

Energizers

Be mindful of your group size when choosing games!

- **My 2 Cents:** Make a bag of pennies with various dates. Recent history is best, but throw in a few older ones.
 - Pass the bag around and have each person take a penny.
 - Individuals answer this prompt:
 - *Share something you were doing the year the coin was minted or a fact you know from that year.*
- **Playlist:**
 - Individuals answer the question: *What's currently on your playlist: genre or song?*
- **2 truths and 1 lie:** The group may need some time to think this through, so it may be best after lunch or a break.
 - Groups or Partners: Each person shares two truths and a lie about themselves. The group or partner guesses which is the lie.
- **Follow Me**
 - First person says, "follow me" does a motion of their choosing and ends with "now your turn."
 - Group mimics the motion and so on around the circle.
Note: The next person does not have to memorize the previous motion.
- **One Common Thing** This is a great icebreaker for moving people round the room.
 - Set a timer and have people go around and find one commonality with each person in the room.
Note: You cannot repeat the same commonality with anyone else. If everyone in the room works at the same company, then that commonality wouldn't count.
- **I Love People Who...**
 - Remove one chair from the circle. Everyone stands for the activity.
 - Establish expectations:
 - Each person must take 3 steps into the circle, then find a new chair.
 - The person in the middle says "I love people who..."
 - Those who match the prompt move to a new chair.
- **EXCITED:**
 - Spell "excited" with one letter per piece of paper.
 - Pick 7 people to hold the signs without looking at them.
 - The rest of the group provides directions to get them in the correct order to spell "excited."
- **If You're Happy and You Know It**
 - Sing the song "If you're happy and you know it" and have the time of your life!
- **Rock, Paper, Scissors**
 - Review the rules (Rock breaks scissor, paper covers rock, scissors cut paper).

- Every picks a partner and plays Rock - Paper - Scissors.
- The winner moves on and the other person becomes a “cheerleader for the winner.”
- The winners find another winner and repeat. That next winner moves on and others become his/her/their cheerleader.
- Play until you have a champion.

➤ **Would you rather...**

- Create a list of choices (ie. Would you rather drink... Coke or Pepsi?)
- Have people who select first choice move to one side of the room, second options moves to the other side. (You can also do stand up/sit down.)
- Continue with as desired with as many questions as time allows.

➤ **Juggling**

- **Materials:** Bean bags, tennis ball, another type of larger ball
- **Explain the rules:**
 - You throw to and catch from the same 2 people the entire time.
 - Focus on your 2 people.
 - You can communicate in any way you wish.
 - If it drops, just keep going.
- Pass a bean bag around the groups to establish who threw it to them and who they will throw it to.
- Give them a chance to connect with those two people before the “real” juggling begins.
- Hand the first person a bean bag. Wait a couple of seconds and hand them another one. Allow the first bean bag to get back to the beginning and be thrown again.
- Hand the first person one of the other balls.
- Remind them: “Focus on your people.” “This is not a race.” “You can communicate.”
- If it gets out of hand, pause and reset.

➤ **Lining Up By Birthday**

- Ask the group to form a line that represents their birthdays chronologically from January to December.
- They are not able to speak when doing this activity.

➤ **Lining Up By Shoe Size**

- Have the group line up in order from smallest to largest shoe size.
- They are not able to speak when doing this activity.
- If you want to make it a little more challenging, do not allow them to use hand signals either (i.e. make them compare their actual shoes).

➤ **“Sole” Mates**

- When it’s time to partner up, ask them to find someone with shoes that are the most similar to their own (color, type etc); their “sole mate.”

➤ **Top of Your Playlist**

- Ask the group if they all have a music app on their phone - if so...
- Ask them to open the app and look at the song at the top of their most recent playlist.
- Do a sequential circle and have them share out the song.
- Option to “sing” some of the song if they would like.