

Which colour are you?

Name-game



6-50 people



10 minutes

Jammin Board



ARTS



NFE



INCLUSION

Topic

Energizer

Objectives

- To raise the physical energy of participants in an entertaining manner and provide space for bonding in an entertaining manner.

Steps

1. Stand in a circle and introduce the activity.
2. Participants are invited to say their “names”, “age” and “where they are from”, and are also asked to reply to the question: “If I was a colour, which one would I be?”
Afterwards, rhythms are linked to the names of participants. Each had their own rhythm and then the others would repeat the name and the rhythm.