ANNEX H: ENERGIZERS EXAMPLES

The following examples are some energizers that have been borrowed from the Global Protection Cluster:

1. FRUIT SALAD

This is an energiser that can also be used as a way of forming random groups.

* First decide on the number of groups needed, then elicit the same number of types of fruit from the group (e.g. four groups = oranges, bananas, mangoes, papaya).
* Allocate a fruit to each person, making sure all the fruit types are used.
* Arrange a circle of chairs in the middle of the room, with one less chair than the number of participants.
* Everyone sits, except for one person who stands in the middle.
* The person in the middle then calls out one of the fruits.
* All those with that name run to find another chair at the same time as the person in the middle.
* One person will be left standing in the middle again, and they then call out a fruit name - all those with that name run to find another seat.
* At the end, the Facilitator calls out “Fruit Salad” which means that everyone has to get up and find another seat. The energiser should only last ten minutes, and after this, all the fruit types can form small groups.

1. ANIMAL FAMILIES

This is a good energiser for getting to know each other and engaging with each other.

* Prepare slips of paper with the names and family members of different animals (e.g. Mother Elephant, Father Elephant, Sister Elephant and Brother Elephant; Mother Lion, Father Lion...).
* Participants are given a slip of paper and they should go round the room looking for their ‘family’.
* The Facilitator then calls out “family reunion” and everyone has to quickly find their ‘family’.
* Noises and actions of the animals can be made if an extra element of chaos is wanted.

1. THE PLANK

This energiser is good for helping people learn names, laugh and get to know one another.

* Ask participants to line up in two places in the training room.
* Now ask them to reorder themselves alphabetically by name (or by birthday, without the year, or other) without talking to one another.
* The Facilitator then checks for accuracy.

1. THE SINKING SHIP

* Participants move around the floor singing ‘the ship is sinking, oh no the ship is sinking’.
* When a number is called (3, 5, 6 etc.) they have to make a group (lifeboat) with the same number of people as the number called.
* Do this multiple times.
* Those out of the lifeboats need to ask review questions.

1. POINT OF CONTACT

* People in groups have to cooperate with each other to make the number of points of contact with the floor as per a number called out (6, 24, 48 etc.).
* Helps with unity, agreement and cooperation.

1. WHO IS THE LEADER

* All the participants make a circle.
* One participant is sent out of the room.
* The rest of the participants decide who is the leader.
* They move round in a circle and copy the actions of the leader.
* The participant sent out returns to the room and has 3 chances to identify the leader.

1. WHEN THE WIND BLOWS

* Participants get in a circle.
* One person calls: “When the wind blows all those wearing socks, change your places”.
* This continues with other calls such as “All those with black hair” etc.
* The game brings out the common things between different participants.
* This can also be done with one person in the middle calling out the line when the wind blows… and then those that fit the description move into the middle before finding a new spot and then the caller should change as a new person is left.
* People move around and feel refreshed.

1. WHO/WHAT AM I

* Ask for a volunteer and stick one a name of someone famous on their back, getting them to show their back to all the other participants.
* Explain to participants that the aim of the activity is for the volunteer to guess what title / name is on their back by asking the rest of the group questions.
* The questions can only be answered with ‘yes’ or ‘no’ (for example, ‘Is this person female?’ or ‘Is this person alive?’).
* The volunteer can make a guess at any time. If they are correct, then the person who answered the last question will have a new name stuck on their back, and the activity continues as before. If they are wrong, they have to continue to ask more questions.
* You can agree a time limit or a maximum number of questions to be asked with the participants.
* Adaption – Instead of people and places it can be components from the training.

1. DRAGONS

* Participants line up and each hold the shoulders of the person in front of them.
* The person at the front is the dragon’s head; the person at the back is the tail.
* The activity starts with the dragon in a straight line standing still – it is asleep.
* The dragon only wakes up when one of the participants in the middle of the dragon’s body shouts ‘Chase!’ Then the head starts to try to chase the tail, which is trying to keep out of its way.
* Adaption: If there are enough participants, this can also be played in teams of six to eight, with each team forming a dragon as above. The tails again have to try to escape from the head. With more dragons, room for manoeuvre is more restricted. When the head manages to catch the tail, they can change places.
* Another alternative is to have a volunteer try to catch the dragon’s tail, which the head will try to protect.

1. ISLANDS

* An activity that encourages group work and problem solving.
* Place several sheets of paper on the ground to represent islands. Alternatively, you can draw islands on the ground with chalk.
* Participants 'swim' or walk around the room until a given signal, when they must stand on an island.
* Participants move around again and an island is removed.
* At the given signal, once again everyone must stand on an island.
* The game continues, with an island being removed each time until only one or two are left, depending on the size of the group.
* No one must be left outside when the time for standing on an island comes.
* Adaptation: Draw five circles on the floor with chalk. Give each island a name and ask all the participants to choose the island they would like to live on. Warn participants that one of the islands will sink into the sea and those on the island will have to move quickly onto another island. Allow suspense to build up and then call the name of the island that is sinking. Participants run to the other four islands. Continue this until everyone is squashed onto one island.