the group will repeat the name and movement in a chorus.
- Demonstrate once and proceed with a round.

Tip: When you demonstrate, exaggerate your movement. Be fun and silly. This encourages children to be more expressive and less inhibited.

