

Alliteration game

Group exercise

Description

The participants each say their name and a characteristic that starts with the same initial letter. These are repeated by everyone in turn (method: I am packing my suitcase).

Material/wall

List with positive characteristics

Free space, e.g. yoga room

Key questions

Can all the participants remember the names?

Variations

Instead of characteristics, animals or fruits/vegetables can also be named.

Tips

Point out at the beginning that the characteristics can be kept for a very long time and that just positive or neutral properties should be chosen!