



SHORT ENERGISER ACTIVITIES

1. Point North

Overview	Quick way to get people out of their seats. Good links to teamwork and leadership. Works best with large groups.
Timing	5 minutes.
Equipment Required	A compass.
Instructions	<p>Ask each person to stand up and face (point to) the direction they think is North.</p> <p>People should be pointing in different directions. Ask the following questions:</p> <p>Q. What does this tell us about our sense of direction?</p> <p>Q. What if we were told to head north and then all set off in the direction we thought was right?</p> <p>Q. What if you were working together as a team and were told to head north?</p>
Learning Points	<p>Key messages are that we all need to know our goal and work together to achieve it.</p> <p>If one is pointing south and another north they will create tension in the workplace.</p> <p>We are unlikely to deliver what our customers want or what the organisation needs us to if we are not clear on our goal and the route to get there.</p> <p>We are here to get clear on the direction our business is pointing in and align ourselves behind that goal.</p>



2. Runaround

Overview	Quick energiser – good to mix up groups and get people moving. Ideal for large groups.
Timing	5-15 minutes
Equipment Required	Two pieces of flipchart at different ends of the room. One labelled 'A' and the other labelled 'B'.
Instructions	<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>Coronation Street (A) or East-Enders(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>
Learning Points	None. Just a good way to get people moving and chatting to each other about different choices.



3. Picture Match

Overview	Simple way to get people moving around, and making different groups.
Timing	5-10 minutes
Equipment Required	Picture Cards
Instructions	<p>Give each person a picture card. Make sure that there are 'groups' within the pictures e.g. a number of things with wheels, a number of red things, people, animals, foods etc.</p> <p>Ask people to form groups based upon a specific characteristic of their object. E.g:</p> <ul style="list-style-type: none">• Go and stand with people who have an object that is the same colour as yours.• Make groups based on the number of legs your object has.• Make two groups – living and non-living things• Make three groups – animal, mineral or vegetable
Learning Points	None. A good way to get delegates out of their seats, sitting in different places or forming smaller groups.



4. Koosh-Mania

Overview	A short-lively exercise that energises mind and body.
Timing	5-10 minutes
Equipment Required	Set of koosh balls (around 8)
Instructions	<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 should 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>
Learning Points	None. Great energiser that uses both sides of the brain. Can make links to team work and internal customer service.



5. New for Old

Overview	Short exercise to encourage creative thought and discussion.
Timing	10-20 minutes
Equipment Required	None
Instructions	<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">• Broken pottery.• Old, scrap CD's.• Old, plastic household gloves.• Old, plastic plant pots.• Safety pins.
Learning Points	Creative thinking, building on ideas

6. Sort the Deck

Overview	A shorted, time-restricted activity to be completed in small groups. Can be made competitive..
Timing	5-10 minutes
Equipment Required	A number of decks of used (shuffled) playing cards
Instructions	<p>Split delegates into groups (around 4), and give each group a set of used playing cards.</p> <p>Tell them that they are shortly going to do an activity, but first they must put the cards in order by the time you return.</p> <p>Leave the room for up to 5 minutes.</p> <p>When you return, find out what delegates have done. Some won't have done anything because your instructions weren't clear, others will have put their own interpretation onto 'order', and some will not have finished, because they didn't know how long they would have to complete the task.</p>
Learning Points	Need to set clear goals, communication.



7. Alphabet Review

Overview	A quick-paced activity that has the benefit of reviewing so far on a workshop. Recommended for that post-lunch lull.
Timing	10-15 minutes
Equipment Required	Flipchart sheet with the alphabet written on it (minus Q, X and Z)
Instructions	<p>Ask delegates to stand up. Select a volunteer to state a learning point (linked to the subjects covered so far) beginning with the letter A. If they are able to select a relevant point quickly, allow them to sit down. Then move on to the next person and the letter B, and so on. If a point is irrelevant, a repeat or the person is taking too long to think, they must remain standing.</p> <p>Continue until all delegates are sitting down or all the letters have the used.</p>
Learning Points	Excellent quick review mechanism.

8. Plane and Simple

Overview	A short, lively activity that can have the benefit of reviewing learning or encouraging peer-group learning.
Timing	10-20 minutes
Equipment Required	A piece of blank A4 paper and a pen for each delegate.
Instructions	<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>
Learning Points	Excellent quick review mechanism, and a great way of opening out thinking, and working towards action planning.



9. Left Brain Linking

Overview	A short activity purely to help energise people and make them more physically comfortable.
Timing	5 minutes
Equipment Required	Koosh balls (or bean bags or similar).
Instructions	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.
Learning Points	None. Useful if delegates are in cramped conditions or not had the opportunity to stretch their legs for a while.

10. Catch me Out

Overview	A short activity that is delegate led, and has the benefit of working as a review mechanism.
Timing	10-20 minutes
Equipment Required	Koosh balls (or bean bags or similar).
Instructions	<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 pacy 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>
Learning Points	Excellent review mechanism, and quite light-hearted too.



11. Model Answer

Overview	A short activity that can work well as an introduction to a topic, or as a review.
Timing	10-20 minutes
Equipment Required	Plasticine or play-doh.
Instructions	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.
Learning Points	Good for introductory discussions or as a review mechanism. Fun and creative, which can lead to lots of discussion points.

12. The Clapping Game

Overview	A short activity that can work well as an introduction, pure energiser, or a review.
Timing	10 minutes
Equipment Required	None.
Instructions	<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>
Learning Points	Good for introductory discussions or as a review mechanism. Fun and relatively quick.



13. Tell me a Story

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

Timing 10 minutes

Equipment Required None.

Instructions 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:

- Make sense and at the same time add some fun to the activity,
- Build on to the last sentence, and
- Be grammatically correct.

For example:

#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."

The activity continues until all of the participants have contributed or until the facilitator feels that the group has been energised.

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 or as a review mechanism. Fun and relatively quick.



14. 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	<p>Select a word that is relevant to the topic being discussed – the longer the better. For example, 'Teamwork' or 'Assertiveness'.</p> <p>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.</p> <p>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.</p>
Learning Points	None.