

## Get-To-Know-You Program 30 people (30 mins)

1. [Who](#) – energising name-game that does not require a knowledge of names
2. [Categories](#) – fun, non-threatening mixing activity
3. [Psychic Handshake](#) – quick random method to mix & form smaller groups

**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. Who (10 mins)

1. Ask your group to form a large circle, with you in the centre.
2. Start by pointing randomly at one person in the circle, and yelling "WHO!"
3. The pointed-to person responds by yelling their name, and moves towards the centre of the circle to exchange greetings with you.
4. Now, swap roles with the pointed-to person, as you move into their original place in the circle.
5. The game continues with the new person in the centre of the circle calling "WHO!"
6. Invite two, three or more people into the centre to involve more people.



### 2. Categories (15 mins)

1. Assemble your group in front of you.
2. Announce a particular category, such as 'colour of eyes' (see below for sample two- and multi-group splits).
3. Ask everyone to find all other people in the group who identify with the same category.
4. Repeat, with a series of two-group and multi-group



categories, to successfully mix your group.

Simple **two-group splits** include:

- Arm that ends up crossed over the top of the other, when folded on your chest.
- Shower / bath in the morning or end of the day.
- Preference for washing or drying dishes.
- Prefer a dog or a cat as a pet.
- Last digit of your home telephone number. Odd and even numbers get together.
- Number of street you live at – odds and evens.

Simple **multi-group splits** include:

- Month in which you were born.
- Season of the year in which you were born.
- Number of siblings in your family, including yourself.
- Oldest, youngest, in-between in your family.
- Colour of your eyes, hair, hat, shirt, pants, etc.
- Which shoulder(s) you hold a carry-bag – right, left or both shoulders.
- Mode of transport used to get to the program (car, bus, bike, walk).

### 3. Psychic Handshake (5 mins)

1. Assuming you need four groups, ask everyone to think of a number 1, 2, 3 or 4.
2. Invite each person to mingle and shake hands with as many people as possible.
3. Each person should only shake their own hand (and arm) the number of times of the number they are thinking, and then firmly stop shaking.
4. When two people shake hands the same number of times, they belong in the same group.
5. No talking or extending fingers, but laughter is permitted.
6. Continue shaking until every person discovers their group, and the required number of groups has been formed.

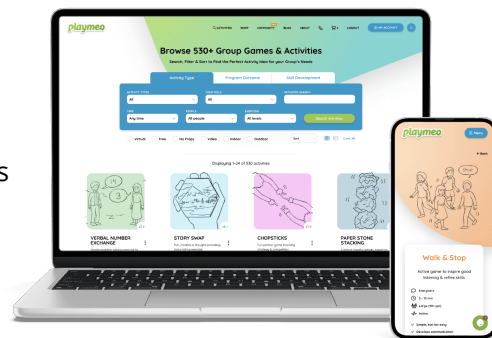


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