

Sayana Press



Getting to Know You Games for Sayana® Press Provider Training

Below are a few examples of games that you can play with participants to help them “break the ice” and learn one another’s names.¹ You may also choose to use a game of your own.

GAME 1: BODY WRITING

Instructions: Ask participants to stand up and form a circle. Ask each participant in turn to write their name in big letters in the air with any body part they like (for example, their hand, their foot, head, or even their hips!). Challenge the other participants to guess the name as each participant takes a turn. This energizer only takes a few minutes and gets everyone up and moving a bit.

GAME 2: NAMES AND ADJECTIVES

Instructions: Participants think of an adjective to describe how they are feeling or how they are. The adjective must start with the same letter as their name. For instance, “I’m Henri and I’m happy.” Or, “I’m Arun and I’m amazing.” As they say this, they can also mime an action that describes the adjective.

GAME 3: HOWDY HOWDY

Instructions: Participants stand in a circle. One person walks around the outside of the circle and taps someone on the shoulder. That person walks the opposite way around the circle until the two people meet. They greet each other three times by name, in their own language. The two people then race back, continuing in opposite directions around the circle, to take the empty place. Whoever loses then walks around the outside of the circle again and the game continues until everyone has had a turn.

GAME 4: THREE TRUTHS AND A LIE

Materials needed: Some sheets of paper and writing implements for each participant.

Instructions: Everyone writes their name, along with four pieces of information about themselves, on a large sheet of paper. Three of the statements should be true, and one should be a lie. For example, “Alfonse likes singing, loves football, has five wives, and loves PRA.” Participants then circulate with their sheets of paper. They meet in pairs, show their paper to each other, and try to guess which of the “facts” is a lie. Participants should continue circling until they have met each of the other participants.

¹ Adapted from: *100 Ways to Energise groups: Games to use in workshops, meetings and the community*. International HIV/AIDS Alliance: Brighton, UK; May 2002.