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.