

# ENERGISERS ACTIVITIES



Helping you to design your own bespoke L&D

## Introduction

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A well-designed training workshop shouldn't really need to include exercises purely to energise – the workshop should be energising enough! However, there may be occasions when due to the mix of delegates, environment, and time of day when you need to liven things up a bit!

Be mindful that some delegates will react negatively to energisers: They don't see the point in doing exercises for the sake of doing them. Therefore, choose energisers carefully: link them to the topic if at all possible and keep them short.

The energisers listed here can be used as stand-alone exercises, but sometimes they have learning points that fit particular topics. It's a good idea to identify one or two that you COULD use if necessary as part of your preparation.

Keystone Development and Training Ltd does not take credit for these exercises. They have been sourced over many years from experience, books and websites.

Please feel free to use them to enhance your own events.

## **1. Runaround**

<b>Overview</b>	Quick energiser – good to mix up groups and get people moving. Ideal for large groups.
<b>Timing</b>	5-15 minutes.
<b>Equipment Required</b>	Two pieces of flipchart at different ends of the room. One labelled 'A' and the other labelled 'B'.
<b>Instructions</b>	<p>Ask delegates to stand up, and explain that you will be asking them to make quick decisions and move to the appropriate side of the room. Give a series of simple choices to delegates, and ask them to go the option that is most like them. For example:</p> <p>Sunny holidays (A) or ski-ing holidays (B)?</p> <p>Wine (A) or Beer (B)?</p> <p>Beatles (A) or Stones (B)?</p> <p>X-Factor (A) or Strictly (B)?</p> <p>Football (A) or Rugby (B)?</p> <p>Chinese (A) or Indian (B)?</p> <p>Crisps (A) or chocolate (B)?</p> <p>Rock (A) or Pop (B)?</p>
<b>Learning Points</b>	None. Just a good way to get people moving and chatting to each other about different choices. Can also be used as an icebreaker.

## 2. Koosh-Mania

<b>Overview</b>	A short-lively exercise that energises mind and body.
<b>Timing</b>	5-10 minutes.
<b>Equipment Required</b>	Set of koosh balls (around 8).
<b>Instructions</b>	<p>Ask delegates to stand in a circle, away from drinks.</p> <p>Throw a koosh ball to someone that is (roughly) opposite you, and shout our OWN name.</p> <p>This person should throw to someone else who is (roughly) opposite them, and so on, until everyone has had the ball.</p> <p>Repeat the activity, but a little faster.</p> <p>Then, start again. This time introduce more and more koosh balls until there are number of balls in play.</p> <p>Continue for a few minutes, and then begin to collect the balls back in.</p>
<b>Learning Points</b>	None. Great energiser that uses both sides of the brain. Can make links to team work and internal customer service.

## 3. New for Old

<b>Overview</b>	Short exercise to encourage creative thought and discussion.
<b>Timing</b>	10-20 minutes.
<b>Equipment Required</b>	None.
<b>Instructions</b>	<p>Split delegates into groups, and give them 5 or 10 minutes to identify as many ideas as they can for how we might usefully use the following:</p> <ul style="list-style-type: none"> <li>• Broken pottery.</li> <li>• Old, scrap CD's.</li> <li>• Old, plastic household gloves.</li> <li>• Old, plastic plant pots.</li> <li>• Safety pins.</li> </ul>
<b>Learning Points</b>	Creative thinking, building on ideas

## 4. Plane and Simple

<b>Overview</b>	A short, lively activity that can have the benefit of reviewing learning or encouraging peer-group learning.
<b>Timing</b>	10-20 minutes.
<b>Equipment Required</b>	A piece of blank A4 paper and a pen for each delegate.
<b>Instructions</b>	<p>Ask each person to take a sheet of paper and write on it their top tip (ideally related to the workshop, but it could be more general). Ask them to fold the paper into a paper aeroplane, decorate it (if desired) and throw it into middle of room.</p> <p>Ask each person to then pick one up (not their own) and read it. You can discuss how useful the tip is and how it might be implemented into an action plan for future.</p>
<b>Learning Points</b>	A great way of opening out thinking, covering content quickly or as a replacement for a flipchart activity/group discussion.

## 5. Left Brain Linking

<b>Overview</b>	A short activity purely to help energise people and make them more physically comfortable.
<b>Timing</b>	5 minutes.
<b>Equipment Required</b>	Koosh balls (or bean bags or similar).
<b>Instructions</b>	Get delegates to toss a koosh ball from right to left hand, rise left knee and touch with right hand and vice versa. This gets right and left brain linked and enhance brain activity and re-energises by movement.
<b>Learning Points</b>	None. Useful if delegates are in cramped conditions or not had the opportunity to stretch their legs for a while.

## 6. Catch me Out

<b>Overview</b>	A short activity that is delegate led, and has the benefit of working as a way to generate ideas/start a discussion.
<b>Timing</b>	10-20 minutes.
<b>Equipment Required</b>	Koosh balls (or bean bags or similar).
<b>Instructions</b>	<p>Get everyone on their feet and throw a ball to the first person - ask them a question, allow the group to help out - they can only sit down when they have answered a question to your satisfaction and then they throw the ball to the next person, and so on - this can be pacey and fast-moving.</p> <p>A variation would be to ask the first question yourself, but when the first delegate has answered their question, they select the next 'contestant' and ask the question. This has the double benefit of 'testing' each delegate twice.</p>
<b>Learning Points</b>	Great way of making sure everyone contributes to a discussion. Also an excellent review mechanism, and quite light-hearted too.

## 7. Model Answer

<b>Overview</b>	A short activity that can work well as an introduction to a topic, or as a review.
<b>Timing</b>	10-20 minutes.
<b>Equipment Required</b>	Plasticine or play-doh..
<b>Instructions</b>	<p>Split delegates into groups of 2 or 3. Give each group some plasticine or play-doh. Give each group 5 minutes to produce a sculpture that represents a word or phrase that you give them. For example: 'Creativity' or, 'What high performing teams mean to you'. Every team can have the same challenge, or each group can have something different.</p>
<b>Learning Points</b>	Good for introductory discussions or as a review mechanism. Fun and creative, which can lead to lots of discussion points.

## 8. The Clapping Game

<b>Overview</b>	A short activity that can work well as an introduction, pure energiser, or a review.
<b>Timing</b>	10 minutes.
<b>Equipment Required</b>	None.
<b>Instructions</b>	<p>Select a topic that will be considered by delegates. It could be learning points, something about themselves (e.g. favourite food, childhood toy) if using as an ice-breaker, or anything.</p> <p>Get delegates into a rhythm clapping twice and clicking fingers twice. Once the rhythm is going, ask each delegate in turn to say something over the 'clicks' in line with your topic. The trick is to come up with something relevant at the right time.</p>
<b>Learning Points</b>	Good for introductory discussions or as a review mechanism. Fun and relatively quick.

## 9. Tell me a Story

<b>Overview</b>	A short activity that can work well as an introduction, pure energiser, or a review.
<b>Timing</b>	10 minutes.
<b>Equipment Required</b>	None.
<b>Instructions</b>	<p>Ask delegates to stand in a circle. The purpose of this activity is to build a story with each participant contributing one sentence that must:</p> <ul style="list-style-type: none"> <li>• Make sense and at the same time add some fun to the activity,</li> <li>• Build on to the last sentence, and</li> <li>• Be grammatically correct.</li> </ul> <p>For example:</p> <p>#1: "I was walking to breakfast this morning."            #2: "A dog came up to me."            #3: "I said good morning to the dog."            #4: "The dog asked me what I was going to have for breakfast."</p> <p>The activity continues until all of the participants have contributed or until the facilitator feels that the group has been energised.</p>

### **Variation**

Ask delegates to stand in a circle. Ask one delegate to come forward and make a statement (e.g., “It is such a lovely day”), and then ‘tag’ another delegate. This person must then make a statement starting with the last word in the statement he/she received (e.g., “Day one of the course was very tiring”). Each delegate takes turns to ensure that everybody gets a chance to participate.

**Learning Points** Good for introductory discussions, exhibiting learning or as a review mechanism. Fun and relatively quick.

## **10. Words within Words**

**Overview** A short activity that can work well as a pure energiser, or a review.

**Timing** 10 minutes.

**Equipment Required** None.

**Instructions** Select a word that is relevant to the topic being discussed – the longer the better. For example, ‘Teamwork’ or ‘Assertiveness’.

Split delegates into small groups, and ask each group to make as many words as they can from the letters in the original word. E.g. from ‘teamwork’ you can get meat, worm, wok, make etc.

Allow 5 minutes, and then find out which team has found the most words. You can even add extra points for words that link to the course content.

**Learning Points** None.