Name & Movement[[1]](#footnote-0)

Tags: speaking, movement, listening, warm-up

Type: Whole class

Time: 5-10 minutes

## **Why are we doing this?**

We are doing this exercise to get to know each other better and to wake up our voices and bodies.

## **What materials/set-up do I need to prepare?**

You do not need any materials for this but you do need some space to move around. This exercise can also be done standing at desks and only using hand movements if space is limited, but being able to move the entire body is recommended.

## **How do we do this?**

Have everyone stand in a circle. Give the students an example by saying your name and do a move simultaneously.

**For example:**

say “Ingibjörg” and wave with both hands. Have the class repeat your name and movement. Move on to the next person who says their name and does a move (f. Ex. “Darri” who pretends to kick a ball) then the whole class does your name and move + the next person’s name and move. When you have finished the circle go through all the names and movements again but the opposite way through the circle.

## **Alternative methods:**

You can make this game into a hot potato style game and have the group throw names and moves around the circle like a ball after everyone has presented their name and move at least once.

Example:

You start with your name and move then you pick another person from the circle and do their name and move. That person then has to do their name and move before picking another random person from the circle and does their name and move.

1. **Source:** Jónsdóttir, J. G., & Þorkelsdóttir, R. B. (2020). *Leikjabókin - Leikir í listinni*. leikumaflist.com. [↑](#footnote-ref-0)