

ENERGISERS

& ICEBREAKERS

Here is a list of our favourite energisers and icebreakers. These are games, quite short, that allow initiating and facilitating discussions between participants and strengthening team cohesion. They can be used at the beginning and end of workshops, or between two topics to give rhythm and markers to your sessions.

RENEWING ENERGY

These activities are best done at the beginning of the workshop or after the lunch break to renew the energy of the group

① **Awakening of the body**

Stand in a circle. A first person points to a part of the body they want to wake up and suggests a simple, repetitive movement. For example, they say “wrists” and move their wrists. The other people imitate this movement. Then, when they have finished, they look at the person on their right, or say the name of a participant, who in turn suggests waking another part of the body up. Repeat the experience till everyone has participated. This activity is ideal for starting a training course. Accompany it with soft music. We recommend you:

- Tzen Tze Re Rei - Loli Cosmica
- Rezo - Giselle World
- OCNO - Didgerihang

② **Stop and go**

Tell the participant you will give them a series of instructions to follow: “When I say GO, start walking, when I say STOP, you stop”. Try this a few times, and add new instructions: “When I say NAME, shout your name, when I say CLAP, clap your hands”. Try this too, and add the previous words: “Go! ... Name! ... Stop!

... Go! ... Clap!”. Once the group has mastered these instructions, keep going: “When I say SKY, raise your hand to the sky. When I say EARTH, squat down and touch the ground with your hand”. Try this, and then integrate the previous words: “Go! ... Name! ... Sky! ... Stop! ... Go! ... Earth! ... Clap!”

Then, reverse everything: “When I say GO, you stop, when I say STOP, walk again”. Try this several times. Then: “When I say NAME, you clap your hands, when I say CLAP, you shout your name”. And of course, “When I say SKY, touch the ground, and when I say EARTH, raise your hand to the sky”. Say these instructions with a rapid pace. You can also do this game with elimination to increase the level of difficulty.

③ The mosquito

Stand in a circle. Explain that there is a (imaginary) “mosquito” in the room. This mosquito will always make three people move at the same time. The “mosquito” moves over the head of one person, called “B” for example. To avoid the mosquito, “B” squats down. “B” is between “A” and “C”. These two try to kill the mosquito, by clapping their hands at the same time above “B”’s head who is squatting down. Then, the mosquito moves above “C”’s head. “C” then has to squat down as well. “B” and “D” clap their hands on the mosquito, which then moves to “D”’s head, and so on. At first, the pace will be slow. Feel free to make the activity more dynamic by asking people to go faster! You can also play this activity with elimination. Those who make mistakes go to the middle and disturb the other players so that they in turn make mistakes and join them.