

## Physical Warm-Up Circle Games

### 1 THE NAME GAME

#### PURPOSE

This game is to help the teacher and students get to know each other's names in the first few classes.

#### HOW TO PLAY

Students stand in a circle and teacher asks everyone their names.

Then the teacher says a student's name out loud and that student has to duck before the teacher points at them. If they are too slow, they have to sit down.

#### SECOND LEVEL

When somebody says a student's name, that student must duck before the students on either side point to her or him.

### 2 THE PULSE

#### PURPOSE

This is a classic activity for bonding the class at the beginning of the session. It will also reveal who is outside the group or who has problems forgetting their ego for a moment.

#### HOW TO PLAY

The class stands in a ring and holds hands.

The teacher squeezes the right hand of the person standing to their left.

This person then squeezes the right hand of the person to their left and so on.

In this way a pulse goes round the circle and comes back to the beginning.

Congratulate the group when this is achieved and then say, "OK, much faster this time."

#### SECOND LEVEL

Send two pulses round the circle.

Send one pulse one way and one pulse the other.

Remember to relinquish power and let other people initiate the pulse.

#### TEENAGERS

Sometimes wise guys like to deliberately interfere with the signal. I find this funny.

#### CAVEAT

This is a quick warm-up game that shouldn't take more than 3 minutes of your class time.

### 3 MEXICAN CLAP

#### PURPOSE

This is similar to the pulse game except that this activity releases energy.

#### HOW TO PLAY

The class stands in circle

The teacher claps once, the person on their left claps once and then the next person claps etc.

Once the clap has made it once round the circle, say, "Let's do it faster this time."

Create rhymns. For example, the first person claps once, the second person claps twice and the third person claps once and the fourth person twice etc.

#### SECOND LEVEL

Let the class generate ideas for new rhythms.

#### CAVEAT

This is a quick warm-up game that shouldn't take more than 3 minutes of your class time.