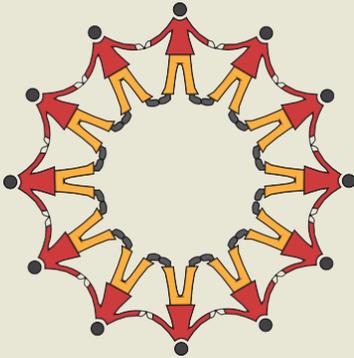


ICEBREAKER AND ENERGISER EXAMPLES

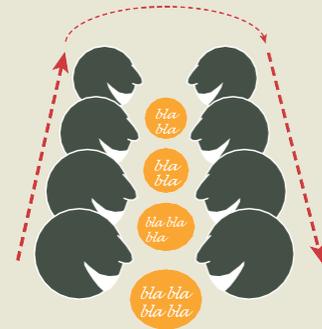
passing on the energy



1. Place everybody standing in a circle holding hands. One person starts and squeezes another person's hand, passing on "energy" to that person.
2. The person whose hand has been squeezed squeezes the hand of the person next to them in the circle and so forth. In this way the "energy flow" circulates in the circle.
3. The person can also decide to 'bounce' energy back. To do this they squeeze twice the hand of the person who has just passed them the energy. In this case the flow of energy circulation is inverted. Energy can also be bounced to another person of the circle who is not next to us by looking at the person we want to pass the energy to and shouting "boing".
4. If a person doesn't pass the energy correctly or takes more than 2 seconds to pass the energy, they are eliminated from the circle. The game lasts until only one person, the winner, remains.

speed dating

1. Arrange everybody face to face in two lines. It can be sitting or standing.
2. On "go", ask the people who are facing each other to start talking, introducing each other for example. People have 1 minute.
3. After one minute, time is over and participants move on to the next person.
4. Carry on until most people have been able to exchange a few words.



the whisper



1. Place everybody standing in a circle.
2. One person chooses a short sentence, and whispers it to the ear of the person standing next to them. The sentence shouldn't be heard by anybody else and can only be told once.
3. The person who is being told the sentence listens carefully, then repeats it to the next person, and so on.
4. The very last person says out loud what he/she has heard. In big groups, often the sentence has radically changed, which makes the whole group laugh out loud.

the last person standing

1. Place chairs in a circle. There should be one chair missing compared to the number of participants.
2. One person stands in the middle and calls for people with one common feature to stand up. For example: "people with long hair" or "people with a red T-shirt" or "people who like milk".
3. As people stand up, they immediately have to run for someone else's chair, so does the person standing in the middle!
4. Once all the chairs have been taken, there will be one person without a chair. This person will be the next person standing in the middle, and calling for the next "similar people" to stand up and exchange chairs. The game can carry on for as long as you want, until everyone is energised and laughing.

