



**Big Brothers Big Sisters**

## The “ah, um” Game

**Summary:** Kick the “ah, um” habit and avoid these words in natural conversation.

**Goal:** Avoid saying the taboo words “Ah”, “Um”, “Like”, or “You Know”.

**Preparation:**

- List of topic ideas
- Timer/watch

**How to Play The Ah, Um Game:**

1. A person must talk to their Big/Little about a certain topic for one full minute without saying the following taboo words: “Ah”, “Um”, “Like”, or “You Know”. If the person does not say the taboo words in the round, then the person can move to the second round. If they accidentally say a taboo word, then it'll be the next person's turn.
2. Have one person in each group volunteer to be first. Use the timer/watch to track a minute and announce one of the topics listed below. Continue playing rounds until you say a taboo word.
3. Switch roles. The person who avoids saying the taboo words for the highest number of rounds is the winner of the game.

**List of Topic Ideas:**

- Favorite Movie
- Favorite Animal
- Best Gift
- Favorite TV Show
- What did you do last week?
- Summer Activities
- Birthday Party
- What would you do with \$10,000?
- What do you want to be when you grow up?
- What is your favorite activity?
- What is your favorite dessert?