



SAY HELLO

ACTIVITY GUIDE

The first part to friendship is having a mutual level of respect to 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/run 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.

VARIATIONS

- You can make this more active by asking 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.