



# SAY HELLO

## ACTIVITY GUIDE

The first part to friendship is having a mutual level of respect for each other. Use this active warm up to get pupils to introduce themselves to the group.

### EQUIPMENT

None required

### HOW TO PLAY

1. Get the group to stand in a circle. Start with yourself in the middle of the circle to explain the game.
2. The player in the middle of the circle has to introduce themselves and select another player on the outside of the circle to say hello to. They must say: 'My name is \_\_\_\_ and I want to say hello to \_\_\_\_'.
3. The player in the middle then walks/runs to the player they selected and gives them a high five. The pair swap places, putting a new player in the centre to continue the game.
4. The game continues with the new middle player. They must select someone new to greet. 'My name is \_\_\_\_ and I want to say hello to \_\_\_\_.'
5. Continue the game until everyone has been in the centre and said hello to someone.

### ADAPTATIONS

- For a more active game: ask young people to run, jump or do another movement on the way to saying hello.
- For added challenge: ask each player to come up with their own movement, the player they select must then repeat that movement on the way into the circle, before choosing their own movement to share.
- For a smaller space: ask pupils to stand around their tables/desks. Play as above but, instead of moving across the circle to greet the friend, the pupil says hello, states a sport or physical activity that they enjoy and adds an active mime to accompany the statement, 'hello, my name is and I like...'. They then say hello to another pupil who does the same, miming their own favourite sport.
- For a smaller space: instead of moving across the room, pupils pass a soft ball as they say hello to pick the next player.