



Warm-Up & High Energy Program 12 people (5 mins)

1. Fill Me In – innovative, active circle name game

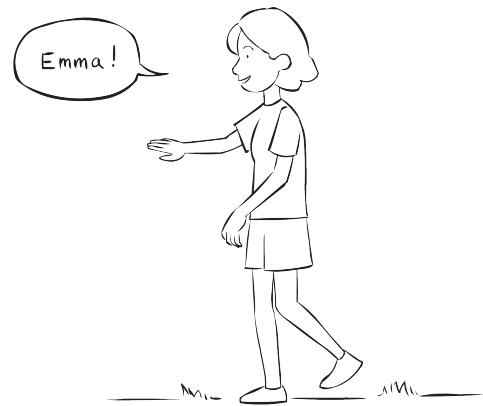
Props – none required

Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips & popular variations, click the links above.

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1. **Fill Me In** (5 mins)

1. Ask your group to form a circle.
2. One person steps into the circle, pointing to and calling the name of another person.
3. This named-person will then immediately swap positions with the person who called their name.
4. Now, in the centre of the circle, this person calls the name of another person.
5. This process of naming and swapping positions repeats itself over and over.
6. Introduce two or more people who can point and announce the name of others in the circle.



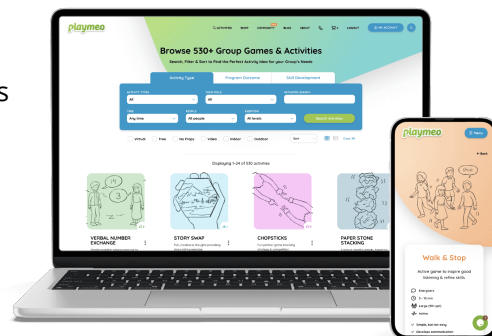
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