



## Team Builders

# I am the sun...

- Individual
- Pairs
- Small group
- Whole group

**Uses:** This is a fun and often thought-provoking game based on word association and linking.

**Resources:** None.

**Time:** 10 minutes plus.

### What to do:

1. Begin with one person in the middle of the circle/at the front of the group who states: "I am the sun." This is purely a way of starting a chain of word associations.
2. This person needs two others to join them – encourage people in the group to think of what might be associated with the word 'sun'. One volunteer goes to stand to the right of the sun and says e.g. "I am the daughter," whilst another stands to the left and may say something like, "I am The Daily Telegraph."
3. The person who started this (the sun) now decides who they would like to pair up with the daughter or The Daily Telegraph and takes that person back to join the main group, leaving one person in the middle to re-state who they are e.g. "I am The Daily Telegraph," and so the process begins again.

### Make it different:

- Once your group is used to this process, you could use the same process, linking it to the content of your programme.

### Points to make:

- Try remembering the sequence of things that were said beginning with 'I am the sun.' You will find you remember more than you thought you would.
- Our memories work best when we can form associations and links.
- Consider how we might use this fact in other situations.