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# Energiser ideas

# Mirror Me

5 minutes

To energise the group and also help develop empathy between participants. It is also a good way of introducing the concept of the need to work together.

## Instructions

Place participants into pairs and ask them to face one another. The participants should take turns to make an action (i.e. raising their left arm), which the other must copy. They are not allowed to talk why they do this. After several actions, one person should call stop and they both go back to the start and try to carry out the actions in the same order. As they progress they will become more in time with each other and almost act as a real mirror.

The aim is to coordinate their movements and develop a mirror image of their movements. If one particular pairing achieves good synergy, ask the rest of the group to watch.

# All move who…

5 minutes

## Instructions

Sit in a circle with one person standing in the middle. Say: ‘All move who…’

* ‘are wearing something blue’
* ‘can speak two or more languages’
* ‘got up this morning before 6am’
* ‘had egg/bread/fruit etc for breakfast’
* ‘have the letter s in their name’ …etc.

Those concerned (which will usually include the person in the middle) move quickly to a space left by someone else. The person left in the middle makes the next choice.

# ****Ranking****

5 minutes

## Instructions

One person secretly chooses something on which to rank everyone. This could be their shoe colour or size, the number of buttons, their age, their hair colour or length, their height, the number of pockets, the first initial of their name or their birthday, etc.

Line everybody up according to the secret ranking system and let people try and work it out. For example, if you have chosen buttons, one end will have the person with most buttons on their clothing, and the other end of the line will have all those who have no buttons. You will need to be quite clever in not drawing attention to your secret. For example, if it concerns their shoes, try not to look down all the time!

# Chinese Telephone

In a circle a sentence is whispered in the ear of the person to the right, who then whispers it to the next, and so on, until it reaches the original person. Compare the original message and the end result.

# My Dear, what are you doing?

In a circle, someone starts off with an action, miming something. The person to the right must ask, "My dear, what are you doing?" The miming person will answer with the action that the asker must then perform. For example, one person shows reading, when asked the question, they may answer, "I am flying a kite," which the asker must then do, and so on around the circle a couple times.

# 5 for fun

Prepare a flipchart before the ice breaker with these 5 questions:

* *I've always wondered about...*
* *If I could stay at any age, I'd like to be...*
* *If I had the day off tomorrow, I would...*
* *The most fun thing I did this year is...*
* *I've always wanted to (but never had the courage to) ...*.

Give them 1 minute to prepare their answers and let the fun begin. Go round group asking for one answer from each person.

# Shake Down

5 minutes

This energiser is a very quick, but very effective warm up that will wake up your audience and bring them back into learning mode.

## ****Instructions:****

**This is a countdown energiser and works very quickly. As trainer, you should lead this energiser from the front of the room.**

1. **Explain to participants that you will be asking them to do a shake countdown. This countdown starts at six and then decreases to one.**
2. **Start the countdown with six shakes of the right hand (with hand in air), then six shakes of the left hand (with hand in air). Then six shakes of the right foot, followed by six shakes of the left foot.**
3. **Next, go back to the right hand and do five shakes, followed by five of the left hand then five of the right foot etc.**
4. **Continue the countdown until you reach one shake of each.**

**As you can imagine, the actions get quicker with this energiser as the number decreases and it really wakes people up.**

# Draw Your Neighbour

5 minutes

This activity generally brings a smile to the faces of participants and can be used as an icebreaker or simply to lighten the mood during a training session.

## Instructions

Arrange participants into pairs. Ideally pair them up with someone they don’t know or don’t know well. Ask them to draw a quick sketch of the person they are paired up with, using the pencil and paper provided. Stress that you do not expect them to produce fantastic works of art. Call a halt after 2 or 3 minutes. Now ask participants to sign their picture and then hand it to the person they drew.