

Ideas for warm up activities



A warm up activity is a short, fun game which a teacher or trainer can use with students. The purpose of a warm up is to:

- encourage the students
- wake them up – first thing in the morning and after lunch people are often a little sleepy
- prepare them to learn by stimulating their minds and/or their bodies.

Warm ups should last about 5 minutes.

Warm ups are particularly useful:

- to help new students or trainees to get to know each other
- to mark the shift when students have finished learning about one topic before starting on a new topic

Warm up activities are essential teaching techniques for good teacher and trainers.

Activities to help students to get to know each other

Find the lie

Materials

- small pieces of paper, one for each student

Procedure

1. Give each student a small piece of paper.
2. Tell them to write three pieces of information about themselves on the piece of paper. Two of these bits of information must be true, one is a lie.
 - My name is Sophal (True)
 - I am married (False)
 - I visited Japan in 1999 (True)
3. Tell the students to stand up and to hold their pieces of paper in front of them.
4. They should walk around the classroom, read the information about people and see if they can guess which statement is a lie.

Name circle

Materials: none

Procedure

1. Get all the students to stand in a large circle.
2. Each student must say his or her name clearly.
3. One student points to another student, calls out his name and the two students change places. The second student calls points, calls out the name of another student and they change places.

Variation

- The students stand in a circle. One student calls out someone's name and throws a ball to that person. They call out someone else's name and throw the ball to them.

Find someone who...

Materials

- paper and pens

Procedure

1. Before the class the trainer or teacher prepares game sheet.
Eg, find some one who...
 - ... likes fishing
 - ... comes from Battambang
 - ... has two older brothers
 - ... can ride a motorbike
 - ... is married
 - ... has two children
2. The trainer or teacher writes the game sheet on the board and the students copy it.
3. The students then stand up and have to ask each other questions to find someone who "likes fishing" or "is married". When they find someone they must write their name on the game sheet. They should find a different person for each statement.

Find some one who...

Sopha likes fishing

Thary comes from Battambang

Tivea has two older brothers

Sopheap can ride a motorbike

Sokheng is married

Chetra has two children

4. The first person to complete their game sheet is the winner

Circle games

Change places

Materials: none

Procedure

1. Get all the students to sit in chairs in a circle except one person who does not have a chair. This person stands in the middle of the circle.
2. The person in the middle calls out one instruction.
eg, "Change if you are wearing a white shirt."
3. All the people wearing a white shirt must stand up and change places. The last person left standing without a chair, calls out another instruction.
eg, "Change if you live in Phnom Penh."
4. All the people living in Phnom Penh now change places and the person left standing calls out another instruction.
eg, "Change if you are married."
5. Keep playing for a few minutes.

Pass the sound

Materials: none

Procedure

1. All the students stand in a circle
2. One person chooses a short, sharp sound, then putting his/her hands together points to the person next to them and makes the sound. The next person puts their hands together, points to the person next to them and makes the sound.
3. Pass the sound around the whole circle.
4. Then tell the students then can change the direction of the sound by pointing to someone across the circle or sending the sound back to the person who gave it to them.
5. This game needs to be played at a fast speed.

Drawing games

Guess the picture

Materials

- blackboard

Procedure

1. One person comes to the front and starts to draw a picture.
2. The students must try to guess what the picture is before the person has finished drawing it.
3. The person who guesses correctly comes to the front to draw another picture.

Memory games

• Shopping bag

Materials: none

Procedure

1. Put the students in groups of 8-10 people.
2. The first person in the group starts by saying the following sentence: "Yesterday I went to the market and I bought some fish."
3. The next person in the group repeats the first sentences and adds another thing that they bought. eg, "Yesterday I went to the market and I bought some fish and some bananas."
4. Each person in turn repeats the sentence and adds another item. The students have to concentrate hard to remember all the things in the correct order.

Kim's game

Materials:

- 15-20 small objects and a cloth to cover them, paper and pencils

Procedure:

1. The teacher or trainer collects 15-20 small objects, eg, a pencil, a leaf, a rubber, a book, a paper clip, a stone, etc.
2. The teacher picks one object up at a time and holds them up and the students call out what it is.

3. When the teacher has shown all the objects he/she cover them with a cloth.
4. The students must write down all the objects they can remember. The one who has remembered the most objects is the winner.