

Session	FIRST NIGHT FUN
Set up	Clear space
Resources	Name Badges/sticky labels Pens Marker pens 2 packets of balloons
Description	<p>REMEMBER- It is really important you are enthusiastic and welcoming for the participants. This is the first week for the programme and for some people could be their first time trying a new activity, meeting new people or coming to the venue</p> <p>Some FIRST NIGHT FUN GAMES</p> <p>Name Game:</p> <p>Give each participant a name badge and ask them to write their names on the badge and stick it onto their t-shirts.</p> <p>Explain that the group have walk, skip or run about and when the leader shouts "FREEZE" the participants must find somebody they do not know and; Introduce themselves and find out 1 interesting fact about the person they have just met. Leaders should do this 2/3 times.</p> <p>This time, keep the group moving and instead of calling "FREEZE" leaders should call numbers and ask the participants to get into groups of the called number, e.g leaders shouts 3, and the participants get into groups of 3.</p> <p>Once in the groups ask participants to discuss topics:</p> <ul style="list-style-type: none"> - Favourite food - Favourite sport - Favourite T.V programme <p>*Be as creative as you can and tailor your questions to the age group and needs of the group.</p>

Fun 5 minute fillers:

Every session need to be super engaging and fun. Below are 3 games which you can deliver the group.

Human Knot:

- **If the group is really big, split them up into smaller groups. If there are too many people in a human knot it becomes extremely difficult.**
- **Arrange group members in a circle, standing shoulder to shoulder.**
- **Tell everyone to put their right hand up in the air, and then grab the hand of someone across the circle from them.**
- **Everyone then puts their left hand up in the air and grabs the hand of a different person.**
- **Check to make sure that everyone is holding the hands of two different people and that they are not holding hands with someone directly next to them.**
- **Tell group members to untangle themselves to make a circle without breaking the chain of hands.**
- **If group members break the chain they need to start over.**
- *** You can give teams a time limit on this activity to make it more challenging.**
- ***You can also mute/ blindfold participants throughout the activity**

Circle Game:

- **Arrange group members in a circle, standing shoulder to shoulder and holding hands.**
- **The group have to work as team to come up with 4 ways to be facing outside the circle without dropping hands.**
Example: Everyone the groups turns their head to the side or crosses arms.
- **Encourage the group to work together**

Over, under, over, under:

- **Ask participants to get into a line in order of shoe size without talking!**
- **Once the group are in a line, go along and give them a number 1 or 2.**

	<ul style="list-style-type: none"> - Put all the numbers 1 together and ask them to line up one behind the other, do the same for the number 2's. <div style="text-align: center; margin: 20px 0;"> <table style="display: inline-table; border: 1px solid black; vertical-align: middle;"> <tr><td style="padding: 5px;">1</td></tr> <tr><td style="padding: 5px;">1</td></tr> <tr><td style="padding: 5px;">1</td></tr> </table> <table style="display: inline-table; border: 1px solid black; vertical-align: middle; margin-left: 100px;"> <tr><td style="padding: 5px;">2</td></tr> <tr><td style="padding: 5px;">2</td></tr> <tr><td style="padding: 5px;">2</td></tr> </table> </div> <p style="text-align: center; margin: 5px 0;">Leader</p> <ul style="list-style-type: none"> - Give each group 1 balloon, ask them to blow it up and the person at the front is to hold it above their head - The person at the front of the line passes the balloon over their head, then person who receives the balloon then passes it through their legs. The group continue this sequence over, under, over, under until it reaches the last person and the group shout BINGO! - This game can get quite competitive so repeat the games a few times. – For example best of 3 <p>Baseline Questionnaire</p> <ul style="list-style-type: none"> - Distribute questionnaires to participants, ask them to answer each question. - 	1	1	1	2	2	2
1							
1							
1							
2							
2							
2							
<p>Hints and tips</p>	<p>If you have access to speakers/music have it on for the session starting</p> <p>Have cups of water out, maybe some fruit</p> <p>Allow time for chatting and mingling</p>						