

1, 2, 3, Duck!

Activities to Facilitate Connections

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVE

- To learn and practice saying the names of all group members

MATERIALS

- None


SETUP

- You will need enough room for two lines of participants to face each other with nothing in between.

INSTRUCTIONS

This activity works best after participants have heard each other's names a few times and need a way to keep practicing them.

1. Explain to the group that they are going to play a **game called 1, 2, 3, Duck!**
2. Split the participants into **two equal groups**. Ask each group to **form a straight line, shoulder to shoulder, facing the other group** while leaving about **two feet between** the two groups.
3. Explain to the group that **there are two phases to this game**.
4. In phase one, the group will learn to **duck**. When the facilitator says, "**1, 2, 3, Duck!**" everyone on both teams should **squat at the knees**, moving the cores of their bodies toward the floor. Explain that at this point it is very important that everyone squat when the leader says "**1, 2, 3, Duck!**" If they don't, then the team with the nonsquatter **loses a player** to the other team.
5. **Practice** this at least **three times** with all participants.
6. In phase two, ask each group to **circle up into a huddle**. They will

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1, 2, 3, Duck! continued

then **secretly select** one person **who will remain standing** when the facilitator calls, "**1, 2, 3, Duck.**" The huddle should take no longer than **ten seconds**, and the leader should establish urgency by **counting down from five**.

7. At the end of the huddle, the groups **return** to their lines and prepare for the leader to call, "**1, 2, 3, Duck!**"
8. The leader **calls** out, "**1, 2, 3, Duck!**" and all participants should squat **except** for the selected person on each side.
9. Each person standing will look at the opposing group across

from them and **find the other standing person**.

10. They must then **call out** the name of the standing person in the opposite group **before** that opponent calls their name.
11. Group members are **not allowed to help** with names.
12. The person who **loses comes over** to the winning team.
13. Groups then **reenter the huddle** and **choose a new person** to remain standing.
14. **Continue** playing rounds of the game until most people are on one side.
15. **Declare** everyone the winner and celebrate!

DEBRIEF

- **How do name games help establish community?**
- **What names are easier to remember?**
- **Whose name do you still not know? How can you get to know that person better?**
- **How can learning each other's names make our climate more positive and free of negative behaviors like bullying?**