

Warm-Up Name Games

1. Name + Motion

Each person says their name and adds a simple motion (wave, clap, stretch).

The group repeats the name + motion together.

➡ Movement helps lock in names fast.

2. Name Circle Chain

Person 1 says their name.

Person 2 says Person 1's name, then their own.

Continue around the circle, repeating all previous names.

➡ Gets silly and builds focus quickly.

3. Name Toss

Stand in a circle with a soft ball.

Throw the ball while saying the person's name first, then toss it to them.

Level up: add a second ball.

➡ Great for energy + attention.

4. Two Truths & a Name

Each person says their name and two quick facts (one fun, one simple).

The group repeats the name together before moving on.

➡ Names + connection.

5. Name & Rhythm

Create a simple clap or stomp rhythm.

Each person says their name on the beat.

The group echoes it back.

➡ Great for high-energy groups

6. Name & Alliteration

Each person shares their name with an adjective using the same letter (*"Joyful John," "Kind Kara"*).

➡ Easy memory hook.

7. Speed Name Rounds

Pair people up for **30–45 seconds**.

They share names and one quick prompt (favorite food, hobby, etc.).

Rotate partners 2–3 times.

➡ Fast + relational.

High Action Name Games

1. Name Dash

Set a boundary (cones, walls, or room edges).

Call out: **“Find someone you don’t know!”**

They run, exchange names, then jog back.

Repeat 3–4 rounds.

➡ Rule: must say the person’s name **twice** before returning.

2. Name Freeze Tag

One person is “It.”

When tagged, the person freezes and shouts their **name**.

To unfreeze, someone must say their name and give a high-five.

➡ Names = freedom.

3. Four Corners: Name Edition

Label corners with prompts (favorite season, coffee/tea, early bird/night owl, etc.).

People **run** to a corner.

In each corner, everyone shouts their name together and introduces themselves.

Rotate prompts quickly.

4. Name Burpee (or Low-Impact Option)

Leader calls two names.

Those two race to the center, say each other’s names, then:

- Burpee / squat / jump

First back to their spot wins.

➡ Great for athletic groups.

5. Name Line-Up Sprint

Call out a category:

- Alphabetical by first name
- Name length
- Birthday month

People must **run and organize themselves**, calling out names as they move.

➡ Fast collaboration.

These and more ideas found here: <https://bit.ly/4qxtmp4>

