

Hello! Hello! Hello!

Impact:	Gets a group warmed up through a fun, physical game
Risk:	Low
Group Size:	Unlimited
Time Required:	10 minutes or more
Materials:	None

Directions:

- Group members form a circle. One person is designated as “It” and steps out of the circle, leaving the vacated spot open.
- “It” walks around the outside of the circle and taps a person. The two greet each other, shaking hands and saying “Hello! Hello! Hello!”
- Then the two run around the circle in opposite directions. When they meet, they come to a complete stop and greet each other again.
- After they finish their handshake and greeting, they continue running around the circle, each trying to be the first to return to the vacant spot. Whoever gets there second is “It” and starts the sequence again.

Options:

- Instead of running, participants can skip, hop, run backwards, walk backwards, etc. around the circle.
- Play in pairs, and have the partners in each pair link arms. The pair that is “It” taps another pair, they greet one another and run, with linked arms, in opposite directions.
- Play in a line instead of a circle.