



# Energizers compilation

Erasmus+ Training Courses series: "Transformation for a Better Future"  
Summer 2023 by CAMBIO e.V.

## Get to know each others:

1. **Virtual map:** here is N/S/E/W, place yourself depending on where you are living
2. **Name game:** Participants meet in circle and you do a round of Name + adjective that starts with the same letter of the name. Each one has to repeat the names of the ones before and then say their name + adjective. Level up: all adjective must be related to the topic of the session (eg: food). A person in the middle tells a common point (eg. sweet) and every one referring to it must quickly exchange places, the person in the middle have to try to steal a place in the circle.
3. **Letter market:** buy letters of your name by going to someone whose name has a letter that is present also in your name by telling him/her\* a story about you. The game continue until everyone has their name tag completed. If someone has a unique letter that can be given by anyone as jolly letter.
4. **Symbolic object:** participants are requested to bring an object from home or to find a thing around them who could represent them and are asked to explain why
5. **All those who like:** circle of participants, one in the middle says "I am ...name... and I (don't) like ..." . Then all who agree to this statement quickly exchange their places. The one in the middle tries to steal a place. The last person in the circle is now the one to says the statement.

### 6. **Zombie:**

Level One: Once names have been established, have one person go into the center of the circle to be a zombie. The zombie walks towards one person, and that person can save themselves by calling out the name of another person in the circle. The zombie then walks towards that person. And so on. It's fun if the zombie makes some zombie noises as they go. It's also important that the zombie walk at a slow and stately pace. If they get to someone before the person says a name, then that person becomes the zombie.

Level Two: When the zombie walks towards someone, that person can no longer move or speak; they can only move their eyes. They need to make eye contact with someone else in the circle, and the person with whom they make eye contact will then call out a name. The zombie walks towards the person whose name was called.

Level Three: When the zombie walks towards a person, that person makes eye contact with someone else; the person with whom the eye contact was made then points to a third person; that person then says a name. So, the sequence is (as the zombie walks towards Person A): Person A looks at Person B; Person B points at Person C; Person C says a name. The zombie then walks towards the person whose name was said.



## Energizers:

### ❖ Evolution game

Paper-Stone-Scissors where everybody is going around and plays with someone in the same evolution stage. All begin as Amoebas, the winners become frogs, the losers stay an amoeba. The game continues again and the next evolution phase would be the monkey, and the final one is the human being (can be played with any animals). People should mimic and make the sound as their animal.

### ❖ Hi Ha Hu

Participants are arranged in a circle standing, one person is in the middle and has to point to a participant of the circle and shout "Hi". This person must put the hands up shouting "Ha", the people right and left of him/her\* turn and point to him/her\* shouting "Hu". If they all do right, the person in the center does it again. If one of them does it wrong/not in time, then he/she\* goes in the center. The faster, the funnier!

### ❖ Penguin vs. Flamingo

Start standing. One participant will be the flamingo and all the others will be penguins. The flamingo hunts Penguins and they turn into Flamingos as a consequence of being touched. Participants have to act mimicking their animals. For instance, if they are Flamingos, one arm is raised to imitate the Flamingo's head, and they lift their knee with slow, swinging movements. While, if they are a Penguin they have to walk with waddling, fast, small steps. Choose a player to be the first Flamingo, tell all Penguins to run. With a peck on the head of the Penguin, the Flamingo transforms Penguins into freshly-created Flamingos that now hunt remaining Penguins.

### ❖ Greetings

All participants stand in a circle and try to have eye contact with someone. When it happens, they walk toward the middle turn around each other and exchange place while keeping eye contact and remaining silent. Level up: greet before turning or making a sound when you meet in the middle. Be careful not to clash with other people while changing place.



## ❖ Perspective change

The facilitator point his/her\* finger to the top and turn the hand clockwise. Keep turning and point downward. What happens? ... Counter-clockwise -> because you change perspective of looking (up/down), but the same thing is still happening!

## ❖ Hey Joe

This game consists of repeating one sentence. Say aloud: „One day, my boss came to me and said: Hey Joe, are you busy, Joe? And I Said No! Then press this button with your (left / right hand / leg, head)“.

2. Make a circle and choose one person who knows this game and he will be saying this sentence first, the others will be repeating him.

3. The one person can start by saying that sentence in short parts: „One day“ and the rest is repeating „One day“. „My boss came to me and said“, „Hey Joe“, „Are you bussy Joe?“, „And I said No“, „Then press this button with your right hand“. These words are accompanied by pressing the button with their right hands. That was first round.

4. The second round is almost the same but instead of right hand we will say left hand and after that, we are pressing an invisible buttons with both our hands.

5. The third round is with the left leg, the fourth round with the right leg and the fifth round with the head. In the fifth round we are shaking with every part of our body (Head, legs and hands).

6. This game ends in the sixth round by ending this setneces „And I said YES!“ instead of „And I said No“

See example: [https://www.youtube.com/watch?v=r4kvGQ3yvXs&ab\\_channel=INTERALIA](https://www.youtube.com/watch?v=r4kvGQ3yvXs&ab_channel=INTERALIA)

## ❖ Wombi

All participants go around dancing and singing in a rhythm “wombi wombi wombi, wombi wombi wombi...” There is one leader. When he/she\* says toaster/hair-dryer/elephant/rollercoaster, all stop and do the pantomime + sound for it (must be introduced at the beginning). People doing it wrong/not on time are eliminated.

## ❖ Inspector

All the participants are standing in circle, one, the inspector, goes away and doesn't look/hear. The group decides who is the killer. The inspector comes back in the middle of the circle. The killer initiates a move that all the rest of the group has to follow, and changes after some repetition (again and again). The inspector has to find who is the one initiating the move. When he/she does this person has to leave the room and find the new leader. The game can go on few rounds.

## ❖ Ninja

Everyone stands in a circle. The initiator calls one two three NINJA. And everyone takes a certain ninja stance. A certain individual start and has a move to hit one of the hands of someone else with one fluent move. If the hand is touched that hand is no longer usable by the player. The person who is attacked is allowed to make a counter-move after the initial hand touching moves is initiated. Then in a clockwise motion, the next person or player is allowed to make move. So everyone has two lives or two hands. The game is over when there is one single winner.



## ❖ Countdown

All the participants are walking around randomly. They have the common aim of counting together up to a certain number. Each one can say a number (in the right order) whenever he/she\* wants. If people say the upcoming number at the same time, the counting has to start over again. (level up: count backward, days of the week, two by two...)

## ❖ Ski race

All the participants are standing in a circle. One leader pantomime actions from skiing and all have to follow and repeat the moves (works also with bike race, horse riding race, escape a bear race...). The ideal is that the leader mimic a sport/activity he/she/they is passionate about or can somehow relate to... And to make it fun!



### ❖ Roxane

All participants walk/dance around in the space randomly on the sound of the song Roxane from Police. Each time "Roxane" comes in the song, people greet the one they have in front in a different (funny) ways.

### ❖ Surname matching game

Each participant gets a paper with a surname on it, they all sound extremely similar, but they are spelled differently (Maier/Mayer, Meier/Meyer/... each one is on two papers). The participants have to go around and ask questions to find their pair. It is not allowed to show their paper of their name (only by pronunciation or doing the spelling). It's a game to create pairs when is needed for the activity.

### ❖ Triangle isosceles

All the participants starts standing in a circle. Each one chooses 2 persons in his/her\* mind, with whom he/she\* always has to form a triangle. At this point participants start to walk freely in the space, but always trying to keep the same distance between them and the other two vertexes of his/her\* triangle. At some point the moderator tell to slow down and try to find a stable situation when everyone is in the right shape with the others of their triangle. The game end when everyone is satisfied by their position. If wanted participants can reveal who were the two people they choose. The idea is to show also the interconnectedness we have with each others.

### ❖ Identity crisis

Participants create a circle of people standing in pairs next to each others. Each one is now the other person of the pair (has his/her\* name). Only one person is alone and stands in the circle with the others. This person has to start calling someone's name. The person called (which is the pair of the person who is really called with that name) has to run to the person alone and reach his/her side before the other person of the pair touch him/her. If the person manage to reach the side of the person alone calling without being touched, then the old pair is alone and has to call a new name, and so on. The faster, the funnier!

### ❖ The wolf

One person is a sheep and stay on all fours in the middle of the round (almost all the other participants holding hands in a circle). One participants, the wolf, stays outside of the circle and tries to get inside to catch the sheep in the middle, the other try to protect the sheep by closing the circle where the wolf tries to sneak inside.

### ❖ Baby Earth

Participants stay in circle, and pass a globe (or a ball symbolizing the Earth) to their neighbors. First round: each one shows how the Earth is treated nowadays. Second round: each one shows how the Earth should be treated. This energizer can be used to introduce topics linked to environmental sustainability and help participants to start reflecting on the relationship we as humans have with the planet that welcome us, in a creative way.



### ❖ Statues

Participants stand in a circle. A volunteer goes in the middle of the circle and take a pose as if he/she\* was a statue. The others are invited to go spontaneously to the middle of the circle and completes the pose of the person already standing there so to create a new (and funny) statue together. At this point, the person who was already in the middle goes back to the circle, while the second person stay in the middle. The game continue with a third person who goes in the middle and completes the second's pose and so on for few more rounds.

### ❖ Counting peers

Participants are grouped in pairs and are given the task to count from 1 to 3 together. It goes like: 1 (person A), 2 (person B) , 3 (person A), 1 (person B), 2 (person A), 3 (person B)... and so on, trying not to get confused and say the right number at the right moment. Level up: each pair decide together a sound/movement that from that moment on will replace the number 1. Level up up: same with a sound/movement for the number 2. Level up up up: same adding also a move/sound for the number 3.

### ❖ Battery game

Participants are invited to move freely in the space, but carefully because every one has to balance an object (not too fragile/heavy) on his/her\* head and dance on a music. If the object falls down, the person gets frozen and can only start to move again if someone else puts the fallen object back on his/her\* head again. The aim of the game is to foster cooperation between participants.



### ❖ My precious treasure

All participants are standing in a circle. One volunteer will play the role of the dragon and will position himself/herself\* in the middle of the circle and will have the task to protect its sacred object on the floor (e.g. a book) from the other participants. The other around will try to steal it, but they can only move when the dragon is not looking at them. If the dragon touches someone the person is eliminated, while if the person manage to steal the object he/she\* will become the new dragon.



### ❖ Bananas

All participants meet standing in a circle, the facilitator will be the leader and all the others will have to repeat his/her\* moves and words. The leader sings and make matching moves:

“All Bananas in the world (opens arms)

Unite and (closes arms and claps hands above the head)

Go Bananas, go go Bananas (accentuated rhythmic walk)

Peel bananas, peel peel bananas (turning around and opening arms from up to down)

Shake bananas, shake shake bananas (shoulders shimmy)

Aaand stop! (freezes)”

The same can be done one more time in slow motion and another time very fast.

### ❖ Bang

All participants are standing in a circle. One volunteer goes in the middle and will be the gunman. He/she\* make some turns and then points at someone with his/her\* hands as a gun, shouting “bang”. This person knees down as to avoid the bullet and the two at his/her\* side point to each other with hands as a gun shouting “bang”. If they all do right, the game starts again from beginning with the gunman being able to point to anyone in the circle. If one of them do wrong/ react later than the other person shooting, this person is eliminated. The game continues until there are just two player “alive”. They will have to challenge each other to a duel. They will have to stand shoulder to shoulder and take a step in the opposite direction for every number the gunman counts. When the gunman jumps a number the two will have to turn and say "bang" the one who says it first wins and becomes the gunman in the next round.

### ❖ I say yes

All participants are in a circle, one (energetic) person stand in the middle, saying some phrases with a certain intonation and gestures and the other repeat them in the very same way.

"I say yes

I say no

I say yes no yes

Ai caramba

Ai hassamba

E pirouette"

Many rounds, each time with a different speed, tone, volume, and emotion.



### ❖ Plant memory

All participants are standing in circle and one person has a ball in his/hers\* hands. The facilitator will pick a letter of the alphabet and the task will be that everyone have to say the name of a plant whose name starts with that letter when they receive the ball, and then throw a ball to someone else, and so on. If a person misses the ball/don't find a plant name starting with that letter, he/she\* must do a "punishment" (e.g. 3 squats), and then he/she\* starts with another letter.

### ❖ Cheer leaders

Participants are invited to walk around and when they make eye contact with someone who is not already engaged in a game they have to play one round rock/paper/scissors. The winners go to challenge other winners and play again, the losers follow the person who defeated them and cheer him/her\* in the next matches, again and again until there will be just two players with a lot of cheerleaders who will have one last match that will result with one winner.

Level up: free-style objects instead of rock/paper/scissors (the players will have to argument why one object should defeat the other)





## ❖ Hitchhikers

Two chairs are positioned on the first row of an imaginary car with one driver and one passenger, 1 chair in the back row empty. All the other participant are in a half circle in front of the "car". One of them goes to the imaginary road side and hitchhikes. Driver, passenger and hitchhiker are improvise a personality/aim/destination/scenario and have to chat in the car. For instance, the driver can pretend to be sick and act along, the passenger can pretend to be a party person and the hitchhiker can pretend to be super spiritual. When there is no inspiration anymore, the driver goes to the half circle, the passenger becomes the driver, the hitchhiker becomes passenger and a new person join the car.

