

Activity 1

Name and Favorite food

Why conduct this session

This is a game which helps people get introduced to each other.

How to conduct this session

1. Participants sit in a circle. Person 1 says their name and their favorite food. Person 2 says Person 1's name and their favorite food and then says their name and food. Person 3 would say Person 1's name and food, Person 2's name and food and then their name and food. This continues till everyone has finished.

Activity 2

Interview

Why conduct this session

This is a game which helps people get introduced to each other.

How to conduct this session

1. Ask everyone to stand in a circle and start looking at each other. When they find a person who is looking at them too, they form a pair and ask each other about 1) their name; 2) where they come from; 3) who all are there in their family; 4) their favorite food; 5) their favorite color.
2. The person introduces their partner to the rest of the group.

Activity 3

Random Walk

Why conduct this session

This is a game which helps people get introduced to each other. It also helps break inhibitions.

How to conduct this session

1. Ask participants to get up from their chairs and start walking around. Ask them to walk as if they are walking on a road, not bumping into another person. Ask them to stop and find one person and tell them their name, where they are from. Give the pair around 30 secs.

- Then ask them to start walking again, as if it is raining heavily . Ask them to stop and again find another person (not the same as before) and introduce themselves.
- 2.

- Give 3-4 different situations, such
3. as walking in a crowded fair, walking by the riverside etc.

Activity 4

Line - up

Why conduct this session

This is a game which helps people get introduced to each other.

How to conduct this session

1. Ask participants to take as little time as possible to organize themselves according to age, ascending from youngest to the eldest. Participants will have to have quick conversations and find out more about each other in the process of the exercise.
2. You can do variations of these as well, for instance, stand in a line based on the month their birthday falls in - from January to December

Activity 5

Identity in Sound

Why conduct this session

This exercise is great for a trainer to recognize people's inhibitions. Who is loud? Who is shy? Who is demonstrative? This allows you to understand how to work with individuals based on their confidence levels.

How to conduct this session

1. Each person is asked to represent herself/himself by a sound, and you go round in a circle doing each sound. Ask people to not say words, but sounds.
2. After a couple of rounds, people are asked to modulate their voices—either higher or lower. The group holds out their hands and either lowers or raises their hand in response to whether the sound is higher or lower.
3. After a few more rounds, people are asked to remember and repeat the sound of the other person.

Activity 6

Identity in Movement

Why conduct this session

It is the same as for the game above.

How to conduct this session

1. Each person is asked to represent herself/himself by a movement and you go round in a circle doing each movement.

Activity 7

Focus and Follow

Why conduct this session

This game is a great energizer and good for team work. It creates a lot of laughter in the group.

How to conduct this session

1. The trainer can demonstrate this exercise first and everyone else in the group can follow.
2. Person A holds out his hand, with the palm facing outside towards Person B. Person B has to keep her/his eyes fixed on the center of the palm and move accordingly, so that the distance between her/his eyes and the palm does not change. Person A can move up and down, walk fast, slow etc.
3. Person B then shows one of her/his palm to Person C, and this way everyone in the group follows a chain.

Activity 8

Follow the leader

Why conduct this session

This game is a great energizer and good for team work.

How to conduct this session

1. One person is selected as the guesser and sent out of the room.
2. The group then selects a leader, whose action everyone would follow.
3. The guesser is asked to come back in the room and everyone starts following the leader's action. The leader keeps changing action. The guesser has to keep looking around to guess the leader.
4. If the guess is correct the leader becomes the guesser for the next round.
5. Continue the game based on the time that you have.

Activity 9

Wall leaning

Why conduct this session

This activity is to help the participants realize that a task which looks easy might prove difficult while being implemented.

How to conduct this session

1. Ask for a volunteer from participants.
2. Ask the volunteer to lean one side of his/her body (shoulder, leg and foot) against a wall.
3. Ask the volunteer, while leaning, to move and place the free foot on the other, without moving away from the wall.
4. Ask for other volunteers to come and try the game.

Activity 10

Chinese Whisper

Why conduct this session

The participants learn the importance of paraphrasing without losing the essence of the message being shared.

How to conduct this session

1. Ask participants to sit in a large circle with the joining ends open.
2. Whisper a message to the first person in circle. Ask each participant to pass this message till the last person is reached who shares it with the group.
3. If the message shared by the last person in the circle is distorted, discuss with the participants where this distortion took place. The point of distortion is identified and the participant is probed on why s/he was unable to receive and deliver the message correctly.
4. Ask the participants what could have been done differently in order to send the correct message.

Activity 11

Mirror Game

Why conduct this session

This is a team-building exercise, drawn from the world of theater, to break inhibitions and to have some fun

How to conduct this session

1. Everyone stands in a circle and the Trainer (person A) goes into the middle and starts making a slow movement. He points at a participant in the circle and that person comes into the circle. Person B mirrors exactly everything Person A is doing. After 30 seconds The Trainer calls out, "Change!" and Person A leaves the circle and Person B is the leader. Person B points to someone else on the circle and that person comes in and mimics the motion. This continues until everyone has played.

2. In the next round, the Trainer tells the group, “Now add in a sound.” And a round is done with a movement and a sound. In the third round, you have words, in the fourth you add in action.

The point is for people to be as crazy and outrageous as they can with the movements, so the Trainer must keep going into the circle to show them even more outrageous movements. Each round can be quite short, with the Trainer calling out new instructions, “add in a word! Move around the whole room now!” even if only a few people have gone. In this exercise, people usually start off quite shy, but end up very hysterical and laughing a lot.