

Energizers

Look Up Look Down

The object of this activity is to be the only person left in the circle. Have everyone gather in a circle and look at the ground. When the leader says, "look up", each person should look into another participant's eyes. If eye contact is made (if the person you are looking at is looking directly at you), both of you must cover one eye. When the leader says "look down", everyone looks down. Continue following directions. When a participant loses sight in both eyes, they must leave the circle.

It's raining, It's pouring!

The group is going to make rain! Here's how! The leaders explain that through an ancient series of movements, the gods would recreate the sounds of rain hoping for a plentiful crop and future growth. The group will recreate this activity by doing five simple things in sequence:

- Have the group rub their hands together
- Have half the group snap their fingers slowly
- Have the other half begin snapping their fingers quickly
- Have the group lightly slap their thighs
- Finally have them pound their chests

Now, put all of this together!

Name Speed

Everyone stands in a circle. One at a time, each person says their first name. Everyone around the circle participates. The timekeeper times how long it takes the group to say their first name one at a time. The group gets a few tries to bring their time down.

Can it!

Have participants sit in a circle with their feet extended. Place a #10 can on the foot of one of the participants. The object is to move the can around the circle without touching the can with your hands or having it fall. The can must be on at least one foot of each participant. Timing and balance are key!

Line ups

You can use this general idea with many options. The idea is for the group to line up in a particular order without speaking. Speed and safety are key! Try any of these:

- Birthday line-up
- Timeline line up (by who has been here longest, to shortest length of time.)
- Number of siblings
- Who lives nearest and farthest from this point

Be sure to move any obstacles and watch that participants are safe!

Variation: if you are outdoors, have the participants blindfolded.

Hoola Hoop Pass

Have the group form a circle holding each other's hand. Rest a hoola hoop on the shoulders of one person in the circle, but again, have them take the hand of the person next to them. The idea is to pass the hoola hoop around the circle without breaking the circle until it gets to the original point. Participants will have to maneuver the hoop by stepping through or raising their arms, while keeping the circle intact. Speed is the key! Now, having done that, try sending two hoops around the circle, in opposite directions!

Knot Us!!

Have the groups come together in a circle, as closely as possible, extending their arms into the circle. Each person takes the hands of two different people until each person is connected to two other participants. Now the fun begins! Without letting go of any hands, the group needs to untangle the knot so that everyone is facing the same direction in the original circle. Be sure to watch for obstacles in the room!

The following seven Energizers are from Lou Bergholz, The Warren Conference Center and Inn, Training and Consulting Group.

Gotcha

Have the group stand in a tight circle. Everyone opens their left hand, palm up and then places their right index finger above the person to their left and then tries to capture and escape at the same time. This is signaled by a facilitator saying, "go".

Names ("Repeat!")

Each participant loudly says their first name. If someone does not say their name loud enough for everyone to hear, then the group can yell "Repeat!"

Pairs Tag

In pairs (link elbows) the group plays tag, each pair playing one on one tag with each other. Each pair must stay linked the entire time.

Variation: One person is "it" and another person is being chased though the other pairs who are standing still. The person who is being chased must link arms with one of the pairs and the person on the other end must let go and find a new pair to link to. If the person being chased gets tagged before finding a new pair to link to, he or she becomes "it" and the person who was "it" becomes the person being chased.

Groove Tag

Same as Pairs Tag, but your movement to chase your partner must have a "groove" to it.

ESP (giants, wizards, elves)

Teach the group three distinct gestures. Standing back to back with a partner, the pairs try to guess what gesture the other person is going to do when they turn around. No talking, only using ESP!

Rubber bands

Stretch a rubber band over your head so it is resting above your upper lip and below your ears. Without using your hands, try to lower the rubber band down to your chin or neck.

Secret Agent/Guardian Angel

Each person selects a Secret Agent and Guardian Angel from the group. When the facilitator says “go”, each person must attempt to keep the Guardian Angel physically between himself/herself and his/her Secret Agent. No running.

Make a Machine

Select a machine, the more unusual, the better! As a group, you must replicate the machine, involving each person in the process. If the group is large, divide the group into teams of 6-8 and have them act out the machine, while the other groups guess! Be creative!!

Possible machines

- Fax machine
- Telephone
- Bottle top making machine
- Typewriter
- Donut hole maker
- Computer
- Car assembly line
- Nintendo Game