NAME + ADJECTIVE + MOVEMENT

Number of players: Any
Space: Room for a circle
Materials needed: None

Procedure:
Everyone stands in a circle. Have players introduce themselves to the group by saying their names plus an adjective that describes them that starts with the same first letter as their name [i.e. Terrific Todd, Analytical Amy, etc.] along with a movement. The group copies each name, adjective, and movement. Continue until everyone is introduced.

Possible side coaching:
“Think about an adjective that tells us something about you.”
“Share a movement that tells us more about you.”

Variations:
Player 1 does his/her name + adjective + movement, Player 2 does his/her own plus Player 1’s, etc. Players may help each other if stuck.

Processing points:
- What did you learn about members of our group?
- What does it take to do an activity such as this?
- What does it take to do drama together?

Possible learning areas:
Self-expression, ensemble-building, willingness to risk

Source: Rod Caspers