



Icebreakers

I sit....

- Individual
- Pairs
- Small group
- Whole group

Uses: This is a fast-moving, name-learning game that energises as well as reinforces the names in the group. By concentrating you will learn more and more names as the game goes on.

Resources: None.

Time: 5-10 minutes. (Can be as long or short as you want.)

What to do:

1. Chairs are arranged in a circle with one more chair than there are players.
2. First go round and ask participants to say their name.
3. The activity begins with the two people on either side of the empty chair racing to sit in it. To avoid accidents they should tap the empty seat first to show who is the winner. The one who wins says, "I sit.."
4. The person next to the winner moves back next to them saying, "On the grass..."
5. Finally the person next to the person who has just moved next to the winner, moves back next to the second person saying, "With my friend XX." They add the name of a person anywhere in the circle.
6. The person named moves into the empty chair – which starts the game all over again with a new race to move and say "I sit."

Make it different:

- You can vary the sentence stems to suit yourself. E.g. "I sit, on the roof with my friend..."

Points to make:

- By concentrating, you will learn more and more names as the game goes on.
- Each person needs to focus to help the game run smoothly.