

Name Impulse

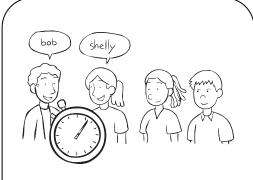
Exciting get-to-know-you name-game for large groups.

How To Play

- 1. Form a circle, seated or standing.
- 2. Starting with the person to your left, ask them to say their name as soon as you give them a signal.
- 3. As soon as this person says their name, the person to their left calls our their name, and so on.
- 4. This impulse of names continues around the circle until it returns to where it started.
- 5. Next, record the time it takes the impulse of names to be called all around the circle.
- 6. Invite your group to make several attempts, and then change directions.
- 7. Note the best time.

Variations

- Two-Way Traffic: Send the impulse in both directions (A and B Teams) at the same time. Note which team was the fastest.
- Neighbour Names: Each person says the name of the person to the immediate left (or right) of where they are sitting.
- Yell Impulse: Send the impulse of a yell a blood curdling, scream-at-the-top-of-your-lungs yell around the circle. No need to time this event, nor scream anything in particular such as your name. Just simply watch and bask in the excitement, and discomfiture of people preparing for and executing their hollers. It's just not something we typically to do in front of people, so beware this variation of Impulse is less an ice-breaker, and more a trust-building exercise.
- Impulse By Another Name: Send something other than your name around the circle, perhaps a personal quality, value or favourite colour.



Benefits

- Simple
- Great name-reminder
- · Healthy competition
- Virtual options
- No props

Time 2 - 5 min

Props

Stopwatch

People Small (8-15 ppl)

• Open the **Virtual Adaptation** tab to learn how to present this activity online.

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