

LEARNING THE NAMES

The following activities all have the same starting shape: that of a circle.

TO BEGIN WITH: *Do a quick first name round, in turn: the first person looks the person on their right in the eye. They say their first name (their own) and the pronoun by which they wish to be called: he, she or they. Then, the second person does the same, looking at the other person on the right, etc. Do two or three rounds. Invite the participants to speak loudly and clearly. Then complete with one of the following suggestions:*

DO A NAME ROUND

① Names with style

Ask the first person to yell their name as if they are very angry. The second person does the same, etc. In each round, give a new order in which the voice and body can be mobilised:

- sing your name like an opera singer
- articulate your name in slow-motion
- whisper your name as if flirting
- say your name while laughing
- say your name with great sadness or joy, etc.

② Name + ball

Everyone put a hand on your name. Say the name of person in the group and throw them a small ball* which they have to catch. They take their hand off their head and have to say the name of a new person to whom they throw the ball. Repeat until everyone has participated. Ask participants to remember who they threw the ball to the first time. You will repeat their activity a few times, faster and faster and always in the same order.

③ One name, one gesture

Ask the first person to say their name together with a gesture. The group then has to imitate them: the participants repeat the name and reproduce the same gesture. Then, move on to the person on the right, etc. Once every name has been remembered with the associated gesture, try to redo all together (at the same time and in the same order) a name round with the gestures.