

**Title**

The Balloon Name Game

**Source**

Method presented during the International Trainers Laboratory, October 2001, by Tony Geudens (Belgium)

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**Field/Content**

Movement Game

**Duration**

About 10 – 15 minutes

**Participants**

Open

**Aims**

- To energize the group
- To practise the names

**Materials / Resources**

Two balloons

**Preparation**

None except preparing the equipment (see above)

**Methodology**

Start with one balloon. The balloons should not touch the floor. The person that starts calls out a name of someone in the group and this person should keep the balloon in the air, but before he/she can touch the balloon, he/she has to call out another name. Then this person rushes to the balloon, calls out the name of another participant before hitting the balloon in the air, etc. After some practice, you can add a second balloon and you will have two parallel chains of names and people running to keep the balloon in the air.

**Evaluation / Debriefing**

None

**Variants**