



WEB ACTIVITY

GAMES & ACTIVITIES

ACTIVITIES FOR THE BEGINNING OF A WORKSHOP



This is a good activity to relax the group and to share basic personal information.

MATERIALS: **STRING**

DIRECTIONS:

1. The group stands in a circle. The leader holds a ball of string and explains that the group will use it to create a web that includes everyone. The leader explains that as each person “enters the web” he must describe one thing he likes to do or is important to him.
2. The leader sets the example by describing an activity she enjoys. She then holds onto one end and throws the ball of string to another person in the circle. As this person catches it he gives his name and describes one of his favourite activities. This continues until everyone is part of the web.
3. Once the web is completed the next task begins – unwinding it. The first person (the leader) begins this action. She tells the group one hope she has for the coming year. Then she begins to unwind the web, stepping over and under the lines of string that have been created by the group. When she reaches the person to whom she threw the string, she shakes his hand and takes his place. That person then tells the group one thing he is hoping will happen in his life during the next year as he begins to unwind the part of the web he created. This continues until the web has been undone.

Notes: This activity is a gentle way to invite group participation. It takes a fair amount of time – about 20 minutes – and shouldn’t be rushed. It provides a good overall impression of the workshop participants as their answers usually reflect their interests and view of the world.



BALL TOSS

GAMES & ACTIVITIES

ACTIVITIES FOR THE BEGINNING OF A WORKSHOP

This is a simple activity to help relax nervous participants.

MATERIALS: **A BALL OR BEANBAG**

DIRECTIONS:

This is a simple game. The group stands in a circle and throws a ball randomly, from one person to the next. The thrower must call out the name of the person she is throwing the ball to. After a while, to make it more exciting and fun, the leader can begin to use different postures and encourage the group to do this as well.

Notes: Because this activity is so simple and unthreatening, most people seem to enjoy it. There are no expectations – except to catch a ball. It is a way for people to begin to say each others' names out loud and to learn names that may be a little difficult to pronounce.



NAME GAMES

GAMES & ACTIVITIES

ACTIVITIES FOR THE BEGINNING OF A WORKSHOP

Here are some ideas for introducing participants to each other.

MATERIALS: NOTED WITH EACH METHOD

DIRECTIONS:

Method # 1:

The group stands in a circle. The leader begins by giving his name followed by an action. In unison, the group says, "Hello ___" and repeats the action. The game continues until everyone in the group has had the chance to say his/her name and perform an action that the group repeats.

Method # 2: Name Tags

As participants arrive they are given markers and cards to make a nametag. This gives them something to do during those first awkward moments before the session begins. Once they are all completed the name tags are put in a pile and randomly passed out. Everyone is asked to find the person who has their tag and introduce themselves to each other.

Method # 3: Name Tags

Participants are divided into pairs and are asked to interview each other. As part of this process the interviewer creates a name tag for that person – this tag will reflect something about the interests and life of that person. When the larger group is reconvened, the pairs introduce each other to the group, using the name tag design as a reference.

Method # 4: BINGO

In preparation for this activity each participant is given a piece of paper as she arrives and is asked to write down one thing about herself. This can be anything. The workshop organizers write these things down on a large paper organized as a bingo card. This is put up so that all the participants can see it.

The participants are given sheets of paper with columns, like a bingo card. Their task is to fill the card with the names to correspond with the correct attribute/activity as listed on the large bingo card. The first person/team to fill the card wins.