

Energizers - Focus

1-2-3 clap

Credit: Jimmy Janén



In pairs: (or in a formation of four)

This should happen in rapid tempo, if you snooze you loose..

Round 1: (trying out the mechanics): go 1, 2, 3

Round 2: 1, clap, 3, 1, clap, 3

Round 3: clap, 2, snap (snap your fingers),clap, 2, snap

Zip Zap Zoom



The team makes a circle. Each person close their hands with pointing index fingers. The receiver has the choice to continue or change direction using the commands below.

The commands:

- Zip – keep moving in the same direction. The receiver can use Zip, Zap, or Zoom.
- Zap – Change the direction. The receiver can use Zip, Zap, or Zoom.
- Zoom – Jump to anyone on the circle; the receiver will decide the direction (starting with a Zip command). Zap is not allowed when receiving a Zoom. Three consecutive Zoom commands is not allowed.

The action is a combination of a verbal command with the hands movement (pointing towards the receiver). Example:

1. Anna: Zip Paul
2. Paul: Zip Maria
3. Maria: Zoom Marcus

One two ping four pong



Here are the rules of the game:

1. The participants form a circle.
2. The participants decide upon a direction to follow (clockwise or counter-clockwise)
3. Someone starts by saying any positive number which is not multiple of 3 or 5.
4. The next person mentally increments the number by one, then:

If the number is not multiple of 3 or 5

Says the number

If the number is multiple of 3

Says ping and clap

If the number is multiple of 5

Says pong and jump

For large groups, Try removing a person form the circle for making a mistake or erroneously accusing someone. Soon, everyone will be laughing and cheering for the remaining ones.

Energizers - Focus

Isn't that crazy?



Step by step

1. Instruct the participants to form a circle
2. Identify the order in which the communication will flow (e.g. clockwise).
3. One person starts by saying "isn't that crazy?"
4. The next person has to continue the story by adding 3 words
5. Then the next and so forth until the story ends.

It can go like this:

"isn't that crazy?"

"That birds fly"

"But I know"

"a flying cat"

"That has superpowers"

"And laser eyes"

"Freezes mobile apps"

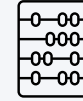
"but not ours"

"Because of kryptonite"

Remote team advise

Share the following remote board with the participants, then ask everyone to enter their name and hit "Enter". Instead of moving in a circle (step 2 above), follow the order from the top to the bottom (after the last name at the bottom, go back to the top).

Can you count to 20?



Together count to 20, as quickly as you can.

One person at a time, not at the same time. If two people speak out at the same time you have to start over.

You are not allowed to create patterns, for example a circular order.

You are not allowed to give each other signs.

You are not allowed to say two numbers after each other.

Everyone must say at least one number.

Variation: You are now allowed to pronounce 13 (say it silently).

Energizers – Quick fun

Group statues



Ask the group to move around the room, loosely swinging their arms and gently relaxing their heads and necks. After a short while, shout out a word. The group must form themselves into statues that describe the word.

For example, the facilitator shouts “peace”. All the participants have to instantly adopt, without talking, poses that show what ‘peace’ means to them. Repeat the exercise several times.

Once upon a time



In a group of 3-4 persons, one starts a sentence with a word, the others adds on to it in a quick pace. No hesitation! How long can you make the story?

“Once”
“upon”
“a”
“time..”

Touch something blue



Ask participants to stand up. Explain that you will tell everyone to find something blue, and that they have to go and touch it with their **elbow**. This could be a blue shirt, pen, shoe or whatever. Continue the game in this way, asking participants to call out their own suggestions for things to touch.

Variant: the person who forgets to use their elbow has to switch to alternative arm, then knee.

Variant: the person who touches first is allowed to invent a rule.

An orchestra without instruments



Explain to the group that they are going to create an ‘orchestra’ without instruments. The orchestra will only use sounds that can be made by the human body. Players can use hands, feet, voice etc, but no words; for example, they could whistle, hum, sigh or stomp their feet.

Each player should select a sound. Choose a well-known tune and ask everyone to play along, using the ‘instrument’ that they have chosen. Alternatively, don’t give a tune and let the group surprise itself by creating a unique sound..

Energizers – Teambuilding

Me and my keys



Ask each member to pick out a key from their keychain and tell a story around it.

Two truths and a lie



In pairs: Each person tells 2 truths and one lie. The other tries to identify the lie. Switch!

Can you trick the group? In larger groups: Let your peer retell your story and see if he/she can trick the group!

Human machine

Credit: Gamessimonplays

Form groups of 6 to 8 people. Challenge each group to create a machine out of their members by imitating the appearance and action of the machine with as many parts (gears, levers, etc.) as they can devise. The machine should have motion and sound, and include all team members.

(If a group is having trouble coming up with ideas some quietly shared examples might include becoming a blender, toaster, lawn mower, copy machine, lamp, a bottling plant, or washing machine.)

Give the teams five minutes to prepare their machine. Once the time is up, the teams take turns presenting and guessing each other's machine..

Killer Wink



Before the game starts, ask someone to be the 'the killer' and ask them to keep their identity a secret. Explain that one person among the group is the killer and they can kill people by winking at them. Everyone then walks around the room in different directions, keeping eye contact with everyone they pass. If the killer winks at you, you have to play dead. Everyone has to try and guess who the killer is

Fun fact



Credit: Paulo Caroli

Fun Fact is a simple and great energizer to get to know more about each other. Basically people will anonymously write fun facts, then the group will try to match people and their fun fact.

1. Running the activity
2. Ask each participant to think about a fun fact about him/herself
3. Instruct the participants to write it on a note, anonymously (same post-it color and same sharpie colour)
4. Make all the fun facts visible to everyone
5. Going one by one, let the group guess who is the person for each fun fact
6. Write the name of the person next to the fun fact

A few examples: "I played on a punk-rock band", "I was a yoga teacher", "I was born with three kidneys", "juggler".