



**WPI**

# Campus Center and Student Activities

100 Institute Rd.

Worcester, MA

508-831-5291

sao@wpi.edu

## Name Aerobics

### Group Size

Small, Medium

### Estimated Time

10 Minutes

### Materials Needed

- None

### Instructions

1. Stand in a circle facing each other
2. The first person to start will introduce themselves by doing an action for each syllable of their name. For example, Jennifer has 3 syllables so would have three motions.
3. The entire group should repeat the name and motions after each person has introduced themselves

*Note: This can take some time with larger groups.*

### Resource:

*The Source: The Student Organization Resource Center of The Ohio State University*  
[http://ohiounion.osu.edu/posts/documents/SOURCE\\_Icebreakers\\_Teambuilders.pdf](http://ohiounion.osu.edu/posts/documents/SOURCE_Icebreakers_Teambuilders.pdf)