



## Using energisers

**What is an energiser? When might I use one?**

### **Definition of an energiser:**

An energiser is an activity that can be used to warm up a group or meeting, to encourage group interaction, often used at the start of training with a new group.

It is brief exercise that is intended to increase the energy in the in a group, by engaging them in some of physical activity, laughter or get them engaged with a topic and problem solving.

Energisers are a good way to engage and focus a group, especially after lunch when there is often a slump in energy and concentration, it will assist in learners not getting distracted.

### **This is a perfect example:**

#### **Just for fun**

If there's room, stand in a big circle (you included) and throw a tennis ball to the person in front of you, who then does the same to someone new. Once everyone has caught and thrown the ball, the cycle is complete. Then ask everyone to remember what they did and do it again - quicker. Then feed extra balls in for fun, and see how many people can keep going.

### **Here are some more examples:**

#### **Topics for treats** *(Trainer tip use healthy treats like fruit, nuts or healthy snacks)*

Prepare a bowl of sweets/fun-size chocolate bars or healthy snacks. For each

type/colour of sweet/chocolate write up a list on the flip chart. For example:

- Green – Favourite movie and why
- Yellow – Last book you read and what you thought of it
- Orange – The place in the world you would most like to visit and why
- Purple – Something about where you grew up
- You can add your own

(The topics can be adapted to absolutely anything – depending on how well the group know each other, and whether you want to make the exercise directly related to the content of the session or not)

Hide the flip chart and pass round the bowl, just asking each delegate to choose what they fancy. (You could ask them to take more than one depending on what you want them to talk about).

Reveal the flip chart and ask them to talk about their 'chosen' topic.

It could also be used for non-edible giveaways too.





### **More than an energiser /ice breaker**

**The encouragement game** is potentially life changing if used correctly and carefully monitored by the trainer. It is best used with groups who know each other quite well.

You will a blank sheet of A4 paper and a pen, you should split larger groups into smaller groups of min 4/5 people.

Everyone should sit a circle and writ their name at the top of the paper, they should then pass their paper to the person on their left who will add one of two positive characteristics about the person names at the top. The papers should continue to pass to the left with positive characteristics being adding until the person gets their paper back.

### **A typical paper might look like this:**

<p><b>Ella James</b></p> <p>Positive</p> <p>Happy</p> <p>Generous</p> <p>Cool</p> <p>Good sense of humour</p> <p>Always thinks of others</p>
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The trainer should collect all the papers, just to check that what has been written in appropriate and then give them out to the owners one by one.

Done well this is a very affirming game and can literally change how people see themselves and can be huge boost for confidence and self-esteem.

#### **Variations are:**

- Use a large piece of flip chart paper for each person might work best with smaller groups but some people are so boosted by this activity they cannot wait to take their paper home to shoe their family!





- You might want to have prompt list of characteristics for groups who have literacy or language issues
- For a well-established small groups you could get the group to practice on you first and then do one for each of the groups max group size 6/7



### All Stars

Give each person a piece of paper and have them draw a self portrait. Ask them to write their name on it, in case it is not obvious who it is! You can decide how long to take on this part of the activity depending on the time you have.

When this is complete stick them all up on the wall.

Handout some stars so that each person can write positive adjective on it and stick it to the portraits, you get star shaped post-its or card ones or make your own.

By the end everyone should have should have some positive stars added to their portrait and again this can be used a confidence booster for all.

### Banana Surgery

Split your group up into smaller groups, and give each group a banana, cutting board and plastic knife. Each group should cut the banana into 4 or 5 equal sized pieces. (don't tell them what the next steps are at this point).

Then hand out banana surgery kits - pins, string, sticky tape, tooth picks, rubber bands etc. The goal is for each group to reassemble the banana.

The lesson from this game is that some things (relationships, trust, reputation, bananas!) are easy to break but more difficult to put back together.

