**VIRTUAL ICE BREAKER: NAME AND STRECH**

**GOAL:**

* Get used to using the names of others
* Move and stretch

**SET-UP:**

* None

**STORY:**

* We’ll be sitting for a while so it’s good to get up and stretch just to make sure we are fully awake.

**RULES:**

* The facilitator will call on someone to start as the leader.
* This leader will say their name and show a stretch.
* Everyone else greets the leader by saying “Hi \_\_\_\_\_\_\_\_\_\_\_” (participants name) and does the stretch with the leader.
* The current leader chooses a new leader
* The new leader shares their name and a new stretch.
* The group greets the new leader and does the stretch.
* Repeat until everyone has had a chance to be the leader and share a stretch.

**CONSIDERATIONS:**

* Can everyone use their camera? If someone can’t, ask them to describe their stretch.
* Have participants back away from their camera so we can see all of them, not just their belly.

**VARITATIONS:** (optional)

* Instead of stretches, have participants share dance moves.
* For larger groups, split into breakrooms of no more than 15 people.
* Instead of Hi, have participant greet each other in a more creative way: Howdy, Ahoy, Welcome, What’s up, Good Morning, etc.