

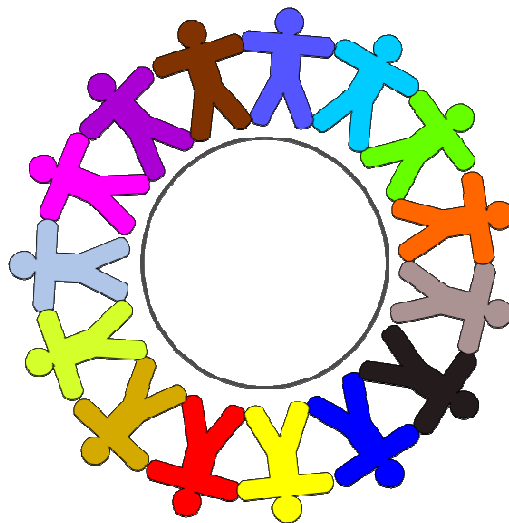


AVP Light and Lively Supplement

(Draft for consultation)

November 2017

*A supplement to be used with
AVP manuals in AVP workshops*



Alternatives to Violence Project International, Inc.

Acknowledgements

Written and produced by the Manual Editors Team, AVP International Education Committee.

Built upon the wisdom and collective experience of the AVP community, the editorial team who worked on this Supplement draft are Betty McEady (AVP California, USA), Cynthia MacBain (AVP New York, USA), Jordan Hoffman (AVP Canberra, Australia), Judith Litke (AVP Edmonton, Canada), Katherine Smith (AVP Sydney, Australia), Rose Allender (AVP Hong Kong) and Vidya (AVP Canberra, Australia).

We also acknowledge the many unnamed AVP facilitators across the world who continue to deepen and strengthen AVP through their dedicated work. We appreciate the contributions of everyone with deepest gratitude.

This *AVP Light and Lively Supplement (2017 draft)* is produced for the use of AVP facilitators worldwide and for others who use elements of AVP or the AVP style in other workshops, formats, or settings.

Other readers are advised that the material in this booklet is based on a particular philosophy and a set of carefully structured group dynamics, without which the material discussed here has no context.

How to Give Feedback

AVP facilitators are invited to give feedback about how the Light and Livelies work in your workshops and in your culture.

- 1) To comment on the **Supplement in general**, send us an email to:
education@avp.international
- 2) To comment on **individual Light and Lively** activities:
 - a. Go to the International website <http://avp.international/>
 - b. Login to the Facilitators section.
 - c. Go to the *Resources* section and select the *AVP Activities/Exercises Collection*.
 - d. Search for the Light and Lively activity by name or purpose.
 - e. Go to the *Suggestions & Comments* section at the bottom of the activity, to contact us by email.
- 3) To send us **new Light and Livelies**, send an email with the subject "light and livelies" to:
materials@avp.international

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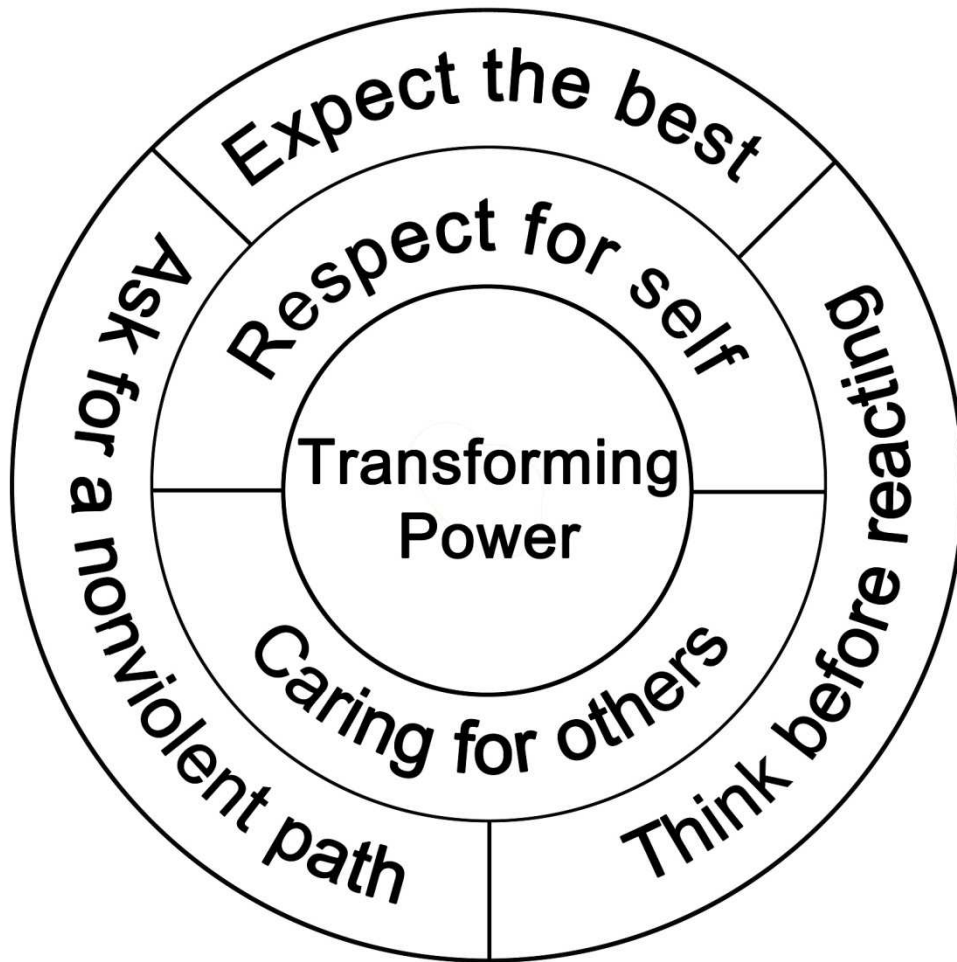
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Introduction

Light and Livelies are short, light activities that are fun. They give people a chance to stretch and move around and are used to lift the energy of the group. Also known as Energisers and Lifts, these activities are designed to balance the serious and sometimes emotional discussions prompted by learning activities. Through playfulness, cooperation, challenge, and laughter, Light and Livelies serve an important function as icebreakers and community builders. They help to bring the group closer together.

Light and Livelies can be fast or slow, loud or quiet, high or low energy, sedate or chaotic, simple or complex. Doing an activity standing always raises the energy more than sitting. Light and Livelies are usually scheduled once or twice in each session and can be used to contribute to the building block or theme of a session, to create a contrasting energy, or to acknowledge some intense learning.

When choosing a Light and Lively, it is useful to consider a number of points: How does the activity fit into the experiential building block topic of that session? How does it relate to other session activities? What kind of energy transition do we need at this time? Is the group ready for this type of activity? For example, those Light and Livelies that involve touching, such as Crocodiles and Frogs and Human Pretzel are only introduced after a sense of community, support and trust has been established.

It is important that everyone participate in the Light and Livelies. So additional questions to ask when choosing them are: Can we do the activity comfortably in the venue space? Is the activity well matched to the age and physical ability of the participants? Are there cultural issues involved? Facilitators may have to redesign some activities to allow everyone to participate if there are people with physical or cultural limitations. If the activity cannot be redesigned, it may be possible to find other ways to include these people. For example, a participant could help run the activity. They could be asked to observe the dynamics of the group during the activity. They could take a role in keeping people safe. If finding ways to adjust or modify the activity does not work, it is best to choose another activity. Many of the Light and Livelies are physically active. For everyone's safety, it is important to make sure that guidelines for safety are set and people are reminded when necessary.

Light and Livelies are designed to be just that — light and lively. Try to sense what is happening in the group. Let the activity continue while the group is energetic. It is wise to stop before the group loses enthusiasm. One way to stop is to say that the activity will end, for instance, after two more turns.

Light and Livelies are not usually processed! Sometimes, someone will ask, “What did we do that for?” If this happens, ask the group if they have any idea why AVP might include Light and Livelies in each session, or if the particular Light and Lively relates to any other activity done in that session. This can be done as soon as the question arises or put on an Unanswered Question sheet and discussed at a later time.

When adapting or adding your own Light and Livelies, alter competitive games (where there are winners and losers or players are “out”) to a more cooperative version so that everyone can stay included.

Using this Supplement

The Light and Livelies in this Supplement have been gathered from several AVP manuals. Effort has been made to identify alternative names, to group together activities with similar instructions, and to outline variations.

Because this Supplement is intended for the International Community and with special attention given to supporting new facilitators, some changes to the writing style and layout of the activities will be noticeable. These choices were made in the hope that they would provide a document which is easy to use, gives valuable information, reflects AVP's value of inclusiveness, and is easier to translate into other languages. These choices are outlined below.

Spelling

British spelling has been used.

Language

To assist new facilitators, spoken text has been included and has been highlighted by being set out in bold text. By having words to say, it is hoped that it will be easier for new facilitators to explain the instructions for an activity.

Within the spoken text and the explanations, the words “everyone” and “people” are often used to refer to the group, since facilitators are also participants in the various activities. Where appropriate, terms to describe the function being performed, such as “the Caller”, “the Runner”, “the facilitator” and “co-facilitator” have been used.

Plural pronouns have generally been used (“we”, “you”, “they”). When referring to an individual, although not standard grammar, “they” has been used in place of the singular she or he. For example, “The facilitator passes the ball to the next person and they pass it on around the circle.”

Within spoken text, words all in CAPITALS, indicate the word is emphasised.

Where possible, simpler English words have been used in place of more complicated language.

Abbreviations

eg for example

etc and so on

L&L Light and Livelies. Often used on workshop agendas.

... This can indicate some words have been omitted. For example, a continuing pattern in “Count around the circle ‘**1, 2, 3, ..., 1, 2, 3, ... etc**’.”

Sometimes used to indicate a pause in speech. For example, pausing while an action is carried out, as in “**Put your hands on the table in front of you... Now move your right hand one position to the right.**”

[] Square brackets indicate that a specific example should be used. For example, “**I am going to hide this [object] in the room.**” This means that the facilitator says what the object is. If they are hiding a cup, they say “**I am going to hide this cup in the room.**”

Layout

While Light and Livelies are designed to be fun and light, they can also be a great source of experiential learning. This is reflected in the Supplement in two main ways: through the inclusion of the table of Light and Lively Categories and through the format used for the Light and Livelies.

Light and Lively Categories Table

This table lists many of the activities in the Supplement and provides a quick overview of where that activity might fit within the Building Block structure of an AVP workshop. It can provide a great reference during the workshop when the team senses that a shift in energy is needed.

For new facilitators, it also provides help in selecting Light and Livelies. Those activities which are most often used in and recommended for Basic workshops have been indicated in the table.

Light and Lively Activity Format

The Light and Livelies have been set out in a format similar to learning activities, with instructions written step-by-step. It is hoped that this layout will not only help new facilitators understand more clearly how to run an activity, but also how it can fit into the bigger picture of the workshop structure.

Alternate names for an activity, where known, are indicated next to the activity name used in this Supplement. In some cases, activities have been brought together under a group name.

Type and Purpose have been added to indicate the potential learning that the activity can provide.

Suggestions to help the activity run more smoothly have been included in the Tips for Facilitators. These tips are a way to pass on the knowledge and wisdom gained from other facilitators' experiences with the activity.

Variations provide ideas for different ways of facilitating the activity or for other activities which are similar.

A wide variety of activities are included in this draft Supplement, from ones which involve high energy running, to cooperative problem-solving, to creative sharing through imagination, story, and song. With this variety, it is hoped that the activities presented here will satisfy the many different needs and preferences of facilitators and participants and will be a valuable resource for facilitators when looking to shift and harmonise energies in the workshop.

We welcome your feedback. Please see the section on **How to Give Feedback** on the reverse side of the title page.

Building Blocks

Foundational to any AVP workshop are the building blocks from which transformation can develop. These can be expressed as: Affirmation, Communication, Community Building, Cooperation and Conflict Transformation.

By sequencing Light and Livelies and other activities in the AVP workshop, we can create an experience of building a community together. We get to know each other, appreciate what each of us brings, listen and share, develop cooperative agreements, work and play together, solve simple problems, explore our differences, build trust, and discover many options for transforming conflict. At every step, we build and strengthen community.

Our goal as facilitators is to use the activities we have to create, build and strengthen these core elements within the workshop group. When this occurs, people feel safe enough to open up to new ways of being with each other, share, and explore how better to work and live in daily life. This leads to being open to Transforming Power.

In this Supplement, we refer to the building blocks under Type and Purpose in the activity descriptions and in the Light and Lively Categories table. This information can help to identify where different activities might be used during the workshop.

Body and Mind

A new grouping has been introduced called Body and Mind. Sitting for long periods of time can be very tiring. People need to get up and move around. When people have been sharing and working on emotional issues, they need to release any feelings and tension in their bodies, and refresh themselves before they can start again. Sometimes we want action which is quick to wake people up, sometimes there is a need for calm and reconnection. Activities with a creative element expand the mind and open people to new experiences. The benefits or demands different activities can have on us physically, mentally, and emotionally, have been identified under this group.

Light and Lively Categories

This table contains activities, variations, and groups of activities.

If you cannot find a particular name, please refer to the Index. The Index can connect you to the related activity which is included in this table. The Index and individual activities also include alternate names, some variations, and songs under SING ALONG that are not included here.

Description of Categories

Building Blocks

- Getting to know each other: learning each other's names and something about each other.
- Affirmation: recognising the goodness in self, choosing and using positive names, building self esteem, building appreciation of self and others.
- Communication: listening attentively, sharing, building awareness of body language and other non-verbal cues.
- Community building: raising awareness of others in the group, connecting with others, and forming group cohesion.
- Cooperation: coordinating simple actions for a group outcome; strengthening community.
- Cooperation - problem-solving: planning, cooperating and adapting action for a group outcome; experiencing how it feels to work together; strengthening community.
- Conflict transformation: building awareness of verbal and non-verbal cues in conflict, mirroring another's actions then expressing an alternative, exploring options.
- Trust building: relying on another, expressing needs, recognising and meeting each other's needs.

Body and Mind

- Physical and emotional release: freeing energy through movement and sound, relaxing.
- Calming and reconnecting: returning to the present moment and awareness of the group through gentle movement, sound and cooperation.
- Emotional balance: exploring free expression and self-control; emotional modulation.
- Creative: using movement and sound for self expression; using imagination.
- Quick responses: using quick actions or verbal responses requiring focus on the task.
- Energy: level of physical energy used in the activity: High (H), Medium (M) or Low (L).

Activity # good activity for a Basic workshop	Time in Minutes	Building Blocks							Body & Mind					
		Get to Know Each Other	Affirmation	Communication	Community Building	Cooperation	Cooperation – Problem-Solving	Conflict Transformation	Trust Building	Physical and Emotional Release	Calming, Reconnecting	Emotional Balance	Creative	Quick Responses
Animal Parade	5-10				x							x		MH
- Dance Parade	5-10				x							x		MH
Back Massage	5							x	x	x				M
Back to Back #	3				x				x				x	H
- Jump Positions #	5-7				x				x			x	x	H
Balance	5-10					x		x						M
- Tug of Peace	5-10					x		x						M
- Stand Up	5-10					x		x						M
Ball Bounce Gift #	3-5		x		x					x				M
Ball Pass	5-20						x		x					H
- Tyre Ball	5-20						x		x					H
Ball Pass — Names	5-7	x			x					x				M
Balloon Triangle	7-10						x		x					H
Beach Ball	3-5				x				x					H
Bean Bags	5-10				x									M
Big Mouth	5-7			x										L
Big Sigh #	3								x	x				M
- Big Shout	3								x					M
- Chopping Wood	3								x					H
- Lion Roar	3								x					M
- Picking Grapes #	3								x					M
- Washing Machine Stretch	3								x					M
Big Wind Blows:														
- BWB - Getting to know ... #	12-15	x			x				x					MH
- BWB - Quick #	12-15				x				x				x	H
- Hurricane #	1								x				x	M
Blanket	10-15	x			x									L
Bump Tag #	10-20				x				x					H
Categories	7-10				x									M
Chortle Chorus	3-7								x		x			M
- Turn Up the Volume	3-7								x		x			M
Clapping Hot and Cold #	5-10						x							L
Clapping Knees #	3-5				x				x	x			x	M
- Clap in Rhythm	3-5				x				x	x			x	M
- Pass the Clap	3					x							x	L
- Pass the Rhythm	3-5					x							x	LM
- Rhythm Call	3-5					x							x	M
- Rhythm Clap	3-5				x								x	L
Clapping Names	3-7	x			x									M
- Chitty Chitty Bang Bang	3-7	x			x									M
Count 1 to 10 #	3-5			x			x						x	L
Crab Soccer	7-15						x		x					H
Crocodiles and Frogs (coop) #	10-20				x		x					x		M
Dancing Dan	5-10				x				x			x		H

Activity # good activity for a Basic workshop	Time in Minutes	Building Blocks							Body & Mind						
		Get to Know Each Other	Affirmation	Communication	Community Building	Cooperation	Cooperation – Problem-Solving	Conflict Transformation	Trust Building	Physical and Emotional Release	Calm, Reconnecting	Emotional Balance	Creative	Quick Responses	Energy: High, Med, Low
Dollar Fifty	5						x								L
Dragons	5-10				x					x					MH
Electric Fence	5-10						x								M
Elephants and Palm Trees #	5-15				x	x								x	M
- Cows and Jello	5-15				x	x								x	M
- Tossing Heads	5-15				x	x								x	M
Everyone is the Tagger	5-10									x					H
- Molasses Tag #	5-10									x					M
- Tag	5-10									x				x	H
Find that Tune	3-5			x											M
- Find that Animal	3-5			x											M
Fire on the Mountain	7-12				x					x					M
Four Up #	3-7			x			x								L
Fruit Basket #	7-10				x					x				x	H
- Fowl Play	7-10				x					x				x	H
- Pizza Pizza	7-10				x					x				x	H
- Vegetable Cart #	7-10				x					x				x	H
Gibberish:															
- Gibberish Argument	15-25			x				x							L
- Gibberish Conversation	5-7			x											L
- Gibberish Story	7-10			x	x										L
- Numbers Argument	15-25			x				x							L
Grab the Bottle	5-10			x		x								x	L
Ha! Ha! Ha! Ho! Ho! Ho!	3									x					L
Heads Up, Heads Down	3-5			x											L
Hello Train!	5-7	x			x										M
Here I Sit #	10-15				x					x				x	M
Hokey Pokey #	3				x	x				x	x				M
Hot Potato	5-10				x					x				x	H
Houses and Tenants #	15-20						x			x				x	MH
Howdy, Howdy, Howdy #	10-12				x							x			H
- Duck, Duck, Duck, Chicken #	10-12				x							x			H
Huckle Buckle Beanstalk	3-10			x											L
Hula Hoops	5-10				x		x								LM
I Am... I Like... #	7-10	x	x		x								x		M
I Just Can't Smile	7-10				x							x	x		M
I'm Going on a Picnic	5-10				x	x							x	x	L
- I'm Going on a Safari	5-10				x	x							x	x	L
- Slow Boat to China	5-10				x									x	L
Irish Cups	10-20				x	x								x	M
Jack and Jill	5						x							x	M
Jack-in-the-Box	10				x						x				M
Jailbreak	10-15				x					x				x	H
Jukebox	5-10				x								x		L

Activity # good activity for a Basic workshop	Time in Minutes	Building Blocks							Body & Mind					
		Get to Know Each Other	Affirmation	Communication	Community Building	Cooperation	Cooperation – Problem-Solving	Conflict Transformation	Trust Building	Physical and Emotional Release	Calming, Reconnecting	Emotional Balance	Creative	Quick Responses
Keys, Sticks and Bundles:														
- Grandma's Keys	5-10						x			x				M
- Red Feather's Bundle	5-10						x			x				H
- Woodcutter	5-10						x							LM
Limbo Rods	7-15			x			x							LM
- Turning the Sheet	7-15			x			x							LM
Line Up – Silent #	10-15			x			x							L
Machine #	5-7					x						x		M
Make, Create and Pass:														
- I Got d' Ball	5-10									x		x	x	M
- It's a What? # (Syd Concise)	5-12											x		LM
- Magic Bag	5-12											x		LM
- Make It and Pass It #	5-12											x		LM
- Pass the Ball #	5-12											x		LM
- Pass the Face	5-12											x		LM
- Pass the Laugh	5-12											x		LM
- Pass the Trouble	5-12											x		LM
- Wha'cha Doin'? #	5-12											x		LM
Making Chains	3-10				x								x	M
Mirror Pairs	5			x						x		x		M
- Hypnotism	5			x						x		x		M
Molasses Movement #	-									x		x		M
Mrs. Mumbly	10-15				x					x		x		LM
Musical Chairs (cooperative)	5-10				x		x			x		x		M
Nigerian Applause	3-4		x		x									L
Noah's Ark	5-7			x						x				M
Nodding	5-10			x						x			x	H
- Money and Banks	5-10			x	x					x			x	M
- My Party	5-10			x	x					x			x	M
- Winkers	5-10			x										M
- Wink'um	5-10			x						x			x	H
Owl and Mouse	10-15			x	x									M
Paper Plates and Lava	10-20						x							M
- Hot Cocoa and Marshmallows	10-20						x							M
Pattern Ball #	10-15					X				x			x	M
Pickle in the Sandwich	7-10				x							x		H
Ping Pong	3												x	L
- Buzz	3												x	L
Pretzel	7-10				x		x							M
Pruee	5-10			x										L
Radio Station	5-7				x								x	L
Red-handed	10			x		X							x	L
Scream	3-5									x		x		L

Activity # good activity for a Basic workshop	Time in Minutes	Building Blocks							Body & Mind					
		Get to Know Each Other	Affirmation	Communication	Community Building	Cooperation	Cooperation – Problem-Solving	Conflict Transformation	Trust Building	Physical and Emotional Release	Calm, Reconnecting	Emotional Balance	Creative	Quick Responses
Serial Stories:														
- Serial Story - Spoken	3-10				x							x		L
- Serial Stories - Written	5-15				x							x		L
Shake, Rattle and Roll	3								x				x	M
Simon Says	7-10			x					x				x	M
Sing Along	3-5				x				x	x				L
Singing Tag	5								x				x	H
Song Circle	10-20				x				x	x		x		L
Song Moves:														
- Bonnie #	3-5				x				x				x	H
- Dum Dum Da Da	15-20				x	x			x				x	M
- Father Abraham	3-5				x				x				x	L
- Fruit Salad #	3-5				x	x			x				x	M
- Head, Shoulders, Knees and Toes #	3-5				x				x				x	H
- Little Peter Rabbit	3-5				x								x	L
- One Finger, One Thumb	3-5				x				x				x	M
- Purple Stew	3-5				x					x				L
- Tony Chestnut Knows	3-5				x				x				x	H
- Up the Hill	3-5				x				x				x	M
Space Jump:														
- Space Jump - Actions	15-20							x				x		M
- Space Jump - Story	15-20							x				x		M
Speedy Ideas	3-5				x							x		L
Stand on a Line	10-15	x			x									L
Stop the Music (cooperative) #	5-10					x						x	x	M
- Sing Fling	5-10											x	x	M
Stretch #	10-15				x				x	x		x		M
Ten Positions	3-5								x				x	M
Territory #	3-5						x	x						L
- Arm Wrestle	3-5						x	x						L
- Fist and Palm	3-5						x	x						L
This is Pepe!	5-10								x				x	M
Thumping #	3-7					x			x	x			x	M
- Rabbit Warning	3-7					x			x	x			x	M
Tick a Tock	3-5			x									x	L
- A What?	3-5			x									x	L
- Handshake and Hug	3-5				x				x				x	M
- High Five and Elbow Bump	3-5				x				x				x	M
Touch:														
- Greeting Run	3				x				x					H
- Touch Blue – People	5-7				x				x					M
- Touch Blue – Room	3									x				M

Activity # good activity for a Basic workshop	Time in Minutes	Building Blocks							Body & Mind						
		Get to Know Each Other	Affirmation	Communication	Community Building	Cooperation	Cooperation – Problem-Solving	Conflict Transformation	Trust Building	Physical and Emotional Release	Calm, Reconnecting	Emotional Balance	Creative	Quick Responses	Energy: High, Med, Low
- Touch the Sky	3									x					M
- Touch the Walls	3									x					H
- Touch the Walls Greeting Run	3				x					x			x		H
Un Plus Un	2-3									x			x		M
Wake Up the Jungle	3-5										x		x		L
Wanna Buy a Duck?	3-7				x	x							x		L
- It's a What? (HIPP)	3-7				x	x							x		L
Web Weaving	10-15	x			x						x				M
What If?	10-20							x					x		L
Who are your Neighbours?	5-10				x					x			x		M
Who's the Leader? #	5-10			x						x					M
Wizards, Giants and Elves	5-10						x			x			x		H
Wompom Statues	5-10				x							x			M
Wright Family	5			x						x			x		L
Yes and No	5-10			x			x								L
Yes, Lets!	5-10				x					x			x		M
You Are Amazing! #	5-10		x		x								x		L
Zip Zap Boing #	3-7			x						x				x	L

Light and Lively Activities

ANIMAL PARADE or ANIMAL CATCH

Variation: DANCE PARADE

- Type:** Creative community building energisers, for later in the workshop. Walking, running, tapping on shoulders, being bumped. DANCE PARADE: Also dancing.
- Purpose:** To have fun, lift the energy, and strengthen cooperation and community. A chance to free up imagination and be creative.
- Time:** 5-10 minutes, while the group is lively.
- What you need:** Everyone sitting in a circle with space between the chairs and clear space around the outside. DANCE PARADE: A device to play music or a volunteer who sings or plays a musical instrument.

How it is done:

1. The facilitator explains “**We are going to create a noisy Parade. We will show you how this is done.**” Ask a co-facilitator to help you. Then say “**Would two more people also like to help show how this is done?**” Two people volunteer.
2. Your co-facilitator stands up and removes their chair from the circle. They show how to do it, as you explain “**The first person walks around the outside of the circle, making the noise of an animal and imitating its movements. When that person taps you on the shoulder** (the co-facilitator taps one of the volunteers), **get up and follow and be the same type of animal. You can copy the Parade Leader if you like or be creative.**” The volunteer follows and copies or is creative. The co-facilitator selects the other volunteer, who stands up and follows as well.
3. Pause the movement and explain “**Imagine many people are now in the parade. The Parade Leader calls ‘Go!’ and everyone in the Parade races for an empty chair. The last person standing becomes the new Parade Leader, and chooses the next animal to imitate. Parade Leaders can be as wild and imaginative as you want - this doesn’t have to be realistic, just noisy!**” The co-facilitator says “**Go!**” and quickly gets into an empty chair. One of the volunteers can also get into an empty chair.
4. Ask the volunteer who is still standing “**Would you like to lead the parade?**” Or ask for another volunteer to lead. The new Parade Leader imitates another animal, randomly selects people, then calls “**Go!**” and quickly sits down.
5. Continue with more rounds, while the group is lively and enthusiastic.

Tips for facilitators:

- Whenever facilitators lead the Parade, they select anyone who has not yet been included.
- Allow a swap if someone does not want to lead the Parade.
- When selecting people to join the Parade, tap on the shoulder or use another method appropriate to the group and local culture.

Variations:

- The Parade Leader sits down (instead of saying “Go!”), and the rest of the parade continues around the circle with each person at the front finding a seat, until everyone has found a seat ... except the last person, who leads the next Parade.
 - **DANCE PARADE:** Explain “**We are going to create a Dance Parade.**” With some music playing, begin by creating a dance (any kind of dance) and then start to dance around the outside of the circle. As you dance around the circle, randomly tap the shoulder of some people. These people get up and follow you, joining the parade and doing the same dance. After a while, call “**Go!**” Everyone runs to find an empty seat. Whoever is left standing is the new Dance Leader who starts a new dance and selects more people.
-

BACK MASSAGE or BACK RUB

Type: Caring connection, for later in the workshop. Giving and receiving a shoulder or back massage.

Purpose: To strengthen awareness of different needs, build trust and connect.

Time: 5 minutes, to massage facing one way and then the other.

What you need: Everyone standing in a circle.

How it is done:

1. The facilitator explains “**We are going to give a shoulder or back massage to the people on either side of us. Let’s stand up.**” Everyone moves to a clear space or moves chairs to one side.
2. Say “**Form a close circle ... Everyone turn to the left. Check with the person in front of you: if it is OK to massage their shoulders or back, and if you need to be gentle.**” Each person massages the shoulders of the person in front. After 1 minute say “**Thank your masseur.**”
3. Say “**Now everyone turn around and face the other way (to the right). Check with the person in front of you: if it is OK to massage their shoulders or back, and if you need to be gentle.**” After 1 minute say “**Thank your masseur.**”

Tips for facilitators:

- Only use this activity later in a workshop when the group is comfortable with each other, safety has been built, and people will be comfortable asking for what they need.
- Be sensitive to the local culture. This can be done with two halves to the circle: with women in one half, men in the other half, and facilitators between.

Variations:

- For self-care activities, see BIG SIGH and STRETCH.
-

BACK TO BACK or FACE TO FACE

Variation: JUMP POSITIONS

Type: Community building energisers. Changing partners. Stepping or jumping to quickly change position. BACK TO BACK: Early or midway in the workshop. JUMP POSITIONS: Creative energiser, for later in the workshop.

Purpose: To have fun, lift the energy, build awareness of others and personal space, and community. JUMP POSITIONS: To release energy and strengthen community. A chance to free up imagination and be creative.

Time: BACK TO BACK: 3 minutes, for five rounds.
JUMP POSITIONS: 5-7 minutes, while the group is lively.

What you need: Everyone standing in pairs.

How it is done:

1. The facilitator explains “**We are going to keep changing partners and take up a different position each time. Let’s stand up.**” Everyone moves to a clear space or moves chairs to one side.
2. Ask two co-facilitators to show how it is done as you explain “**The positions are ‘Face to Face’ or ‘Back to Back’. Each time we change partners, the person without a partner becomes the new Caller.**” If the group, including you, is an odd number, continue. If an even number, ask a co-facilitator to sit out the activity.
3. Call out “**Find a partner ... Back to Back!**” Be quick to find a partner yourself, so someone else becomes the Caller.
4. Ask the new Caller to say “**Face to Face!**” Make sure everyone changes partners.
5. Continue for a few rounds. Each new Caller chooses the next position.

Tips for facilitators:

- A useful activity to raise the energy, mix the group up, and randomly select partners for the start of the next activity.

Variations:

- This activity can start with “**Face to Face**”.
 - **JUMP POSITIONS:** Start with a few rounds of “**Back to Back**” and “**Face to Face**”. Then be slow on the next change so you do not have a partner, and you become the next Caller. Explain “**We will now change the way we connect.**” With a volunteer or a co-facilitator, show a position (eg “**Elbow to Ear**”) done not quite touching. Then call out a different position eg “**Change partners. Elbow to Knee.**” Callers choose different creative positions, eg “**Hand to Hand**”, “**Hand to Knee**”, “**Shoulder to Shoulder**”, “**Foot to Knee**”, “**Side by Side**”. Continue while the group is lively. Before finishing, ask if there is anyone who has not had a turn yet, who would like to.
Tip: Allow people to take up positions in a way that is comfortable for them.
-

BALANCE

Variations: 1. STAND UP 2. TUG OF PEACE

Type: Cooperation and trust building energisers, for later in the workshop. Standing balance, holding hands with partner. *Variations:* (1) Sitting balance, linking arms. (2) Sitting balance, holding a rope with the group.

Purpose: To have fun, build awareness of others, experience interdependence, and build safety, cooperation and trust.

Time: 5-10 minutes, for one or several balance positions.

What you need: Everyone standing in a circle, in a large clear space.

How it is done:

1. The facilitator explains “**This is a balancing activity, in pairs. Only do what you can, comfortably. Let’s stand up.**” Move to a clear space or move chairs to one side.
2. Say “**Let’s see how it is done.**” Ask two co-facilitators or volunteers to do this. Explain “**Face each other and hold hands ... or for a stronger hold, do a double clasp and hold onto each other’s wrists ... stand with the toes of your feet and partner’s feet close together. Make eye contact to be sure your partner is ready, and both lean back until both your arms are straight. Keep your balance and support each other. If you like, slowly go lower, bending knees gently. If you like, slowly go all the way down and sit on the floor. Now, rise up again slowly.**”
3. Say “**Choose a partner. You do not need to be the same size. Only go as far as you feel comfortable.**” Check that everyone can participate. Co-facilitators help make pairs where needed. Some pairs will do this two or more times.
4. Optional: Continue with other balance variations below.

Tips for facilitators:

- This works with pairs of very different sizes. It even works for heavy people with back trouble and fear of falling. Great for kids and people who are agile. People with knee problems and some older people may want to go only a little way.

Variations:

- **STAND UP:** Ask participants to choose a partner they are comfortable with. Each pair sits on the floor, back to back. Ask the pairs to link arms. Their knees are bent with their feet flat on the floor. Leaning firmly against each other, each pair just stands up. For more challenge, next try it in groups of three or four. With larger groups, start sitting in a very tight circle facing outwards with shoulders and hips touching, link arms and rise. Medium to high agility. High contact with partners and neighbours.
 - **TUG OF PEACE:** You need a strong rope, tied securely into a circle. Start by sitting in one big circle facing inwards. Say “**Hold the rope tight, and lean back so there is no slack. Now, all together, slowly stand up while holding on to the rope with two hands.**”
-

BALL BOUNCE GIFT

Type: Affirmation and community building energisers, for midway or later in the workshop. Bouncing a ball.

Purpose: To have fun, experience giving and receiving affirmation, lift the energy, connect, and build community.

Time: 3-5 minutes, until everyone has given a gift.

What you need: A large bouncy ball or a Koosh ball. Everyone standing in a circle.

How it is done:

1. The facilitator explains “**We are going to bounce a ball and give gifts to the group. Let’s stand up and move our chairs back a bit.**”
2. Explain “**The person with the ball says ‘A gift I give to you all is ...’ and names a gift, then bounces the ball across the circle to another person.**” Begin, name a gift, and bounce the ball.
3. Continue until everyone, who wants to, has given a gift.

Tips for facilitators:

- A good way to connect or reconnect the group.
- An alternative to a closing “Whoosh” at the end of a session.
- Gifts could be a bright sunny day, the love of friends, beach sand between the toes, deep sharing, peace, family connection, lunch, etc.
- Facilitators bounce the ball to people who are less well known in the group.

Variations:

- **Appreciate the group:** Say “**Something I like about this group is ...**” and say something meaningful (eg we laugh, play, listen to each other, share deeply) then bounce the ball to another person. Continue until everyone has a turn. Do this activity after a few workshop sessions, as people are getting to know the group.
- **Gift or appreciate one individual:** For someone who must leave the workshop early, send them on their way with gifts or appreciation. Each person speaks once, when they are ready. (Do not use a ball.)
- **Appreciate one or a few individuals:** See NIGERIAN APPLAUSE to show appreciation with a clapping cadence received warmly in the heart.

BALL PASS

Variation: TYRE BALL

Type: Cooperative problem-solving energiser, for later in the workshop. Passing a ball usually held between the feet. BALL PASS: Sitting close together on the floor. TYRE BALL: Lying on the floor.

Purpose: To have fun, use up energy, experience a challenge, and strengthen cooperation and community.

Time: 5-20 minutes, for the balls to go two full circles or until people get tired.

What you need: Several balls eg basket balls, soccer balls or blow-up beach balls.
Everyone sitting in a circle on the floor.

How it is done:

1. The facilitator explains “**We are going to sit on the floor in a circle, and move a ball around the circle without using our hands.**”
2. Say “**Let’s stand up.**” Everyone moves to a clear space or moves chairs to one side. Say “**Everyone sits on the floor in a tight circle, with feet toward the centre.**” Check everyone can participate. The facilitator and any less agile people put balls into play.
3. Place a ball on one player's lap. Say “**Move the ball around the circle as fast as possible without using your hands.**”
4. Add two more balls in different parts of the circle.
5. After the balls have gone full circle, say “**Now, reverse the direction of the balls.**”

Tips for facilitators:

- If it doesn't work the first time, try again.
- For later in a workshop in groups comfortable with physical closeness and where community has been built strongly.
- Avoid in groups where anyone is wearing a skirt or dress, as most people will hold the ball between the feet and lift legs.
- In groups of young people, it may be appropriate for adult facilitators not to participate.
- Be sensitive to the local culture. This can be done with two halves to the circle: with women in one half, men in the other half, and facilitators between.
- In some cultures pointing the soles of your feet at someone is not polite eg India.

Variations:

- Vary the size and number of balls.
- **TYRE BALL:** People lie close together on their backs. Heads are resting on a tyre or inner tube, legs are out straight like spokes of a wheel, hands are down at their sides. Soft balls (eg soccer or basket balls) are passed around the circle of bodies without using arms or hands.

BALL PASS — NAMES

Type: If quick, a community building energiser, for midway in the workshop.
If slower, an affirmation energiser, for early in the workshop. Throwing and catching a ball.

Purpose: To have fun, connect with the group, acknowledge each other using Affirmation Names, and build cooperation and community.

Time: 5-7 minutes, until everyone has received the ball two or three times.

What you need: A small soft ball. Everyone standing in a circle.

How it is done:

1. The facilitator explains **“We are going to throw a ball across the circle and use our Affirmation Names. Let’s stand up and move our chairs back a bit.”**
2. Explain **“Say the Affirmation Name of a person, then throw the ball to them. When you catch the ball, say the Affirmation Name of the person who threw it to you. Then call the Affirmation Name of the person you are going to throw the ball to. Help each other with your names.”** Check everyone can participate.
3. Begin. Look at a person across from you, say their name, and throw the ball gently. That person acknowledges you, saying your name, then turns to another person across the circle and calls their name before throwing the ball gently.
4. Once everyone has been named, repeat with everyone throwing to different people.

Tips for facilitators:

- Pass the ball by hand for anyone who has difficulty catching or throwing.
 - A gentle activity early in the workshop to help learn Affirmation Names.
 - Later in the workshop, could be a quick connecting energiser.
 - Facilitators call the name of people who are less well known in the group.
 - Adapt to the group and culture. Be sensitive to any cultural constraints on eye contact.
-

BALLOON TRIANGLE or BALLOON BOUNCE

Type: Cooperative energiser with problem-solving, for later in the workshop. Walking, running, jumping, batting balloons, bumping into people.

Purpose: To have fun, release energy, and strengthen cooperation and community.

Time: 7-10 minutes, while the group is lively.

What you need: A large open space. 12 balloons of three different colours eg 4 red, 4 blue and 4 yellow. Three teams, each with a set of 4 balloons of the same colour. A large triangle, with 3-10 metre sides, marked on the floor or ground outside with masking tape or chalk. Begin with everyone in a circle.

How it is done:

1. The facilitator explains **“There is a triangle marked on the floor. Teams are going to move balloons across the triangle.”**
2. Count around the circle **“1, 2, 3, 1, 2, 3, 1, 2, 3 ...”** and say **“All the 1’s form a team in that corner of the triangle (point to a corner) with the red balloons. All the 2’s are in that corner (point to a different corner) with the blue balloons. All the 3’s are in that corner (point to the last corner) with the yellow balloons.”**
3. Explain **“Each team, move your four balloons to the opposite side of the triangle. Bat your balloons up into the air, keeping them in the air at all times. If a balloon hits the ground, one person takes it back to the starting corner to begin again. Only touch balloons from your team.”** Begin.

Tips for facilitators:

- Anyone who cannot participate could help spot dropped balloons.
- If debriefing with children, have them pop the balloons before the debrief. Much quieter.

Variations:

- No hands: people use breathe, elbows, knees, shoulders etc to keep the balloons up.
 - For a longer activity, once all of a team's balloons have reached the opposite side, the team keeps their balloons in the air and all return to the original corner.
-

BEACH BALL

Type: Community building energiser, for midway or later in the workshop.
Walking, running, jumping, batting a ball, bumping into people.

Purpose: To have fun, release energy, and build cooperation and community.

Time: 3-5 minutes, while the group is lively.

What you need: A large open space and a large lightweight beach ball.

How it is done:

1. The facilitator explains “**We are going to bat a beach ball into the air across the circle. Let’s stand up.**” Everyone moves to a clear space or moves chairs to one side.
2. Add “**Let’s see if we can bat the beach ball up 30 times, before it hits the floor.**”
3. Begin by tossing the beach ball gently in the air and using two joined hands to bat the beach ball up and across the circle.
4. Count how often the ball goes up in the air before touching the floor. Cheer when the goal is reached.
5. If the group is lively, continue with a more challenging goal.

Tips for facilitators:

- People use hands, elbows, heads, etc to keep the beach ball in the air.
 - Setting a goal of 30 or 60 bats can strengthen group cooperation.
 - It helps if some people are further out and others closer in.
 - Useful activity to fill in time while waiting for a person to return to the group.
-

BEAN BAGS

Type: Community building energiser, for midway or later in the workshop.
Walking with a bean bag on the head. Optional: skipping, jumping, hopping, running.

Purpose: To have fun, lift the energy, and build cooperation and community.

Time: 5-10 minutes, while the group is lively.

What you need: An open space. Bean bags or other items that will balance on heads.

How it is done:

1. The facilitator explains “**We are going to walk around, balancing a bean bag on our head. Let’s stand up.**” Everyone moves to a clear space or moves chairs to one side.
2. Explain “**If our bean bag falls off, we FREEZE until someone comes along, picks up our bean bag and puts it on our head again.**” Begin.
3. If the group is lively, say “**Now let’s skip.**” Later, the group can jump, hop, run, etc.

Tips for facilitators:

- If someone tries to help and pick up a fallen bean bag, but loses their own, that person FREEZES too.
-

BIG MOUTH or ONE BREATH

Type: Communication energiser, for midway in a workshop. Concentrating on talking, using one breath.

Purpose: To have fun, experience trying to focus and say something when there is confusion, and build community.

Time: 5-7 minutes, for three rounds.

What you need: Groups of 3, standing in a clear space.

How it is done:

1. The facilitator explains “**In groups of three or so, we are going to see who can talk for the longest using just one breath.**”
2. Count off “**1, 2, 3, 4, 5... 1, 2, 3, 4, 5... etc**” around the circle to form groups of 3 and if necessary some groups of 4 people. Say “**People with the same number form a group. Let’s stand up.**” Everyone moves to a clear space or moves chairs to one side.
3. Ask a semi-serious question (see Tips below). Say “**Breathe in ... out... Now take a slow deep breath in and answer the question, speaking clearly.**” Everyone answers the question at the same time for as long as possible using just one breath. Applaud!
4. Ask everyone to form a new group. Pose a new question.
5. Repeat with new groups and a third question.

Tips for facilitators:

- Use semi-serious questions like “What is the best way to raise children?”, “How do mobile phones affect how we interact with each other?”, “What are the benefits of travel to other planets?”, “What is the value of sport and physical activity?”, “What is the best way to be friends with an intelligent robot?”, “What are the advantages of having feet?”, “What are the benefits of making time to play with our family?”

- People can come up with important-sounding answers, in an atmosphere in which content is not important and fun is the object.
- Some people will prefer to observe their group before participating.
- Optional: debrief.

Variations:

- **Volunteers:** Everyone stands in a circle. Ask for three volunteers to be in the centre. Ask a semi-serious question. Repeat with new volunteers and a new question. Continue until everyone who wants to volunteer has a turn in the centre.

BIG SIGH

**Variations: 1. BIG SHOUT 2. CHOPPING WOOD 3. LION ROAR
4. PICKING GRAPES 5. WASHING MACHINE STRETCH**

Type: Release energisers. Bending low, stretching high.

Purpose: To quickly release emotional and physical tension, and shift the energy of the group. Use after a long period of sitting still or quiet inner reflection, or after sharing difficult emotions.

Time: 3 minutes, for three rounds.

What you need: Everyone standing in a circle, with space between each person.

How it is done:

1. The facilitator explains "**We are going to bend low and sigh, then stretch high. Let's stand up and move our chairs back a bit.**"
2. Say "**Everyone copy me. Bend down toward the Earth and sigh.**" Give a Big Sigh as you bend down and, if you can, place your hands on the floor. Breathe in gently as you rise to standing, and say "**Come up now ... and stretch high up to the Sky!**"
3. Do this three times.

Tips for facilitators:

- Be part of the circle, so everyone can see you and copy your actions, and you can see what each person is doing and lead at the pace of the group.
- BIG SIGH is both calming and energising.
- After sitting still for a long time, good loosening up energisers are PICKING GRAPES and WASHING MACHINE STRETCH. Also see SONG MOVES: BONNIE, FRUIT SALAD and UP THE HILL.
- A good sequence to release tension after sharing difficult emotions is: BIG SIGH three times, then either BIG SHOUT or CHOPPING WOOD three times, and finally BIG SIGH once again, holding the bend to the Earth for a few slow breaths, before rising high to the Sky. Also see HOKEY POKEY.

Variations:

- **BIG SHOUT:** Explain "**We are going to rise up into a Big Shout. Everyone copy me.**" Sigh dramatically as you drop down toward the floor (touching or crouching on the floor). As you rise up, begin the Big Shout. Do this three times.

- **CHOPPING WOOD:** Explain “**We are going to Chop Wood. Everyone copy me.**” Start in a standing-squat position with knees well apart, clasp hands in front, raise arms slowly above the head and then with a vigorous sweep of the arms down between the knees (not to the floor), let out a loud cry “**ARGH!**” Do this three times.
 - **LION ROAR:** Explain “**We are going to Roar like a Lion. Everyone copy me.**” Start in a standing-squat position with knees apart, and hands on knees. Make a fierce face by looking directly forward, then raise eyes to the ceiling, then tongue goes out and down, and give a big **ROAR**. Do this three times.
 - **PICKING GRAPES:** Explain “**We are going to Pick Grapes. Everyone copy me.**” Reach high to pick the grapes. Oops! Dropped some (reach to the floor). Reach high to pick more, stretch to sides, more on the ground! (reach to the floor again) etc. At the end, “**Now it is time to make grape juice.**” Stomp vigorously.
 - **WASHING MACHINE STRETCH:** Say “**We are going to move like a washing machine then do hand washing. Everyone copy me.**” In silence, with big actions: twist at the waist vigorously, feed clothes through a roller, hang clothes on a line ... Drop some! ... Pick up clothes, dip clothes in water, rub clothes on a washboard, wring clothes by hand, hang clothes on a line, etc. Everyone moves, twists, stretches, bends and reaches. Great after sitting still or doing private reflective work for a long time.
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BIG WIND BLOWS

Variation: HURRICANE

- Type:** Community building energiser, for early in the workshop. Walking or running to change chairs. **HURRICANE:** Quick physical release.
- Purpose:** To have fun, release energy, and build community. If done more slowly, to get to know each other, sharing about self and finding others like us.
- Time:** 12-15 minutes, until everyone has had a turn in the centre of the circle.
- What you need:** Everyone sitting in a circle.
- How it is done:** See below.

BIG WIND BLOWS - QUICK

1. The facilitator explains “**There are just enough seats in the circle for everyone but you. You are a big wind, and whoever you blow on, moves. Instead of blowing, you call out, ‘The Big Wind Blows on everyone who, like me, ...’ and then you add your own description.**” Give an example, “... everyone who, like me, is wearing socks” or “everyone who, like me, has two ears.”
2. Continue “**Everyone who fits the description gets up and changes seats. In the general commotion, you try to get a seat also. Whoever is left standing, gets to be the Big Wind the next time. If the Big Wind calls ‘Hurricane’ then everyone changes seats.**”
3. Remove your chair and stand in the middle of the circle. Begin.
4. Continue while people are lively.

BIG WIND BLOWS - GETTING TO KNOW EACH OTHER

1. The facilitator explains "**We are going to share about ourselves and change seats. Let's see how this is done.**"
2. Remove your chair and stand in the middle of the circle. Explain "**The person in the middle says 'The Big Wind Blows for all of us who ...' and then says something that is true for them.**" Alternatively say "The Big Wind Blows on/for everyone who .."
3. Start and say one thing that is true for you, eg "The Big Wind Blows for everyone who ... did not have breakfast this morning, has a sister, likes chocolate, has two ears, enjoys riding a bike, likes reading books, speaks more than one language, reads comics."
4. Explain "**If it is true for you too, stand up and move to another chair across the circle from you. Don't sit in an empty chair next to you. Let's do this slowly.**" The facilitator moves more quickly to be sure to get into an empty chair across the circle.
5. One person is left in the middle of the circle. Remind them what to say. Continue.
6. After a few people have been in the centre, be slow on the next move so you are in the centre again. Call "**Hurricane!**" and explain "**Everyone moves!**" Continue.
7. After everyone has taken a turn in the centre, finish the activity by drawing in the extra chair so everyone is now seated. Surprise!

Tips for Facilitators:

- Before the activity, facilitators think of some simple ideas of what to share, so people get to know each other. A person having a blank moment is often glad to refer to clothes or jewellery, a favourite colour or to say "Hurricane!"
- With children and multi-language groups, first do one of the simpler, faster activities with the same moves: FRUIT BASKET, FOWL PLAY, PIZZA PIZZA or VEGETABLE CART. People can learn the moves, before having to think about themselves and others.
- Raise the energy more by asking people to find a chair across the circle. To include mobility challenged people, suggest that they sit in the closest empty chair, even if it is next to them.

Variations:

- Call "**Cyclone**" or "**Typhoon**" instead of "Hurricane".
- Skip, hop or use slow exaggerated MOLASSES MOVEMENT to move across the circle.
- Everyone who moves, turns fully around before getting to the new chair.
- When "**Hurricane!**" is called, everyone gets up to find a new seat, but before taking a seat, each person shakes someone's hand and says "**Howdy, howdy, howdy.**"
- **Cooperative:** After experiencing the regular BIG WIND BLOWS, remove a second chair. Now, two people are in the middle, and both agree on the characteristic they are going to call out to get participants to move. Remove another chair and then three people are in the middle, etc.
- **HURRICANE:** At any time during the workshop (after the group has done Big Wind Blows), to quickly change the energy, one of the facilitators calls out "**Hurricane**" or

“**Cyclone**” or “**Typhoon**”. Everyone quickly moves to another seat. The workshop continues.

- For other activities where people get to know each other, see STAND ON A LINE.
-

BLANKET

Type: Community building energiser, for midway or later in the workshop. Quickly naming people.

Purpose: To have fun, practise using Affirmation Names, and strengthen community.

Time: 10-15 minutes, for one or two rounds.

What you need: 16 or more people able to sit on the floor, in two groups. Two cushions in a clear space. A large blanket or a big dark sheet. (Or tape together 12 big pages of newspaper, doubled in thickness, so it cannot be seen through.) Alternatively, two people sitting in chairs, the teams standing close behind, and a very big blanket.

How it is done:

1. The facilitator explains "**We are going to try and remember each other's Affirmation Names. We will be in two groups on either side of a blanket.**"
2. Place two cushions facing each other in the middle of the room. Have two people hold a blanket low between the two cushions.
3. Form two groups, by counting “**1, 2, 1, 2, 1, 2 ...** etc” and ask the 1's to form a group and the 2's to form the other group. The groups sit on the floor on either side of the blanket. The people holding the blanket, quietly practice raising the blanket high and dropping it.
4. Explain “**When the blanket drops, the two people on the cushions try to quickly call out the opposite person's Affirmation Name. The slowest person will join the other group.**”
5. Raise the blanket high. Say “**Is there a volunteer from each group to silently move and sit on the cushion?**”
6. Begin. The blanket drops. If a person does not know a name at all, let their group help. The person who is slowest or does not know the name goes over to the other side of the blanket.
7. The blanket goes up again and two more volunteers take the cushion on each side.
8. Continue until there are only three or four people left on one side or the energy drops.

Tips for Facilitators:

- This activity is a lot of fun with big groups who are able to sit on the floor. People connect and build community.
- If the group wants to do the activity again, the people holding the blanket can change for the second round.

- People who find it difficult to sit on the floor or remember names can hold the blanket.

Variations:

- See BALL PASS - NAMES, CLAPPING NAMES, HELLO TRAIN!, HERE I SIT.
-

BUMP TAG or ELBOW TAG

Type: Community building energiser, for later in the workshop. Running, chasing, tagging, being bumped into. Standing close to neighbours, arms linked.

Purpose: To have fun, release energy, and strengthen community.

Time: 10-20 minutes, until any tension from earlier activities has been released.

What you need: 10 or more people. Everyone standing in a large clear space, with no obstacles or safety hazards at the edges.

How it is done:

1. The facilitator explains “**We are going to run and be chased.**”
2. Explain “**Groups are safe. Two people will not be in a group, and one will chase the other. The Runner and Chaser will keep changing.**” Check everyone can participate. People who do not wish to run could stand around the edge of the circle, noticing if the Chaser tagged the Runner and keeping them both safely in the area.
3. Say “**Let’s stand up and form groups of three (or two) with linked arms or standing shoulder-to-shoulder.**” Everyone moves to, or helps to make, a clear space. Arrange the groups, scattered around the room, facing at different angles.
4. With one or two co-facilitators, show how it is done as you explain “**There is a Runner and a Chaser.**” In slow motion, the Runner sets off and the Chaser goes after. Explain “**The Runner can be safe by linking onto one of the groups.**” Show this. “**This bumps off the person on the other end of the group.**” Show this. “**This person is the new Runner!**” Continue in slow motion as you explain “**If the Chaser tags the Runner, they reverse roles ... and the Runner becomes the new Chaser!**”
5. Explain where the boundaries of the activity area are. Check the edge area is safe.
6. Begin. Continue until people are laughing a lot and getting tired.

Tips for Facilitators:

- If done outside, ensure the area edges are clearly marked. Use a small to medium sized area. If too big, fast Runners cannot be caught.
- If a Runner or a Chaser is getting tired, they can call for help and a volunteer can change places with them. If a facilitator notices, they can quietly offer.
- If a Runner is very fast and cannot be caught, after a short time ask the Runner to join a group, so others can have a turn.
- If there are people with limited mobility who would like to participate, when they are a Runner ask the agile Chaser to move in exaggerated slow motion, MOLASSES MOVEMENT. When they are the Chaser, ask the Runner to move in slow motion.

- Some people will stay safely in the centre of a group and keep swapping to stay there.
 - With pairs, sometimes people are left out of the action. Having bigger groups of 4, 5 or 6 people can prevent this.
-

CATEGORIES

Type: Community building energiser, for midway in the workshop. Catching and bouncing a ball.

Purpose: To have fun, lift the energy and build community.

Time: 7-10 minutes, while the group is lively.

What you need: A large bouncy ball. Everyone standing in a circle.

How it is done:

1. The facilitator explains “**We are going to think of people or things that have something in common, that are in the same category.**”
2. Say “**Let’s stand up and move our chairs back a bit.**” Explain “**The person with the ball announces a category such as cartoons, superheroes, musical instruments etc, gives an example, and then bounces the ball across the circle. The person who catches the ball names another person or thing in that category and then bounces or passes the ball to another person. If you can’t think of something in that category, you can name a new category.**”
3. Begin. Announce a category (eg Superheroes), give an example (eg Wonder Woman), pause a moment for people to think, and then bounce the ball across the circle.
4. Continue until everyone has caught and bounced the ball.

Tips for Facilitators:

- Facilitators vary the categories. Choose categories so everyone will be able to think of something. Categories could include: cartoons, superheroes, writers, characters in books, movie stars, sports stars, dance styles, hairstyles, musical instruments, animals, birds, fish, trees, herbs, food, fruit, countries, mountains, etc.
- Facilitators bounce the ball to people less well known in the group.

Variations:

- If a person delays in thinking of something in the category, they pause and act out a type of animal and the group guesses what it is. After acting out the animal, the person starts the ball going again with a new category.
 - See RADIO STATION.
-

CHORTLE CHORUS

Variation: TURN UP THE VOLUME

Type: Energisers to explore emotional expression, for later in the workshop. Laughing loudly and quietly. Optional: crying and singing.

Purpose: To have fun, experience releasing emotions in a variety of ways (emotional modulation). Useful before exploring conflict transformation.

Time: 3-7 minutes, for three rounds.

What you need: Everyone standing in a circle or in double curved lines.

How it is done:

1. The facilitator explains “**We are going to create a chorus of laughter.**”
2. Explain “**I will use my hands to conduct the chorus. Let’s stand up.**” Everyone moves chairs back a bit. Alternatively, everyone moves into double curved lines, like a choir, facing the facilitator-conductor.
3. Explain “**When my hands are close together (do this), we laugh quietly. As my hands move further apart (move your hands), we laugh more loudly. When my arms are wide, we laugh as loudly and hard as we can.**”
4. Join in with the group as you conduct. Everyone laughs quietly as your hands move close together and gets louder as your hands move apart. Be playful and continue for 1 minute.
5. Ask for a volunteer to lead the next round. Continue for 1 minute.
6. Repeat for a third round with another volunteer for 1 minute.

Tips for Facilitators:

- Encourage the chorus. Everyone begins chuckling ... increases into laughs ... then howls of laughter ... and subsides into soft giggles and chortles.

Variations:

- **Loud-soft volume, high-low pitch, fast-slow speed:** 5-7 minutes.
 - Explain “**When my hands are close together (do this), we laugh quietly. As my hands move further apart (move your hands), we laugh more loudly. When my arms are wide, we laugh as loudly and hard as we can.**” Playfully conduct changes in volume for 1 minute.
 - If the group is still lively, say “**Let’s change the pitch.**” Move your hands and laugh in high pitch then low, as you explain “**As I raise my hands, we laugh in a higher pitch. As I lower my hands, we laugh more deeply.**” Do this with the group a few times.
 - Say “**Let’s do these together, changing the pitch and the volume.**” Playfully conduct for 1 minute.
 - If the group is still lively, add more “**We laugh slow or fast with the speed of my hands.**” Do this with the group a few times.
 - Playfully conduct changes in speed, pitch and volume for 1 minute.
- **Laughing-crying-singing:** 5-7 minutes. In groups where community is strong, three rounds can be led by different facilitators or volunteers changing the emotion in each round. Keep each round short eg 1 minute. Debrief at the end if required.

- Start with a cheerful emotion such as Laughing: giggles, chortles, chuckles, laughs, howls of laughter, and subsides into chortles again.
 - The second round could be Crying: sniffles, crying quietly, crying loudly, sobbing, howling and coming down again.
 - The third round is again cheerful and could be Singing: humming, singing quietly, happy loud singing, operatic ecstasy, and coming down to humming again.
 - **TURN UP THE VOLUME:** 7-10 minutes. The Conductor names an emotion and moves hands high, low, wide, close together, fast, slow. Everyone else uses their voice, facial expressions, big gestures and body movement to express the emotion. Each volunteer names and conducts a different emotion. Keep each round short eg 1 minute. The first and last emotions are positive eg “happy” and “peaceful”. Debrief if required.
 - See HOWDY, HOWDY, HOWDY (running), MRS. MUMBLY (laughing), SCREAM.
-

CLAPPING HOT AND COLD or HOT AND COLD or LISTEN TO THE UNIVERSE

Type: Cooperative problem-solving energiser, for later in the workshop. Walking slowly, clapping.

Purpose: To experience relying on and assisting others, using non-verbal communication, and to build cooperation.

Time: 5-10 minutes, for three or more rounds.

What you need: Everyone sitting in a circle.

How it is done:

1. The facilitator explains “**We are going to find a spot by listening to everyone clap their hands or slap their thighs.**”
2. Ask “**Are there one or two volunteers? You leave the room for a minute, while the group chooses a spot in the room.**” The volunteer(s) leave.
3. Explain to those in the room “**If the volunteer(s) go toward the spot, everyone clap more quickly (hotter). If getting close to the spot, then clap more loudly (hot). If going away from the spot, then clap more slowly (colder). If a long way from the spot, then clap softly (cold). When the spot is found, applaud!**”
4. Invite the volunteer(s) back into the room to find the spot.
5. Repeat with new volunteer(s). The second or third time, say “**This time we will add a challenge to find the spot and also do an action. Volunteers?**” The group agrees an action eg to find the table and pick up a book.

Tips for Facilitators:

- The first volunteers will be confused, and then realise that the speed and loudness of the clapping is a guide.
- If people sit in a circle and turn their chairs, they can easily see the volunteer(s).

Variations:

- Hide an object, even one that belongs to the person who left the room, and clap hot and cold to lead the person to the object.
 - Hiding an object in plain view, also see HUCKLE BUCKLE BEANSTALK.
-

CLAPPING KNEES

Variations: 1. CLAP IN RHYTHM 2. PASS THE CLAP 3. PASS THE RHYTHM 4. RHYTHM CALL 5. RHYTHM CLAP

Type: Community building and cooperation energisers. Quick rhythmic clapping. Clapping hands, slapping thighs, and other actions.

Purpose: To release energy, connect, and build cooperation and community.
Variations: (1), (5) Community building. (2), (3), (4) Cooperation.

Time: 3-5 minutes, for five or six rounds. PASS THE CLAP: 3 minutes.

What you need: Everyone standing in a circle.

How it is done:

1. The facilitator explains **“We are going to clap a rhythm together. Let’s stand up and move our chairs back a bit.”**
2. In large groups, help everyone get used to moving their hand to the right and then to the left. Start by saying **“First let’s practise some movements. Raise your right hand.”** You do this, and keep your hand up until the whole group is doing this. Then say **“Put your right hand on your right knee.”** Do this and wait until the group does it. Next, show how it is done as you say clearly, **“Now, move your right hand ... in front of your right neighbour’s left knee.”** Stay in position, until the whole group has their hand to the right. Repeat on the left side.
3. Say **“Now, everyone copy me.”** Start with a steady slow rhythm and say clearly: **“Knees, knees, right, right.”** Clap onto your own knees twice, then twice clap with your left hand onto your right knee and at the same time your right hand in front of the left knee of the person on your right.
“Knees, knees, left, left.” Clap onto your own knees twice, then twice clap with your right hand onto your left knee and at the same time your left hand in front of the right knee of the person on your left.
“Knees, knees, clap, clap, knees, knees, click click, whoo!” Clap your own knees twice, clap your hands twice, clap your own knees twice, click the fingers on your right hand, then click fingers on your left hand, and...
4. On **“Whoo!”** raise both hands high in the air.
5. Repeat, for two or three more rounds. Call “Knees, knees, right, right etc” in a rhythmic sing-song voice, raising the pitch slightly as each repeat gets slightly faster. If anyone has difficulty, slow down to include them. Do the final round together slowly.

Tips for Facilitators:

- Practise with co-facilitators before the session.

- The actions can be done by placing hands in front of, but not touching, your neighbour's knee.
- In a large group, practise "right" and "left" with the whole group first. Otherwise, many people will carefully mirror the facilitator across the circle and so move the opposite way.
- Some people have difficulty following "right" and "left" instructions. Be patient as neighbours help each other. Go slowly, until the group moves together.
- The first time, do this activity standing. Later in the workshop for a quick spontaneous energy lift, repeat sitting, with the surprise of raising legs in the air at the end saying "Whoo!" Do three rounds.

Variations:

- For a song version, see DUM DUM DA DA (under SONG MOVES).
- **CLAP IN RHYTHM:**
 - Begin with a two step pattern: Clap hands – slap knees – clap hands – slap knees – clap hands – slap knees, and so on.
 - Add a rhythm to the pattern: Clap 2 times – stomp feet 3 times – clap 2 times – stomp feet 3 times, and so on.
 - Add a three step pattern: Clap hands – tap top of head – snap fingers – clap hands – tap top of head – snap fingers, and so on.
- **PASS THE CLAP:** Everyone stands. Explain "**We are going to pass a clap around the circle. I will start. When the clap returns to me, we all clap together.**" Each person in turn claps once. As the clap returns, the facilitator opens arms wide and everyone claps once together. Repeat twice more, in the same direction or the other way.
- **PASS THE RHYTHM:** Everyone stands. Explain "**We are going to pass a rhythm around the circle. I will start. When the rhythm returns to me, we all clap together.**" Each person in turn claps the same rhythm, going around the circle. As the rhythm returns, the facilitator opens arms wide and everyone claps once together. Volunteers can lead a different rhythm.
- **RHYTHM CALL:** Explain the three different words for calling and show how it is done: Atapa = 1 beat, Abasu = 4 beats, Labarina = 10 beats. Then call out the words in any order and everyone tries to follow.
- **RHYTHM CLAP:** Everyone stands. Explain "**We are going to close our eyes and begin by clapping in whatever way we want.**" This, usually starts out very mixed up, and then comes together gradually to create a unique sound experience. End whenever people open their eyes or slow down the rhythm.

CLAPPING NAMES

Variation: CHITTY CHITTY BANG BANG

Type: Community building energiser, for midway in the workshop. Clapping.

Purpose: To have fun, lift the energy, acknowledge each other using Affirmation Names, and build community.

Time: 3-7 minutes, for one round.

What you need: Everyone in a circle.

How it is done:

1. The facilitator explains “**We are going to clap a rhythm and call out each other’s names in time with the rhythm.**”
2. Everyone stands. Say “**Everyone copy the rhythm and keep it going.**” Begin a clapping rhythm: clap hands twice, slap legs twice ... repeat: clap-clap, slap-slap.
3. As everyone maintains the rhythm, explain “**I will call a person’s Affirmation Name, then they will call another person’s Affirmation Name.**” Look at a person across the circle and clearly call their Affirmation Name in rhythm, eg say “**Peace-ful**” with clap-clap and “**Pe-ter**” with slap-slap. Say “**Now you lead.**”
4. Everyone continues the clap-clap slap-slap rhythm. The new leader (Peaceful Peter) calls out the Affirmation Name of another person across the circle.
5. Continue until everyone has been called.

Tips for Facilitators:

- The facilitators choose people who are less well known in the group.
- Keep the rhythm slow, so everyone hears the name clearly.

Variations:

- **CHITTY CHITTY BANG BANG:**
 - Ask everyone to copy, as you slowly clap the rhythm. Say “**Chitty Chitty**” as you clap hands twice and “**Bang Bang**” as you slap hands on knees twice.
 - Then explain “**When I click my fingers, I call the Affirmation Name of someone, and that means I am passing the leadership to that person.**”
 - Continue with the same rhythm and actions, choosing a person across the circle from you, and calling their name in time with the rhythm.
 - For example, everyone says “**Chitty Chitty**” and claps hands twice and “**Bang Bang**” as slap hands on knees twice. Then you say, “**Peace-ful**” as you click fingers and “**Pe-ter**” as you click fingers again. Peaceful Peter next leads the rhythm, with everyone clapping and slapping saying “**Chitty Chitty Bang Bang**” and then Peaceful Peter naming another person across the circle.
 - Continue across the circle until everyone has been called.

COUNT 1 TO 10

Type: Communication and problem-solving energiser, for midway or later in the workshop. Quick with focus.

Purpose: To have fun, build awareness of others in the group, and build cooperation. Use when a person has left the circle for a few minutes or when opening a session and waiting for a person to join the circle.

Time: 3-5 minutes, until the absent person joins the circle.

What you need: Everyone sitting in a circle.

How it is done:

1. The facilitator explains "**We are going to count from 1 to 10. Only one person may say each number. There is no organisation as to how this is to happen. If two or more people speak a number at the same time, then the group starts again.**"
2. Start by saying "1".
3. The first time the same number is said at the same time, or numbers are said out of order, look startled and ... say "1" again. After that, the group usually picks up repetitions and someone else might be able to start the group again by saying "1".
4. Continue until the group reaches "10". Applaud!

Variations:

- **Silent:** Give no explanation at all. Facilitators model. The facilitator starts by saying "1", then looks expectantly at each person and eventually ... a co-facilitator says "2". Smile happily. Both facilitators now look around expectantly, waiting ... another co-facilitator eventually says "3". Smile happily. By this stage, participants usually begin to join in. As soon as they do, give a big encouraging smile. The first time the same number is said at the same time, or numbers are said out of order, several facilitators look at each other and at the group, and express dismay "Oh!" and pause ... then one of the facilitators cheerfully says "1" again. Continue. Participants get to know when to start again and can say "1".
 - Numbers can be replaced by days of the week or months of the year.
 - For more challenge: if the group includes people who speak different languages, each person chooses the language when it is their turn.
-

CRAB SOCCER

Type: Cooperative problem-solving energiser for fit children and youth, for later in the workshop. Playing soccer "upside down", bumping into people.

Purpose: To have fun, release energy, and build cooperation and community.

Time: 7-15 minutes, until the players are exhausted.

What you need: 10 or more energetic people in a clear area, in two groups. A large soft ball. A rectangular playing area made with masking tape on the floor and a goal at each end.

How it is done:

1. The facilitator explains "**This activity is playing soccer, upside down!**"
2. Say "**Let's stand up and move the chairs over to the walls.**" Explain "**Each team tries to put the ball into the goal behind the other team. Players will be in crab position: with hands and feet on the floor and stomach toward the sky. Players can only kick or hit the ball with your feet or head. No hands are allowed. Each team chooses a goalie to protect your goal.**" Anyone who cannot play, can help drop balls into play, and make sure players are safe and the game is fair.
3. Give players a number, counting "**1, 2, 1, 2, ...**" to form two teams. Each team gathers near the centre and chooses a goalie, to protect their goal at the other end.

4. Say “**All players turn upside down!**” Drop a ball in the centre to start the game and after each goal. If the ball goes out of bounds, throw it back into play. Players move in crab position for the entire game.

Tips for Facilitators:

- This activity can only be done with very athletic groups!
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CROCODILES AND FROGS (cooperative) or IT’S NOT EASY BEING GREEN

Type: Cooperative problem-solving energiser, for later in the workshop.
Running, holding on to each other, and balancing.

Purpose: To have fun, creatively solve a problem, lift the energy, and strengthen cooperation and community.

Time: 10-20 minutes, until there are only two lily pads remaining.

What you need: 3-5 lily pads of different sizes of cardboard, newspaper or circles of string. Something to make a rattling sound, eg plastic bottle filled with pebbles, or tin can and a stick to drum it. Everyone standing in a large clear space.

How it is done:

1. The facilitator explains “**We are going to help each other balance. Let’s stand up.**” Everyone moves to a clear space or moves chairs to one side. Scatter 3-5 pieces of cardboard in the middle.
2. Explain “**Imagine the room is a pond. You are little green frogs and these are lily pads** (point to the pieces of cardboard). **The rattling sound means the crocodile is sleeping and you can move freely around the pond. When the rattle stops the crocodile is awake and looking to eat little green frogs.**”
3. Explain “**No little green frog is safe unless every little green frog is safe. A little green frog is only safe when one foot is on or above a lily pad and the other foot is safely above the water.**” Begin making a rattling sound. Everyone walks around. Suddenly stop the rattling. Everyone runs for a lily pad.
4. As the activity continues, gradually remove the lily pads until only two lily pads are left (or one if the group is very small). The little green frogs need to be very creative, so everyone has a foot on or above a lily pad.

Tips for facilitators:

- At any point of frustration, facilitators relax and wait. Often very creative solutions are found to keep all the little green frogs safe.
- Be sensitive to the local culture and environment. Other materials can be used in place of paper.

Variations:

- Little green frogs must have both feet on or above a lily pad to be safe.
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DANCING DAN or DANCING DOLLY

Type: Creative community building energiser, for later in the workshop.
Dancing.

Purpose: To have fun, release energy, and strengthen cooperation and community.
A chance to free up imagination and be creative.

Time: 5-10 minutes, for one round.

What you need: Everyone standing in a circle, with some space between each person.

How it is done:

1. The facilitator explains **“We are going to create a dance together, and each person will add an extra move. Let’s stand up and move our chairs back a bit.”**
2. Explain **“As we go around the circle, each person in turn does a dance step or movement, then everyone repeats it together. Then together we all do every step that has come before and add the new move at the end.”**
3. Begin. Do a dance step or movement. Everyone copies it.
4. Continue around the circle. At the end everyone together does all the steps again.

Tips for Facilitators:

- Encourage people to have fun and help each other with the steps.
- If the group is small, go around the circle twice, so everyone adds a second move.

Variations:

- See DANCE PARADE (under ANIMAL PARADE) and JACK-IN-THE-BOX.
-

DOLLAR FIFTY or MONEY GROUPS

Type: Cooperative problem-solving energiser, for midway or later in the workshop. Walking or running to change groups.

Purpose: To change the energy, have fun, and strengthen cooperation and community.

Time: 5 minutes, for 5 or more rounds.

What you need: Everyone in a clear space.

How it is done:

1. The facilitator explains **“We are going to form groups that keep changing.”**
2. Say **“Each person gets a money value. Amounts of money are called and, each time, groups form to make that amount. Let’s stand up.”** Everyone moves to, or helps to make a clear space.
3. Form two groups and give a monetary value to each person eg in one group everyone is **“Fifty cents”** and in the other group everyone is **“One dollar”**.
4. Call out a sum of money eg **“\$6.50”**. Everyone makes up groups of that value.

5. Anyone left out of the groups, then agrees on a different amount to call next. If no one was left out, ask for a volunteer to call a different amount.

Tips for Facilitators:

- Encourage groups to help anyone who is confused adding up money.
- The groups can be made by counting off “1, 2, 1, 2,” Alternatively, make groups based on characteristics of about half the group eg brown and blond hair, males and females etc. People in one group are \$1 and the others 50 cent.

Variations:

- Form three groups, eg 25 cents, 50 cents and \$1.
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DRAGONS

Type: Community building energiser, for later in the workshop. Running, jumping, jiggling, twisting, holding on tightly to waist or shoulders, and being bumped.

Purpose: To have fun, release energy, connect, and strengthen community.

Time: 5-10 minutes, while the group is lively.

What you need: Energetic groups of 6-8, standing with clear space around each group.

How it is done:

1. The facilitator explains “**We are going to be in teams that make a Dragon – young and playful just like puppies, always chasing its tail.**”
2. Explain “**We form teams of 6 to 8 people. We line up with each person holding the waist of the person in front. Let’s stand up.**” Everyone moves to a clear space or moves chairs to one side.
3. Explain “**The head of the Dragon will try to touch the tail. Everyone in between, jiggle and twist to help keep the tail safe. If the head catches the tail, everyone in the line turns around and the head becomes the new tail.**”
4. Begin. Continue until the head has caught the tail twice. If the groups are still lively, others have a turn being the head and tail.

Tips for Facilitators:

- People with limited mobility might like to dance, but not chase the tail.
- Be sensitive to the local culture. This can be done with teams of women and teams of men.

Variations:

- Use a rope (instead of holding waists).
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ELECTRIC FENCE

- Type:** Cooperative problem-solving energiser, for later in the workshop. Climbing over a “fence”, holding on to each other.
- Purpose:** To experience creatively solving a problem together, and strengthen cooperation and community.
- Time:** 5-10 minutes, until every group is successful.
- What you need:** Groups of 8. A piece of string or yarn 9-10 metres long, tied in a single line 1 metre above the ground across an open area.

How it is done:

1. The facilitator explains “**Small groups are going to solve a problem together.**”
2. Count “**1, 2,..., 1, 2,...** etc” to form groups of about 8 people. Say “**All the 1’s are in a group, all the 2’s are in a group ...** etc.” Either go to where the string is already tied up or say “**Let’s stand up and move our chairs over to the walls. Then come back and form the groups.**” If necessary, keep two chairs and tie the long string across.
3. Explain “**Imagine this string (and the space below it) is an Electric Fence. Get everyone over the Fence without anyone touching it – or they will be zapped!**”
4. Ask everyone to stand on one side of the string. Say “**Make sure no one gets hurt.**” Explain “**If anyone touches the Electric Fence (or the area below it), the whole group starts again.**”

Tips for Facilitators:

- Practise in advance tying the string up. If tied over two chairs, co-facilitators might need to sit in the chairs to keep them still.
- Many groups will be able to help less flexible people over the fence. Alternatively, those who cannot climb observe the groups and let them know if someone touches the fence or the area below it.

Variations:

- Say to the groups “**Plan what you are going to do, before you start.**” Groups plan who will do what, taking into account people's abilities, size, etc.

ELEPHANTS AND PALM TREES

Variations: 1. COWS AND JELLO 2. TOSSING HEADS

- Type:** Cooperation energisers, for midway or later in the workshop. Quickly taking up new positions. COWS AND JELLO: Holding on to fingers.
- Purpose:** To have fun, lift the energy, build awareness of others, and build cooperation.
- Time:** 5-15 minutes, until the group gets very quick.
- What you need:** Everyone standing in a circle.

How it is done:

1. The facilitator explains “**Three at a time, we are going to quickly make an animal or tree. The people keep changing. Let’s stand up and move our chairs back a bit.**”
2. Explain “**The person in the centre of the circle points to someone and calls ‘Elephant’ or ‘Palm Tree’ or ‘Bird’.**” Explain:
 - “**When ‘Elephant’ is called** (point to a co-facilitator), **the middle person makes a trunk** (bends over and puts their arms and head down to make a trunk) **and the people on either side make elephant ears** (put both arms out to the side in a big C facing the middle person).”
 - “**When ‘Palm Tree’ is called** (point to another co-facilitator), **the middle person makes a tree trunk** (raises arms high above head with hands pointing straight up) **and the people on either side make branches** (both arms up and one slightly away from the middle person).”
 - “**When ‘Bird’ is called** (point to another co-facilitator), **the middle person makes a beak** (holds hands over their face with fingers facing forward) **and the people on either side make wings** (take both arms out to the same side and flap).”
3. The facilitator moves to the centre of the circle. Begin by pointing to a person and giving one of the calls. For the first few calls, allow time for people to work out what to do.
4. Once people are a bit quicker, explain “**Anyone hesitating becomes the next person in the centre of the circle.**” This gives other people a turn being the Caller. Continue.
5. Once the group becomes quick, finish or add another call (see Variations below).

Tips for Facilitators:

- For young children and multi-language groups, practise **Elephant** two or three times, then practise **Palm Tree**, then **Bird**, so the group understands. Then enjoy the activity.

Variations:

- Wait for another time in the workshop when an energiser is needed. At that time, replay the activity and add another challenge with a new call.
- Other calls:
 - Skunk** – the middle person turns around with a hand behind for a tail. The people on either side turn away holding their noses.
 - Kangaroo** – the middle person makes a round pouch with their arms, and the people on either side jump up and down.
 - Helicopter** – the middle person twirls around with arms out, and people on either side duck down.
 - Viking** – the middle person forms horns on their head and the two outside are paddlers.
 - Surfer** – the middle person surfs with arms out, balancing with one foot ahead of the other, and the people on either side form waves with their arms.
- In a Facilitator Training workshop, invite participants to make up new calls and positions. These could be for emotions eg **Laugh**, **Fight** and **Fear**.

- Three characters: with a single call, three people become different animals/trees etc. **Palm Tree, Elephant and Monkey:** call “Palm Tree”. The person pointed at is a Palm Tree and raises both arms. The person on their left is an Elephant and swings both arms together like a trunk. The person on their right is a Monkey and jumps up and down hooting and scratches under their arms.
 - When the group becomes quick, introduce a new instruction "**Anyone who makes a mistake sits down.**" The activity finishes when there are only four or five people left.
 - **COWS AND JELLO:**
Cow – the middle person makes an udder (holds arms in front with palms facing each other and interweaves fingers, turns palms out, which leaves thumbs hanging down separately). People on either side milk the cow (grab a thumb or pretend to). To interweave fingers: point fingers of one hand at fingers of second hand, keep fingers straight and slide them together like plugging an appliance into a wall socket.
Jello – people on either side turn in to face and hold their arms around the middle person, together making a round bowl. The middle person wiggles like jello!
 - **TOSSING HEADS:** Everyone stands in a circle. One person makes eye contact with another person across the circle, puts hands to head and makes a tossing motion with hands. The other person makes a catching motion. The people on either side put one hand to the ear that is nearest the Catcher, to avoid being hit. The Catcher then tosses their own head to someone else.
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EVERYONE IS THE TAGGER

Variations: 1. MOLASSES TAG 2. TAG

- Type:** Release energisers, for later in the workshop. Walking, running, bending over, being tagged and bumped into. Optional: kneeling.
- Purpose:** To have fun, release energy, and strengthen cooperation and community.
- Time:** 5-10 minutes, until any tension from earlier activities has been released.
- What you need:** Everyone standing in an open space, clear of obstacles around the edges.

How it is done:

1. The facilitator explains “**We are going to run around a lot, tagging each other, freezing, and running again.**”
2. Explain “**Everyone is a Tagger, so everyone is trying to tag and escape from everyone else.**” Ask two co-facilitators to show how it is done, slowly, as you explain “**When you are tagged, freeze and ... put your hands on your knees ... or if you can, touch the ground with your finger tips ... or even kneel on the floor ... and wait for someone to free you. People running can free people who are frozen by tagging their shoulder.**” Check everyone can participate. Anyone who does not want to run, could be part of a team ensuring the runners stay in the safe area.
3. Begin. Everyone runs around tagging and freeing other participants.

Tips for Facilitators:

- Use this activity when community has been built and participants need to both lift and “burn up” energy.

- Facilitators unfreeze people less well known in the group.
- Easiest: bend and touch knees, runners tag a shoulder to unfreeze.
Medium: touch the ground with finger tips, runners tag a shoulder to unfreeze.
Challenging: kneel on the ground, runners touch a hand to unfreeze.

Variations:

- **MOLASSES TAG:** Everyone uses slow exaggerated motions, as if swimming through molasses. Either only one person is the tagger, or everyone is a tagger.
- **TAG:** Only one person is the tagger, and no-one freezes. In small spaces everyone moves slowly using MOLASSES MOVEMENT.
- See SINGING TAG.

FIND THAT TUNE or NAME THAT TUNE

Variation: FIND THAT ANIMAL

Type: Communication energiser, for later in the workshop. Walking, humming. Optional: singing, reciting, reading, rapping. FIND THAT ANIMAL: Making noises of animals and birds.

Purpose: To have fun, lift the energy, and build awareness of each other. To form groups of a particular size.

Time: 3-5 minutes, for one round.

What you need: Small pieces of paper, each with the name of a song. Choose as many songs as the number of groups to be formed eg for 4 groups, choose 4 songs. Have a piece of paper for each person eg for 5 people in each group, have 5 pieces of paper with the same song. Fold each piece of paper and put them all into a small container. Everyone in a circle.

How it is done:

1. The facilitator explains "**We are going to hum tunes and find other people with the same tune as our own.**"
2. Explain "**We will pass this container around the circle. Each of you, take out a piece of paper in silence and read it without letting others see.**" Do this.
3. Say "**Now, without talking, move around humming your tune until you find others with the same tune. Stay with your group, while the other groups form.**"
4. At the end, invite each small group to sing their tune for everyone, if they would like to.

Tips for Facilitators:

- A fun way to divide into groups for the next activity. Have an extra song and pieces of paper for co-facilitators, if they will not join a group during the next activity.
- Those shy about humming can find their group by listening. At the end, if their group sings, shy people can sing very quietly.
- Choose songs that are familiar to all the participants based on a shared culture eg songs learnt in childhood. If someone does not know their song, a co-facilitator can pair with them and hum the tune.

- Examples of songs for English culture groups in the UK, USA and Australia: Happy Birthday; Twinkle, Twinkle, Little Star; Row, Row, Row Your Boat; Old MacDonald had a Farm; London Bridge; Baa Baa Black Sheep; Once a Jolly Swagman; Kookaburra sits in an Old Gum Tree.

Variations:

- In multicultural groups, speak or rap the words of songs and poems, so people do not need to know the tune. Choose songs and poems from everyone's cultures.
- **FIND THAT ANIMAL:** Choose animals and birds with easily recognisable calls.
- Finding animals with eyes closed, see NOAH'S ARK.

FIRE ON THE MOUNTAIN

Type: Community building energiser, for later in the workshop. Walking (or weaving), running. Options: holding hands, hands on shoulders.

Purpose: To have fun, release energy, connect, and strengthen community.

Time: 7-12 minutes, while the group is lively.

What you need: 11 or more people, standing in a circle.

How it is done:

1. The facilitator explains "**We are going to walk (or weave) and run.**"
2. Explain "**We make two circles. The inner circle is a Mountain. The outer circle of people walk (or weave) around the Mountain.**"
3. If the group is large, ask for six volunteers to show how it is done while you explain "Form a circle." Count off "1, 2, 1, 2, 1, 2" then say "**The 1's take two steps back to form an outside circle. (They do this.) Both circles stay facing inward. People in the inner circle raise their arms to form a Mountain. People in the outer circle walk (or weave) around the outside of the Mountain.**" (They do this.)
4. Explain "**When "Fire on the mountain!" is called, those walking find safety. To do this, the Walkers step inside the Mountain circle, and stand in front of someone. The Mountain person will protect you by putting their hands on your shoulders.**" They do this. Thank the volunteers.
5. With the whole group, count off "1, 2, 1, 2 ..." starting with yourself. Make sure the count begins and ends in "1" so there is one extra person in the circle of Walkers. If necessary, ask a co-facilitator to sit out the activity. Then say "**1's take two steps back and form the outside circle. Inner circle, raise your arms to form the Mountain.**"
6. Say "**Begin walking!**" Join those walking (or weaving) around the mountain. After a while call loudly "**Fire on the mountain.**" The Walkers quickly seek safety.
7. One person will not find safety and becomes the new Caller.
8. Explain "**Mountain circle, take two steps to the outside, and become the new outer circle of Walkers. Inside circle, form the Mountain. The new Caller joins the Walkers.**" Continue.

Tips for Facilitators:

- To form a mountain, people have their arms up, holding hands, forming VVV with the people on each side. Alternatively, hold arms straight up like trees; or up and out like branches.

Variations:

- **Shelter:** When "**Fire on the mountain!**" is called, each Mountain person raises their arms up in front to make a shelter (instead of putting hands on shoulders). The Walkers step inside the Mountain circle and choose a safe shelter.
 - **Weaving:** Each person in the Mountain Range holds their arms up with their neighbours to form a big open circle with VVV mountain peaks. Walkers set off around the circle and choose when to weave in and out under the raised arms. When "**Fire on the Mountain**" is called, each Mountain person forms a safe shelter with arms up in front and those walking and weaving now run to a safe shelter. For groups of 9 or more.
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FOUR UP

Type: Communication and cooperative problem-solving energiser, for midway or later in the workshop. Standing up and sitting down. Quick or slow, with focus on each other.

Purpose: To have fun, build awareness of each other, experience non-verbal communication, and strengthen cooperation. Useful activity if someone is out of the room for a few minutes.

Time: 3-7 minutes, until the group becomes quick or while still lively.

What you need: Everyone sitting in a circle.

How it is done:

1. The facilitator explains "**Four people are going to stand up at the same time, in silence. No more and no less than four standing. Anyone around the circle can choose to stand up. The four stand up together for a few seconds, then sit down together. Then anyone in the circle can choose to stand up as part of the next four up.**" Begin. Continue until the group is quick, and longer if the group is still lively.

Tips for Facilitators:

- Let the group sort out doing this activity cooperatively in silence without direction.

Variations:

- Three people or five people can stand up together.
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FRUIT BASKET

Variations: 1. FOWL PLAY 2. PIZZA PIZZA 3. VEGETABLE CART

Type: Release energisers with community building, for early or later in the workshop. Running or walking, quickly changing chairs.

Purpose: To have fun, release energy, and build awareness of others.

Time: 7-10 minutes, while the group is lively.

What you need: Everyone sitting in a circle. Alternatively, everyone standing, with places marked on the floor with masking tape.

How it is done:

1. The facilitator explains “**We are going to change seats quickly.**”
2. Ask “**What fruits do you like? We need four (or five).**” Using the fruits people suggest, start with yourself and go around the circle naming each person as a fruit eg “Apple, Orange, Strawberry, Pineapple” repeated until everyone is a fruit.
3. It can be helpful to check everyone knows what fruit they are. Ask “**Who are the [apples]?**” and check each fourth (or fifth) person raises their hand. Repeat for each type of fruit.
4. Explain “**One person will be in the middle. I will show you how it is done.**” Remove your chair and stand in the middle of the circle. Explain “**The person in the middle says the name of one, two or three fruits. Those fruits stand up and go to a different chair. Let’s do this slowly.**” Call two fruits, eg “Oranges and Pineapples!”, and get into a chair quickly.
5. A new person is now standing in the middle and becomes the next Caller. Continue.
6. After several people have been in the centre, be slow on the next move so you are in the centre again. Call “**Fruit Basket!**” and explain “**Everyone moves!**” Continue.
7. Finish the activity by drawing in the extra chair so everyone is now seated. Surprise!

Tips for Facilitators:

- Name 3 or more types of fruit. Have 2-4 people for each type.
- If possible, continue until everyone has taken a turn in the centre of the circle.
- With multi-lingual groups and younger participants, it can be helpful to do FRUIT BASKET or VEGETABLE CART before doing BIG WIND BLOWS, as this allows everyone to learn the moves before having to think about themselves and others.

Variations:

- Option: Use slips of paper with names of fruit, vegetables, pizza ingredients, birds, etc and hand these out to participants.
- **FOWL PLAY:** Choose the names of birds, eg chickens, turkeys, ducks, geese, crows, loons. Participants move to another chair, making the sound and movements of that bird as they go. Call out “**Fowl Play!**” for everyone to move.
- **PIZZA PIZZA:** Choose pizza topping ingredients and call out “**Pizza Pizza!**” for everyone to move. There might be only one or two people for each ingredient.

- **VEGETABLE CART:** Ask participants to name 4 or 5 vegetables, eg Beans, Carrots, Tomatoes and Potatoes. Option: everyone says “**The vegetable cart is coming for the ...**” and the person in the centre calls one, two or three vegetable types. Call out “**Vegetable Cart!**” or “**Vegetable Soup!**” for everyone to move.
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GIBBERISH

1. GIBBERISH ARGUMENT and Variation NUMBERS ARGUMENT or BY THE NUMBERS 2. GIBBERISH CONVERSATION 3. GIBBERISH STORY

Type: Communication energisers. Using a strange language. **CONVERSATION:** for midway or later in the workshop. **STORY:** community building, for later in the workshop. **ARGUMENT:** for later in a Basic workshop or for an Advanced workshop on communication or conflict transformation.

Purpose: To have fun, experience non-verbal communication, and build awareness of each other.

Time: **CONVERSATION:** 5-7 minutes. **STORY:** 7-10 minutes. **ARGUMENT:** 15-25 minutes.

What you need: Everyone sitting or standing in a circle. Two facilitators together.

How it is done: See activities below.

Tips for Facilitators:

- Avoid words in another language as these can be offensive. If an accident happens, it's good for a laugh and maybe discussion.
- Optional: debrief, asking people what they felt and noticed.

Variations:

- Use numbers instead of Gibberish words or sounds. For example, in GIBBERISH CONVERSATION, the first person could say “**One two Three. Four?**”, the next person could reply “**Five!**” and then explain “**Six seven eight nine.**” etc.

GIBBERISH ARGUMENT

1. The facilitator explains “**We are going to communicate in an imaginary language called Gibberish. We use sounds that are not part of any language we know of.**”
2. Say “**We will show you how this is done.**” Turn to your co-facilitator next to you and with an animated voice and gestures, use Gibberish to greet each other and converse for a sentence or two.
3. Ask for two or three volunteers to carry on an argument in Gibberish. Do not say what the argument is about, only if it is to be resolved or unresolved. Ask if the volunteers would like to go out of the room and decide on a conflict situation. When they are ready, they act out the situation using gestures and Gibberish only.
4. Repeat with new volunteers. Try to make time for all who wish to volunteer.

Tips: Debrief: briefly discuss what happened in terms of body language, tone of voice, etc.

Variations: NUMBERS ARGUMENT or BY THE NUMBERS: Ask for two volunteers, and ask them to go out of the room and decide on a conflict situation. When they come back into the room they act out the situation using gestures and numbers only. For example, one may say questioningly, "**One... two three four... five six seven?**" while the other replies emphatically, "**Eight nine ten!**" etc. Judging from their body language and tone of voice, the group tries to guess the subject or the conflict.

GIBBERISH CONVERSATION

1. The facilitator explains "**We are going to communicate with each other in an imaginary language called Gibberish. We use sounds that are not part of any language we know of.**"
2. Say "**We will show you how this is done.**" Turn to your co-facilitator next to you and with an animated voice and gestures, use Gibberish to greet each other and talk for a sentence or two.
3. Say "**Turn to a person next to you, forming pairs, and introduce yourselves speaking in Gibberish. Some people might find it easier to use sounds without making words.**" To make pairs, you might need to ask a co-facilitator to sit out the activity. Let people talk for 30-60 seconds.
4. Then say "**Now, in the same pairs, and speaking in Gibberish, tell each other how you feel about**" Choose a simple topic eg "... this workshop so far." Let people talk for 1-2 minutes.
5. Option: repeat with new pairs or groups and a new topic.

GIBBERISH STORY

1. The facilitator explains "**We are going to communicate with each other in an imaginary language called Gibberish. We use sounds that are not part of any language we know of.**"
2. Explain "**As we go around the circle, listen, then turn to the next person and repeat what you just heard, and add a Gibberish phrase of your own. This could become a circle conversation or a story. Let's see what happens. I will begin.**"
3. Turn to your co-facilitator next to you and say a short phrase in Gibberish. Speak with animation in your voice. Your co-facilitator listens to you with good attention, then turns to the next person and repeats what you said (this can be challenging) and adds another Gibberish phrase.
4. Continue around the circle. When the Gibberish returns around the circle to you, repeat what you are told by the last person and, if you like, add a finishing phrase.

GRAB THE BOTTLE

- Type:** Communication and cooperation energiser, for later in the workshop.
Holding hands, quickly passing a squeeze.
- Purpose:** To have fun, lift the energy, experience non-verbal communication, and build cooperation and community.

Time: 5-10 minutes, while the group is lively.

What you need: A plastic bottle or plastic cup. A coin. A chair for each person and two extra chairs. Everyone sitting in two rows.

How it is done:

1. The facilitator explains "**We are going to pass a squeeze along a line.**"
2. Say "**Please stand up and arrange the chairs into two rows facing each other. The rows are a metre apart.**" Once this is done, say "**Now, everyone sits on a chair.**"
3. Place one extra chair at each end, facing the rows. The facilitator sits in one chair. At the other end, a plastic bottle/cup is placed on the chair.
4. Sit in the chair near the start of the rows and explain "**I toss a coin so that only the two people closest to me know if it is heads or tails. If it is heads, both of you squeeze the hand of your partner, who in turn squeezes their partner's hand, until the squeeze reaches the two at the end of the row, who try to grab the bottle. If it is tails, you do not squeeze.**"
5. Say "**Hold the hand of the people on either side of you.**"
6. Repeat the toss, until a squeeze is passed twice.
7. Say "**Everyone move two chairs down the row. The two at the end come to the top of the row, so we have new people at each end.**"
8. Continue while the group is lively.

Tips for Facilitators:

- Use a coin so only the two people closest to the facilitator can see if it is heads or tails. This way, the others in the teams cannot see it and start a squeeze early.

Variations:

- The chair with the bottle/cup can be close enough to be reached by the two people at that end of the row, without standing up. Alternatively, it can be further away, so the end people stand up and run for the bottle.
- Everyone sits on the floor, or everyone stands. The bottle/cup is on a chair.

HA! HA! HA! HO! HO! HO!

Type: Release energiser, for later in the workshop. Stretching and laughing.

Purpose: To lift the energy, laugh, and build community.

Time: 3 minutes, until everyone is laughing.

What you need: Everyone standing in a circle, in a clear space.

How it is done:

1. The facilitator explains "**We are going to move and laugh. Let's stand up.**" Everyone moves to, or helps to make, a clear space. "**Let's make a big circle. We need to be able to hold our arms out wide. Every second person steps back.**"

2. Say “**Let’s clap our hands and laugh. Copy me.**” With big gestures you clap slowly and say “**Ha! Ha! Ha!** (clap-clap), **Ho! Ho! Ho!** (clap-clap).”
3. Explain “**Now we are going to make a milkshake. Copy me.**” With big gestures and delight, reach out to one side and pretend to take hold of a big milkshake glass in your hand. Saying “**Ha!**”, hold it high with delight and begin laughing “**Ha! Ha! Ha! ...**” Do this slowly, so that everyone copies you and pretends to laugh.
4. Keeping the glass high, reach out to the other side and pretend to also take hold of a bottle of milk. Saying “**Ho!**”, raise the bottle high in delight and continue laughing “**Ho! Ho! Ho!**”
5. With immense pleasure, bring the bottle and glass together high in front of you, laughing “**Ha! Ha! Ha!**” as you pour milk from the bottle into the big glass and “**Ho! Ho! Ho!**” as you hold the glass of milk in front of you.
6. Continue with big actions and keep laughing until everyone is laughing. For example, put the milk bottle down, pick up strawberries one by one and drop them into the glass, hold your hand on top and shake the glass vigorously, drink the milkshake with enjoyment, and rub your stomach with great satisfaction.
7. Once everyone is laughing, allow the natural laughter for 30 seconds or so. Then return to slow clapping as it was done at the start saying “**Ha! Ha! Ha!** (clap-clap), **Ho! Ho! Ho!** (clap-clap)” until everyone is peaceful again.

Tips for Facilitators:

- Pretending to laugh with enjoyment and delight usually causes people to start laughing naturally. If the laughter gets intense, after 30 seconds or so, slow the group down with slow clapping, and end the activity.

Variations:

- Many simple activities can be done with big gestures while laughing.

HEADS UP, HEADS DOWN

Type: Communication energiser, for early or later in the workshop. Looking quickly at each other.

Purpose: To have fun, experience non-verbal communication, and connect. To make pairs for the next activity.

Time: 3 minutes.

What you need: Everyone standing in a circle.

How it is done:

1. The facilitator explains “**We are going to make eye contact with another person.**”
2. Explain “**When I say ‘Heads down’, everyone looks down at the floor. Then when I say ‘Heads up’, look directly at someone else in the circle. When two people make eye contact, they step out of the circle together, and the circle gets a little bit smaller. Look at a different person each time. Don’t look at an empty space.**”

3. Begin. Continue until only one or two people remain in the circle.

Tips for Facilitators:

- As people make eye contact and smile the group gets chatty. A good ice breaker.
 - Be aware of the group and culture. There can be cultural constraints on eye contact among First Nations Peoples in Australia and Canada. This could be discussed with local facilitators or when the group decides on the workshop ground rules.
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HELLO TRAIN!

Type: Community building energiser to get to know each other's names.
Walking, dancing, tapping on shoulder.

Purpose: To have fun, lift the energy, hear Affirmation Names, and build community.

Time: 5-7 minutes, until everyone is in the train.

What you need: Everyone seated in a circle, with space between each person and space around the outside of the circle.

How it is done:

1. The facilitator explains "**We are going to make a noisy train.**"
2. Explain "**The person leading the train selects a person to join in, says 'Hello! My name is ...', the reply is 'Hello! My name is ...', they repeat this twice more, and then they cheer! We will show you how to do this.**"
3. Go around the outside of the circle, making train noises and big gestures (hands in circles at the side like the wheels, arm up and down to ring a bell) and tap a co-facilitator on the shoulder. Your co-facilitator stands up and faces you.
4. You say "**Hello, my name is [Affirmation Name]**" and your co-facilitator replies, "**Hello, my name is [Affirmation Name].**" Repeat this three times. End with a Big Cheer! for each other. Do this loudly and enthusiastically. Your co-facilitator goes to the front of the Train and becomes the new Leader.
5. The Train goes around the circle with everyone making train noises and gestures until the Leader taps another person in the circle.
6. Eventually, everyone is in the Hello Train, with the train going entirely around the circle and ending with a Big Cheer!

Tips for Facilitators:

- Facilitators choose people who are less well known in the group.
 - Use a culturally appropriate way to choose each person.
 - Option: Those in the train can put a hand on the shoulder of the person in front.
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HERE I SIT

- Type:** Community building energiser, for midway in the workshop. Quick responses and energy release. Walking and running.
- Purpose:** To have fun, lift the energy, build awareness of the group, use Affirmation Names, and build cooperation and community.
- Time:** 10-15 minutes, until everyone has been called at least once.
- What you need:** Everyone sitting in a circle on chairs, plus one extra chair. Alternatively, everyone standing, and each spot marked with a bit of masking tape.

How it is done:

1. The facilitator explains **“We are going to keep changing seats.”**
2. Add an empty chair in the circle next to you. Explain **“There is one empty chair, and the two people on either side are going to try to be the first to get into the chair. That starts a pattern: three people in a row change seats. A person is called across the circle and this makes a new empty seat. Then we do it all again.”**
3. Say **“Let’s do this together slowly.”** As you explain step by step, people show how this is done using slow exaggerated movements.
 - i. Say **“The two people on either side of the empty chair try to get into the chair... The first person who sits in the chair says ‘Here I sit!’**” The facilitator could move first, or the person on the other side of the empty chair could move. Whoever moves, says **“Here I sit!”**
 - ii. Then say **“This sets the direction of movement. The second person to move into the new empty chair says ‘In this chair’.**” This is done. (This can be missed out for young children).
 - iii. Then say **“The third person who moves in the same direction into the new empty chair, says ‘With my friend...’ and calls out the Affirmation Name of someone across the circle from them. Make a new friend, call someone you don't know.”** This is done.
2. Explain **“The person named then crosses the circle to sit in the empty chair. This creates a new empty chair where they left.”** This is done.
3. Repeat the cycle: **“Here I sit! ... In this chair ... With my friend”**
4. Continue until everyone has been called as a friend.

Tips for Facilitators:

- Ask co-facilitators to sit in a line next to the first empty chair to show how it is done.
- It can take a while for participants to understand and follow the sequence. Be patient.
- Be clear that people can call a new friend they do not know. Co-facilitators call those who are less known to the group, and have not yet been called out to be a friend.
- Support anyone using a second language by having a simple poster with three lines: **“(1) Here I sit! (2) In this chair (3) With my friend”**

Variations:

- Can be done standing in a circle. Use pieces of masking tape to mark spots on the floor. Have one extra spot. Say "**Here I stand!... On this spot... With my Friend....**"
 - To include people with limited mobility or eyesight, ask the more mobile people to use slow exaggerated MOLASSES MOVEMENT.
 - For other activities where people learn Affirmation Names, see BALL PASS - NAMES, BLANKET, CLAPPING NAMES and HELLO TRAIN!
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HOKEY POKEY

Type: Community building energiser, for midway or later in the workshop. Singing and dancing.

Purpose: To have fun, and connect through singing and moving together. To release any tension, return to the present moment, rebuild awareness of others, and rebuild community. Useful after sharing difficult emotions.

Time: 3 minutes, for one full round.

What you need: Everyone standing in a circle, with some space between each person.

How it is done:

1. The facilitator explains "**We are going to sing loudly and do actions together. Some of you might know Hokey Pokey. Let's stand up and move our chairs back.**"
2. Say "**Join in, copy me, and sing along.**" Begin singing Hokey Pokey in a cheerful loud voice. (See YouTube.) Sing slowly, clearly and loudly. Co-facilitators sing along. Make the gestures for the first round:
You put your right hand in ... You put your right hand out
You put your right hand in and (you) shake it all about
You do the Hokey Pokey and turn yourself around.
That's what it's all about."
3. Start the next round "**You put your ...**" and pause to invite others to choose the next part of the body eg left/right leg, elbows or left/right elbow, knees or left/right knee, and head, ear, nose or chin. Any sequence is OK.
4. Continue. Encourage creativity.
5. Finally, "**whole self**" with everybody jumping into the circle and jumping out.
6. Then sing the last refrain "**Ohhh! the Hokey Pokey. Ohhh! the Hokey Pokey. Ohhh! the Hokey Pokey. That's what it's all about!**" Everyone moves forward together into the circle with each "Ohhh" and out again with each "the Hokey Pokey".

Tips for Facilitators:

- A valuable short activity for raising energy, returning people to the present and rebuilding connection with others after exploring emotionally challenging topics.
- This song is easy to learn for people with limited English. People can sing along with the words they know or concentrate on the actions.
- Be aware of any cultural sensitivities in choosing parts of the body.

HOT POTATO

- Type:** Community building energiser, for midway or later in the workshop. Catching, throwing, running, jumping, tagging, and being bumped into.
- Purpose:** To have fun, release energy, and build awareness of each other.
- Time:** 5-10 minutes, while people are still lively.
- What you need:** A soft item, such as a lightweight scarf. Everyone standing in clear space.
- How it is done:**
1. The facilitator explains "**We are going to throw this [soft item] to each other. Let's stand up.**" Everyone moves to, or helps to make, a clear space. Make a circle again.
 2. Explain:
"This [soft item] is a 'Hot Potato'. As soon as you receive it, pass or throw it to another person in the circle!"
"A person in the middle, tries to catch the 'Hot Potato' in midair or to tag the person who is holding it."
"The last person to touch the 'Hot Potato' before it is caught in midair or any person holding it and tagged by the Catcher, then becomes the next Catcher."
 3. Ask for a volunteer to be the Catcher in the middle.
 4. Begin by throwing the Hot Potato to someone, who quickly throws it to another person.
 5. Continue while everyone is lively.
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HOUSES AND TENANTS or TENANTS AND HOUSES or EARTHQUAKE

- Type:** Release energiser with cooperative problem-solving, for later in the workshop. Quickly changing groups. Walking, running, bumping into people. Optional: holding hands.
- Purpose:** To have fun, release energy, and strengthen cooperation and community. To release emotional and physical tension. Useful after the group has shared stories with difficult emotions.
- Time:** 15-20 minutes, while everyone is lively, until everyone is laughing.
- What you need:** 16 or more people. Everyone standing in a clear space.
- How it is done:**
1. The facilitator explains "**We are going to make houses with a tenant, and run to change houses. Let's stand up.**" Everyone moves to, or helps to make, a clear space.
 2. Ask two co-facilitators or volunteers to show how it is done as you explain "**Make a House by facing each other, raising your arms, and joining hands** (or almost

joining)." Ask for a third volunteer and explain "**A Tenant stands in the middle of the House** (under the \wedge made by their arms)."

3. Say "**Everyone, form a House with a Tenant.**" One or two co-facilitators might need to sit out the activity, so the participants make groups of 3.
4. The facilitator is standing to one side and explains "**We call either 'Houses' or 'Tenants'. When 'Tenants' is called, then all the Tenants change to a new house.**" Pause, then call '**Tenants!**' loudly. The facilitator quickly gets into a House.
5. A confused person will find themselves without a House. Ask them to call '**Tenants!**' As people start moving, remind the Caller to be quick and get into a House. You go slowly, so you are the Caller again.
6. Explain "**If Houses is called, then Tenants stay still, with arms crossed. All the pairs forming the Houses break up and re-form with a new person, and preferably with a new Tenant.**" Pause, then call '**Houses!**' loudly. Quickly move to make a house.
7. The new Caller calls either '**Houses!**' or '**Tenants!**' Continue. The group will self direct.
8. Continue for several more rounds until the group is starting to move quickly. At the next call, go slowly so you become the Caller again. Explain "**If Earthquake is called, everyone breaks apart and anyone can become a Tenant or part of a House.**" Pause, then call "**Earthquake!**" loudly.
9. Continue, while the group is lively, with each Caller choosing one of the three calls.

Tips for Facilitators:

- For the very young, the facilitator is the Caller and does not move into the activity.
- In many groups, people help others to find a house or tenant.
- For emotional release, continue until everyone is laughing. Groups with a lot of energy or needing a lot of release can go for 20 minutes. If any co-facilitators are sitting out, they can change places with anyone getting tired.
- In places where there has been an earthquake in the last few years: before introducing the Earthquake call, ask participants "**Are you ready to joke about the earthquake?**" If even one person says they are not yet ready, continue with only the Houses and Tenants calls. Ask again in a few more minutes. Most groups are ready the second time and many participants will choose the 'Earthquake' call. If there have been aftershocks in the local area within the last three months, do not use the Earthquake call.

HOWDY, HOWDY, HOWDY or WHASS'UP WHASS'UP

Variation: DUCK, DUCK, DUCK, CHICKEN

Type: Community building energisers, for midway or later in the workshop. Walking, running, shaking hands. Optional: tapping on shoulder. Useful to explore emotional balance, a skill needed for conflict transformation.

Purpose: To have fun, lift the energy and build community. To experience emotional release (running) and self-control (shaking hands politely).

Time: 10-12 minutes, while everyone is lively

What you need: Everyone standing in a circle, with a clear space around the outside. Alternatively, sit in a circle on the floor.

How it is done:

1. The facilitator explains "**We are going to run around the circle and shake hands.**"
2. Say "**Let's stand up, move our chairs to one side, and make the circle again.**"
3. Explain "**Two people are going to run around the outside of the circle. They both try to be first to return to the space in the circle, but have to stop half-way and shake hands politely. We will show you how this is done.**"
4. Ask two co-facilitators or volunteers to show how it is done, slowly, as you explain:
 - "**One person starts walking around the outside of the circle. Part of the way around, they tap a person on the shoulder, and then start running around the outside of the circle.**"
 - "**The person who is tapped, quickly turns and runs in the opposite direction around the outside of the circle. The people on either side, keep the space open.**"
 - "**As the runners meet on the other side of the circle they stop, shake hands and politely say 'Howdy, Howdy, Howdy' and then race on to get into the empty space in the circle first.**"
5. The person who is left out of the circle, begins the next round.

Tips for Facilitators:

- In a confined space, "walk quickly" to avoid injury caused by runners colliding.
- Co-facilitators select people who are less well known in the group.
- When later discussing the Mandala, this activity is an example of being able to "Think before reacting".

Variations:

- Alternatively, say "**Hello! Hello! Hello!**"
 - After a few rounds, the facilitator can confuse people by quickly dashing into the empty space, making a new space where the runners do not expect it.
 - **DUCK, DUCK, DUCK, CHICKEN:** The person walking around the outside of the circle says "**Duck, duck, duck...**" until choosing someone unexpectedly by loudly saying "**Chicken!**" behind them. The outside person pauses to make sure the circle person knows that they are the Chicken. They both run around the circle in the opposite directions. As they meet on the opposite side of the circle they stop, shake hands and politely say "**Howdy, Howdy, Howdy**" and then race on to be the first to get into the empty space in the circle.
-

HUCKLE BUCKLE BEANSTALK

- Type:** Communication energiser, for midway in the workshop. Walking.
- Purpose:** To have fun, raise awareness of others, and build community.
- Time:** 3-10 minutes, until everyone has found the object.
- What you need:** A small object such as a beanie baby, a small ball or a cup. Everyone sitting in a circle.

How it is done:

1. The facilitator explains **"We are going to try to find a hidden object."**
2. Explain **"Everyone walks around the room, with your hands behind your back, looking for an object. When you find it, walk quietly away and after some time, sit down in the circle and say 'Huckle Buckle Beanstalk'. Don't let others know where the object is."**
3. Show everyone an object and say **"I am going to hide this [object] in the room. Please close your eyes and put your head down."** Place the object in plain sight.
4. When you have returned to your seat, say **"Go!"** Wait quietly until everyone has found the object.

Tips for Facilitators:

- "Huckle Buckle Beanstalk" is a nonsense phrase. A different phrase can be used.

Variations:

- If people are having trouble finding the object, say "hot" and "cold" or use clapping to help. See CLAPPING HOT AND COLD.
 - To continue the activity: Once everyone finds the object and sits down, the person who found it first whispers to the Hider where they found it. If correct, that person gets to hide the object. If wrong, then the second person whispers the location and so on until someone is correct and they get to hide the object again and the activity continues.
 - Optional debrief: What can we learn from not being able to find something that isn't hidden? How does not noticing things affect our relationships with others? We all sometimes miss things that others can see.
-

HULA HOOPS or CIRCLE THE CIRCLE

- Type:** Community building and cooperative problem-solving energiser, for later in the workshop. Holding hands, stepping through hula hoops.
- Purpose:** To have fun, connect, and build cooperation and community.
- Time:** 5-10 minutes, for one or more rounds while the group is lively.
- What you need:** 2 hula hoops. Everyone standing in a circle.

How it is done:

1. The facilitator explains "**We are going to hold hands in a circle, then pass hula hoops around the circle.**"
2. Ask everyone to form a circle and join hands. Have a co-facilitator stand opposite you in the circle. For just a moment, break hands with the person on your right. Put a hula hoop over your arm and rejoin hands. Have the other facilitator do the same with the person to their left.
3. Say "**Pass both hula hoops all the way around the circle, back to the person who started it, without breaking hands.**"
4. You and your co-facilitator both start, each stepping through the hoop. Since your hoop is going from your right arm to your left and the other facilitator's from their left arm to their right, the hoops go in opposite directions, creating a challenge when they arrive at the same person.

Tips for Facilitators:

- Be sensitive to the local culture. This can be done with two halves to the circle: with women in one half, men in the other half, and facilitators between.
-

I AM... I LIKE...

- Type:** Energiser to get to know each other, affirm self and others, and build community, for early or midway in the workshop. Acting in silence (miming).
- Purpose:** To have fun, lift the energy, use Affirmation Names, get to know each other, and strengthen community. A chance to free up imagination and be creative.
- Time:** 7-10 minutes, for two rounds.
- What you need:** Everyone standing in a circle.

How it is done:

1. The facilitator explains "**We are going to share something we like to do. Let's stand up and move our chairs back a bit.**"
2. Explain "**We go around the circle and say 'Hello, I am...', our Affirmation Name and 'I like...', then share something we like to do. In reply, everyone says 'Hello!' using your Affirmation Name and copies you. I will show you how.**"
3. Begin by saying "**Hello! I am [Affirmation Name] and I like ...**" then playfully and silently use big actions to act out (mime) an activity you enjoy.
4. The other co-facilitators lead the response, as everyone together says "**Hello [Affirmation Name]**" and then everyone silently and playfully repeats your action.
5. Continue around the circle. Go around twice.

Tips for Facilitators:

- People are often more relaxed and playful the second time around the circle.
-

I JUST CAN'T SMILE

Variation: I LOVE YOU BABY, BUT I JUST CAN'T SMILE

Type: Community building energisers to creatively explore emotional balance, for later in the workshop. Smiling and laughing.

Purpose: To have fun and build community. To express emotion (laugh, smile) and let go of the emotion, a skill needed for conflict transformation. A chance to free up imagination and be creative.

Time: 7-10 minutes, until everyone is laughing.

What you need: Everyone in a circle.

How it is done:

1. The facilitator explains "**We are going to get each other to smile and laugh.**"
2. Explain "**One person is in the centre of the circle. Everyone around the circle tries not to smile or laugh. The centre person turns slowly and tries one by one to get a person around the circle to smile. Each person responds to all efforts saying 'I'm so sad, I just can't smile.'** If someone in the circle does smile or laugh, they go into the centre and join in getting others, one by one, to smile and laugh."
3. Say "**Is there a volunteer to start in the centre?**" Begin.
4. Continue until everyone has smiled and laughed and is in the centre of the circle.

Tips for Facilitators:

- In some groups, this activity might lead into a discussion about depression.
- This activity may be uncomfortable for anyone who is really feeling low.

Variations:

- There is one person who stands in the middle and turns slowly looking around the circle at each person in turn. Each person around the circle tries to get the person in the middle to smile.
- Everyone is standing except for one person who is sitting in a chair. One by one, people try to get the person in the chair to laugh. The person in the centre responds to all efforts saying, "**I'm so sad, I just can't smile**", in a way that might get the other person to laugh. If the other person does laugh, a new person tries. If the person in the chair laughs, they are out of the chair and whoever made them laugh sits in the chair. If a person in the chair resists laughing, two or three people cooperate to try to get them to laugh. If this doesn't work, give a round of applause and get a new person in the chair. Continue until everyone is laughing and everyone who wants to has a turn in the chair.
- **I LOVE YOU BABY, BUT I JUST CAN'T SMILE:** One glum person sits in a chair, and looks at one person at a time in the circle. Each try to make the other laugh. The person in the chair tries not to laugh, says "**I love you baby, but I just can't smile**" then turns to the next person in the circle. If the person in the chair laughs, the person in the circle who caused the laughter, has a turn in the chair. Continue while the group is lively.

I'M GOING ON A PICNIC

Variations: 1. I'M GOING ON A SAFARI 2. SLOW BOAT TO CHINA

Type: Communication and community building energisers, for midway or later in the workshop. Quick repetition and sharing ideas.

Purpose: To have fun and build community. A chance to free up imagination and be creative.

Time: 5-10 minutes, for one pass around the circle or to go from A to Z.

What you need: Everyone standing in a circle. *Variations:* Sitting or standing.

How it is done:

1. The facilitator explains **“We are going on a picnic and each of us will think of something to bring. Repeat what the people before you say and do, then add something beginning with the next letter of the alphabet. I will start.”**
2. Say **“Let’s stand and move our chairs back a bit.”**
3. Say **“I am going on a picnic and I’m taking some... A... A!”** (something that starts with the letter “A” eg apples or ants). Use a playful gesture that goes with the item.
4. The next person repeats what has been said and adds another item by saying, **“I’m going on a picnic and I am taking some [ants] (gesture) and some... B... B!”** (starting with the next letter, “B” eg ball, bananas, bread) with a new gesture.
5. Continue around the circle, each person repeating every item that has been said and the gestures, and adding a new item and gesture.
6. At the end the facilitator repeats everything.

Tips for Facilitators:

- Encourage the group to help any person having difficulty remembering.

Variations:

- **I'M GOING ON A SAFARI:** Say **“I am going on a safari and I'm taking some....”** You can take anything you want from a teddy bear to a dozen purple elephants. The more outrageous the object, the better. Each person repeats the previous items and adds a new item.
- **SLOW BOAT TO CHINA:** For more challenge in an Advanced workshop after the group has built community. The two items named begin with the first letter of each person's Affirmation Name. However, the participants are not told this.
 - The facilitator starts saying something like: **“I'm Mellow Mike and I'm going on a slow boat to China and I'm going to bring some music and some money.”**
 - Explain **“As we go around the circle each person says ‘My name is ... and I'm going on a slow boat to China and I'm going to bring Can I get aboard?’”**
 - The facilitator answers "Yes" or "No" depending on whether the first letter of the items match the first letter of the person's Affirmation Name.

Tips: Participants begin to catch on as the question moves one or more times around the circle. After many participants have worked it out and the others seem to be having difficulty, explain the activity to everyone to reduce tension. Debrief so

people can express frustration and explore feelings which might occur when we don't understand unspoken rules.

IRISH CUPS or CUPS

- Type:** Community building cooperation energiser for midway or later in the workshop. Quickly tapping and lifting cups, and clapping.
- Purpose:** To have fun, lift the energy, build awareness of the group, and build cooperation and community.
- Time:** 10-20 minutes, to establish the rhythm and enjoy it.
- What you need:** Plastic stackable cups, one for each person. Everyone sitting in a circle on a hard floor or around a big table.

How it is done:

1. The facilitator explains “**We are going to create a rhythm together by clapping and using cups.**”
2. Say “**Let’s sit in a circle around the table** (or on the hard floor).” Pass around the cups, one each. Turn your cup face down on the table/floor.
3. Be playful. In silence, randomly play with your cup. Lift your cup and bring it down on the table/floor. Clap-clap your hands. Tap-tap-tap the base of your cup with your fingers.
4. In silence, show how Cups is done with a quick rhythm, three times:
Begin with the cup in front of you. The cup is upside down: open face down, closed base up.
Clap-clap, clap hands together twice (2 half beats)
Tap-tap-tap, tap fingers on base of cup: fingers of right hand, then left, then right again (3 third beats)
Clap, clap hands together once (1 half beat)
Up, place right hand over base of cup and lift cup up (1 half beat)
Down, bring cup face down onto table/floor over to your right (1 beat)

Clap, clap hands together once (1 half beat)
Side, pick up cup from the side with right hand, and turn open face in (silent half beat)
Top, clap left hand onto open top of cup (1 half beat)
Table, bring the cup base down onto the table/floor (1 half beat)
Bottom, lift and turn cup base towards the left hand, and use the left hand to grab the base of the cup (1 half beat)
Hand, place the right hand onto the table (1 half beat)
Down, bring the cup face down onto the table (1 beat)
5. Say “**Let’s do this together slowly.**” Do the first part slowly in rhythm with big actions, so everyone can see and copy the moves. As you do it, say: “**Clap-clap, Tap-tap-tap, Clap, Up, Down.**” Repeat until the group is confident.

6. Do the second half slowly in rhythm with big actions.
 - Say **“It will be easier if you begin with your cup over to your right.”** This gives more space when picking the cup up on it’s left side with the right hand. (Your right hand is turned palm to the right, thumb down and around the cup.)
 - Everyone begins, as you do big actions slowly and say:
“Clap, Side, Top, Table, Bottom, Hand, Down.”
 - Repeat slowly at first, until the group is confident.
7. Begin again, doing all the actions slowly. This time, on the first “Down”, remind everyone to place their cup out to the right, ready for when they will pick it up again on “Side”.
Clap-clap, Tap-tap-tap, Clap, Up, Down.
Clap, Side, Top, Table, Bottom, Hand, Down.
Repeat many times. As the group becomes confident, speed up.
8. Option: If the group is still lively, cups can be passed to the next person at the end of each round. Show how to do it as you say **“On the final ‘Down’ we keep our right hand on the floor, and take our left hand with the cup over to the right, and place the cup in front of our neighbour on the right.”** Action begins with a new cup. (Alternatively, the cup in the left hand can be passed to the left neighbour.)
9. If people know the song, some can sing in harmony. The whole set of actions is repeated throughout the song, twice for each line.

Tips for Facilitators:

- See 600 young people doing Irish Cups in Gaelic: <http://www.wimp.com/irishcups/>
- See people doing Cups and singing Pitch Perfect’s “When I’m Gone” in English:
 - Two young women, Lulu and the Lampshades, sit facing the camera and show the actions clearly. The actions begin at 29 seconds into the video. Worth viewing in slow motion. <https://www.youtube.com/watch?v=O8QaL4z4UN4>
 - Anna Kendrick doing Cups in a cafe setting with customers. It has a different action: tapping the edge of the cup on the table, instead of with **“Top”** clapping a hand onto the open top of the cup. The actions begin at 1 minute 15 seconds into the video: <https://www.youtube.com/watch?v=cmSbXsFE3l8>
 - The Easiest Cup Song Tutorial shows the actions done slowly with simple instructions. It has a different action: tapping the table (**Ta-ble Ta-ble**) instead of tapping the cup (**Tap-Tap-Tap**). See: <https://www.youtube.com/watch?v=Y5kYLOb6i5l>

IRISH CUPS - ENGLISH LYRICS adapted from Pitch Perfect’s lyrics

I got my ticket for the long way ‘round
Two bottles of water for the way
And I sure would like some sweet company
And I’m leaving tomorrow, wha-do-ya say?

When I’m gone, When I’m gone
You’re gonna miss me when I’m gone
You’re gonna miss me by my hair
You’re gonna miss me everywhere, oh
You’re gonna miss me when I’m gone.

I’ve got my ticket for the long way ‘round
The one with the prettiest of views
It’s got mountains, it’s got rivers,
It’s got sights to give you shivers
But it sure would be prettier with you.

When I’m gone, When I’m gone
You’re gonna miss me when I’m gone
You’re gonna miss me by my walk
You’re gonna miss me by my talk, oh
You’re gonna miss me when I’m gone.

JACK AND JILL

- Type:** Cooperation energiser, for midway or later in the workshop. Quickly changing moves with a rhyme.
- Purpose:** To have fun, lift the energy, move and stretch, laugh, and strengthen cooperation and community.
- Time:** 5 minutes, for 2 or 3 rounds.
- What you need:** Everyone standing in a circle, with some space between each person.

How it is done:

1. The facilitator explains **“We are going to say a rhyme and do actions. Let’s stand up and move our chairs back a bit.”**
2. Say the rhyme together once:
Jack and Jill went up the hill
To fetch a pail of water (say “waa-ter”)
Jack fell down and broke his crown
And Jill came tumbling after (say “aaaf-ter”).
3. Explain **“As we go around the circle, each person says the next word of the rhyme.”** Begin by saying the first word (JACK). The person next to you says the second word (AND). The third person says the third word (JILL) and so on. Go around the circle, saying the rhyme two or three times, to get the flow of it.
4. Explain **“Everyone does the actions together, as each person says one word (or syllable) of the rhyme.”** In this case, there is a repeated sequence of four actions: snap fingers of left hand, clap hands, snap fingers of right hand, and slap thighs.
JACK (snap left) AND (clap hands) JILL (snap right) WENT (slap thighs)
UP (snap left) THE (clap hands) HILL (snap right) TO (slap thighs)
FETCH (snap left) A (clap hands) PAIL (snap right) OF (slap thighs)
WAAA- (snap left) (pause) -TER (snap right) (pause).
5. Repeat actions with the next two lines.

Tips for facilitators:

- Practise with co-facilitators ahead of time. Say “waaa-ter” taking 4 beats. Also say “aaaf-ter” taking 4 beats.

Variations:

- Choose a rhyme from the local culture. Make up a repeated sequence of hand actions to fit the rhyme. Each person in turn says a word and does an action.

JACK-IN-THE-BOX or COOL MOVES

- Type:** Creative community building energiser, for later in the workshop. Calming and connecting. Rhythm and dancing.
- Purpose:** To release energy and strengthen community. A chance to free up imagination and be creative.
- Time:** 10 minutes, until everyone (who wants to) has a turn in the centre.

What you need: Everyone standing in a circle, with some space between each person.

How it is done:

1. The facilitator explains "**We are going to do cool moves together with a rhyme. One person at a time leads.**"
2. Say "**Let's stand up.**" Everyone moves to a clear space or moves chairs back.
3. Explain "**This activity needs a slow rhythm. Let's practise this together.**" As you say the rhyme, keep the rhythm slow and steady. Co-facilitators join in.
**"Jack-in-the-BOX! Jack-in-the-BOX!
I move like THIS, I move like THAT,
I balance WELL, I balance WELL."**
4. Say "**Let's say this again! This time, when we say 'like THIS' I will show you a move, and when we say 'like THAT' we all do the same move together.**"
Everyone begins the rhyme again.
 - With "**Jack-in-the-BOX!**", step into the centre of the circle following the beat.
 - With the words "**I move like THIS**", make a slow gesture or 'cool move'.
 - With the words "**I move like THAT**", everyone in the circle repeats your move.
 - With the words "**I balance WELL**", turn around in the centre.
 - As this is repeated, "**I balance WELL**", return to the outer circle.
5. Continue the rhyme. With the words, "**Jack-in-the-BOX!**" a new volunteer steps into the centre ready to show off another "cool move."
6. Continue until everyone (who wants to) has a chance to show off a "cool move."

Variations:

- Replace "Jack-in-the-BOX!" if there is a more culturally relevant phrase.
 - See DANCE PARADE (under ANIMAL PARADE) and DANCING DAN.
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JAILBREAK

- Type:** Release energiser, for later in the workshop. Running in pairs with arms linked.
- Purpose:** To have fun, release any tension, use up energy, experience relying on a partner, and strengthen cooperation and community.
- Time:** 10-15 minutes, while people are lively and until everyone is laughing.
- What you need:** At least 10 people. A large clear space. Strong chairs positioned side-by-side in pairs scattered at different angles around the room. Each pair of chairs 2-3 metres away from other pairs. Alternatively, positions marked on the floor with masking tape. Everyone sitting (or standing) in pairs.

How it is done:

1. The facilitator explains "**We are going to have a buddy and run together to try and stay out of Jail.**" Check everyone can participate.
2. Say "**Let's stand up and put the chairs around the room in pairs.**" Make sure the paired chairs are scattered and at different angles.

3. Say "**Choose a buddy, link arms, and go and sit in a pair of chairs. Your arms will be linked for the whole activity.**" If necessary, a co-facilitator sits out the activity.
4. Explain "**Each pair has a number for the whole activity.**" Give each pair a number "**1, 2, 3, 4, 5, 6, 7...**"
5. Point to a pair of chairs and explain "**There is the Jail. Everyone, try to stay out of Jail!**" The Jail is positioned slightly towards one side of the space.
6. Explain "**The people sitting in Jail call out two or more numbers. The pairs whose numbers are called change seats. At the same time, the pair that is in Jail also gets up and tries to get into chairs that are safe. Pairs, keep your arms linked as you go to different chairs. Remember, stay out of Jail!**"
7. Begin. Ask the people sitting in Jail to call out two or more numbers. Those pairs and the pair in Jail run to change seats. Continue.
8. After a while, explain "**If 'Jailbreak' is called, then all the pairs move!**"
9. Continue until everyone is laughing and getting tired. At that point ask your partner to run slowly, so you both end up in Jail and you can finish the activity.

Tips for Facilitators:

- This activity can become very energetic. Be careful not to break chairs. If possible, avoid chairs with arms. In smaller rooms, have at least 1 metre between pairs of chairs.
- If standing, mark positions on the floor with masking tape. If there is an odd number of people, form a group of three so everyone can participate.
- To include mobility challenged people, ask the more mobile people to use slow exaggerated MOLASSES MOVEMENT.

Variations:

- **Groups of 3:** If the activity is going well, form groups of 3 people. If standing, there might need to be one or two pairs so that everyone can participate.

JUKEBOX

Type: Creative community building energiser, for midway or later in the workshop. Singing, rapping or reciting.

Purpose: To have fun sharing, and build community. A chance to free up imagination and be creative.

Time: 5-10 minutes, until everyone who wants to has a turn.

What you need: Everyone standing in a circle.

How it is done:

1. The facilitator explains "**We are going to take it in turns to sing or rap or recite.**"
2. Ask everyone to stand. Explain "**We will each sing a few lines of a song in any language, or rap a few lines or recite part of a poem. The first person will sing,**

rap or recite and then call a number. It is then the turn of the person with that number, to sing, or rap or recite."

3. Say **"Think of something you can sing, rap or recite."** Pause while people think, then check **"Everyone ready?"**
4. Count around the circle, **"1, 2, 3, 4, 5 ..."** giving everyone a number.
5. Start by singing a few lines of a song you like, or rap or recite. Then call a number.
6. Continue until everyone (who wants to) has a turn.

Tips for Facilitators:

- Stand, to free up body movement and expression while singing, rapping and reciting.
 - Allow people to sing or hum along, or even do dance actions, if they know the song.
 - Facilitators call people who have not had a turn.
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KEYS, STICKS AND BUNDLES

1. GRANDMA'S KEYS 2. RED FEATHER'S BUNDLE 3. WOODCUTTER

- Type:** Cooperative problem-solving energisers, for later in the workshop.
Walking quietly. RED FEATHER: Walking, running, tagging, dodging.
- Purpose:** To experience creatively solving a problem together, and strengthen cooperation and community. RED FEATHER: Also to release energy.
- Time:** 5-10 minutes, until every group is successful or while the group is lively.
- What you need:** A large clear area. Everyone in a circle.
GRANDMA'S KEYS: A bunch of keys.
RED FEATHER: Groups of 4-6. Chalk and a bundle eg cloth bandana tied into a knot.
WOODCUTTER: Groups of 5-6. A blindfold and 3 sticks eg pens or pencils.
- How it is done:** See activities below.

GRANDMA'S KEYS

1. The facilitator explains **"We are going to move very quietly and slowly."**
2. Ask two or three co-facilitators to playfully show how it is done as you explain **"Everyone is going to try to get away with Grandma's keys. Grandma stands at one end of the room, facing the wall, with some keys between her feet. Everyone else goes to the opposite end of the room. When Grandma is ready, we move as silently as possible towards Grandma. Grandma can turn around as often as she likes. When she does so, everybody freezes. If Grandma sees anybody move, they go back to the end of the room and start again."**
3. As one of the co-facilitators reaches the keys, explain **"Once someone picks up the keys, you pass them from person to person. Grandma keeps turning around. Now she is trying see or hear who has the keys. If she guesses right, the keys are returned to her feet and everyone starts again. If she is wrong, the action continues."**

4. Explain **"The rules are:**
 - **Keys are passed from person to person.**
 - **Keys are not thrown or slid across the floor.**
 - **No talking. No running."**
5. Ask for a volunteer to be Grandma. The round ends when the keys reach the opposite end of the room. If the group is still lively, ask for another volunteer to be Grandma.

RED FEATHER'S BUNDLE

1. The facilitator explains **"Teams are going to try to capture a bundle from Red Feather."**
2. Draw a large circle on the ground with chalk. Say **"Red Feather stands inside the circle and protects this bundle. Is there a volunteer to be Red Feather?"**
3. Form 2 or 3 groups. Count around the circle **"1, 2, 3, 1, 2, 3, 1, 2, 3, ..."** and say **"All the 1's form a team, all the 2's form a team, all the 3's form a team etc."**
4. Explain **"When I call your team number, work together to capture the bundle from Red Feather."** Explain **"If one of you gets the bundle but are tagged by Red Feather while you are still in the circle, then you are out for the round and the bundle is returned. If one of you gets the bundle outside the circle without being tagged then you become the next Red Feather."**
5. Begin. Call a team number. When a group is successful, call another team number.
6. If a team is down to only 1 or 2 people, call another team number. The new team can join in or replace these people.
7. Continue until each group has a turn and longer if the groups are lively.

Tips: If necessary, ask Red Feather not to stand on the bundle or shove people.

WOODCUTTER

1. The facilitator explains **"We are going to move very quietly."**
2. Say **"A Woodcutter stands in the centre of the circle and protects these three sticks. The Woodcutter wears a blindfold (or closes eyes). Once the Woodcutter is chosen, everything happens in silence. If the Woodcutter hears someone approach and points at them, that person is replaced by a team member."**
3. Form groups of 5-6 people. Count around the circle **"1, 2, 3,... 1, 2, 3,.. 1, 2, 3 ..."** and say **"All the 1's form a team, all the 2's form a team, all the 3's form a team etc."**
4. Explain **"When I call your team number, choose one person from your group to try and capture one stick from the Woodcutter. If they are caught by the Woodcutter, the team chooses a new person to try. Once your team captures a stick, the next team tries."**
5. Ask **"Is there a volunteer to be the Woodcutter?"**
6. Call a team number. The team silently chooses one person to walk silently with stealth to take one piece of wood.

7. Any time a piece of wood is taken, call the number of a different team. When all three pieces of wood are taken, ask for another volunteer to be the Woodcutter. Continue until every group is successful.

Tips: Co-facilitators sit out the activity or allow others in the group to lead.

LIMBO RODS or LIMBO LINE

Variation: TURNING THE SHEET

Type: Communication and cooperative problem-solving energisers, for later in the workshop. LIMBO RODS: Balancing a rod, bending slowly toward the ground. TURNING THE SHEET: Various positions.

Purpose: To experience non-verbal communication, strengthen awareness of others in the group, problem-solve together, and build cooperation and community.

Time: 10-15 minutes, until every group has lowered the rod or turned the sheet.

What you need: A large clear space. LIMBO RODS: Groups of 5-6. One thin rod for each group. Best if the rods are lightweight eg thin wood or made from a big sheet of newspaper rolled tightly and taped. TURNING THE SHEET: Groups of 4-5. A sheet of paper or other material for each group.

How it is done:

1. The facilitator explains "**Small groups are going to balance a rod and lower it to the floor together.**"
2. Form groups of 5-6 people. Count around the circle "**1, 2, 3,... 1, 2, 3,.. 1, 2, 3 ...**" and say "**All the 1's form a group, all the 2's form a group, etc.**" Say "**Let's stand up.**" Everyone moves to a clear space or moves chairs to one side.
3. Hand each group a rod. Explain "**Stand with 2 or 3 people on each side of your rod and balance the rod on your index fingers. One finger per person. I will show you how.**" Borrow a rod. Hold your palm vertically (facing left or right), not facing up or down. Curl your thumb around the 3 lower fingers, so only the index finger is held out. Balance the end of the rod horizontally on the top of your index finger. Return the rod.
4. Say "**Every person in the group keeps their finger in contact with the rod at all times. Lower the rod to the ground together, without speaking. If the rod falls, start again.**"
5. Every group balances the rod on fingers and lowers it to the ground.
6. Debrief to allow people to express any frustration.

Tips for Facilitators:

- Allow groups to work out how to do it together.
- Experienced co-facilitators sit out the activity.

Variations:

- Try groups with fewer or more people.

- **TURNING THE SHEET:** You need a sheet for each group. Form groups of 4 or 5 people. Explain “**Each group puts a sheet on the floor and everyone stands on it.**” The groups do this. Say “**Now, working in silence, turn the sheet over, without anyone stepping off the sheet.**” Be patient while each group works this out.
Variation: Use a sheet of A4 paper for each group. Explain “**Each group puts a sheet on the floor and everyone stands on it.**” The groups do this. Say “**Now, everyone staying in contact with the sheet at all times, and working in silence, turn the sheet over.**” Be sensitive to the local culture and environment. Other materials can be used in place of paper.
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LINE UP - SILENT

Type: Communication and cooperative problem-solving energiser, for later in the workshop. Walking.

Purpose: To experience non-verbal communication, strengthen awareness of others in the group, problem-solve together, and build community.

Time: 10-15 minutes, until the line is formed and people stop moving.

What you need: Everyone standing in a large clear space.

How it is done:

1. The facilitator explains “**We are going to stand in a line.**”
2. Say “**Let’s move our chairs to one side.**” Explain “**In silence, arrange yourselves in order, according to the month and day of your birthdays. You can use gestures.**”
3. If they ask, “**Where is the beginning of the line?**” you say “**You will need to work that out in silence.**”
4. When they stop moving, ask “**Do you all feel comfortable with this arrangement?**” If not, they continue.
5. When they are comfortable, say “**In order, state the month and day of your birth.**”
6. Debrief to allow people to express any frustration.

Tips for facilitators:

- Allow participants to work out how to do this themselves. Many creative ideas work. Some will use gestures to draw in the air the first letter of the month and/or hold up fingers to show the number of the month and then the day.
- Affirm the group, even if some people are “out of order”. It is a difficult task in silence.
- For young children, you might need to tell them where January and December are.

Variations:

- For a simpler activity: without speaking, participants line up in order of shoe size smallest to largest, or the colour of their eyes, from lightest to darkest.
-

MACHINE

Type: Creative cooperation energiser, for midway or later in the workshop. Standing with actions.

Purpose: To lift the energy, build awareness of others in the group, experience interdependence, and build cooperation and community.

Time: 5-7 minutes, until everyone is part of the machine.

What you need: Everyone standing in a clear area.

How it is done:

1. The facilitator explains **“We are going to make a machine together, making noises and movements. Each person will be a part of the machine.”**
2. Say **“Join in to make a machine.”** The facilitator begins with a mechanical noise and motion, repeated in machine-like fashion.
3. Others connect when they see a place in the machine where they would like to fit in.

Variations:

- Ask people to be a part of a particular machine eg plane or washing machine.
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MAKE, CREATE AND PASS

**1. I GOT D' BALL 2. IT'S A WHAT? (Sydney Concise Manual) 3. MAGIC BAG
4. MAKE IT AND PASS IT or PASS THE PUTTY 5. PASS THE BALL 6. PASS
THE FACE 7. PASS THE LAUGH 8. PASS THE TROUBLE 9. WHA'CHA
DOIN'? or WHAT ARE YOU DOING?**

Type: Creative energisers, for midway or later in the workshop. Making and passing an imaginary object, a face, a laugh, a clapping rhythm or an action.

Purpose: A chance to free up imagination and be creative. To have fun, lift the energy, and build or strengthen community. To encourage playfulness before a role play. I GOT D' BALL: Quick responses and energy release.

Time: 5-12 minutes, for one or two rounds.

What you need: Everyone standing in a circle, with space between people.

How it is done: See activities below.

Tips for Facilitators:

- When the group stands up, ask them to move their chairs back a bit. This allows more freedom of movement.
- Many of these activities can begin in silence with the facilitator and co-facilitator playfully modelling how it is done. This can introduce surprise and fun. With PASS THE BALL, the next person often understands what to do. If PASS THE FACE or LAUGH begins in silence, make sure the first faces and laughs are cheerful.
- Some activities are more complex and instructions will need to be given to the group when it is the turn of the first inexperienced participant.

I GOT D' BALL

1. The facilitator explains "**We are going to bounce an imaginary ball. Each person is going to lead a bounce. Let me show you how. Let's stand up.**"
2. Say "**Copy what I say and do.**" Say "**I got d' ball!**" (hands look like they are holding a ball). The group copies your words and actions.
3. Then say "**I put it here!**" (pointing to somewhere on your body). The group copies your words and actions.
4. Then say "**I pepeta! I pepeta!**" (pretending to bounce the ball on that part of your body). The group copies your words and actions.
5. Point to and say the Affirmation Name of another person in the circle. Pretend to throw the ball to this person. They repeat the activity with a different place on the body.
6. Continue until everyone has had a turn.

Tips: At the start, select a more confident person. Facilitators select those less well known in the group.

IT'S A WHAT? (Sydney Concise Manual)

1. The facilitator explains "**We are going to pass an object around the circle. It will keep changing. Let's stand up.**" Have a co-facilitator next to you.
2. Without speaking, find an object in your pocket that is easily held in your hand, eg a soft cloth or an imaginary object. Playfully, with big actions, interact with it [eg pat a cat, eat bites out of an apple]. Then turn to the next person, your co-facilitator, hold it out and say "[Affirmation Name], **this is a ...** [cat, apple]." The co-facilitator says "**It's a what?!**" Repeat what you said, and hand the (real or imaginary) object to the co-facilitator.
3. The co-facilitator receives the object and interacts with it, at first as the [squirring cat, apple core]. Then with big actions, changes the object into something else [eg book, ice cream] and playfully interacts with it [eg reads the book, licks the ice cream]. Finally, turns to the next person and says "[Affirmation Name], **this is a ...** [book, ice cream]."
4. The next person says "**It's a what?!**" The previous person (co-facilitator) repeats what they said, and hands the [open book, melting ice cream] to the next person.
5. Continue around the circle, then reverse direction and go around again.

MAGIC BAG

1. The facilitator explains "**We are each going to make something different.**" Playfully and silently, put a large clean garbage bag in the centre of the circle. Return to your seat. Ask everyone to stand.
2. Explain "**When you want to, pick up the bag and act with it as an imaginary object.**" Go out first and be playful and surprising, eg it is a hat and you put it on, it is a snake that slithers around your arm and body, it is a guitar that you strum, it is a surfboard that you stand on and balance as the waves go under you etc.
3. Continue until everyone (who wants to) has a turn.

MAKE IT AND PASS IT or PASS THE PUTTY

1. The facilitator explains “**We are each going to make something different out of clay. Let’s stand up.**” Have a co-facilitator next to you.
2. Without speaking, “find” an imaginary lump of clay and, with big actions, pretend to mould it into an object. Then pass it to the co-facilitator next to you.
3. The co-facilitator remoulds the “clay” into something else and passes it to the next person. Continue around the circle once or twice.
4. When the “clay” returns to the facilitator (the first or second time), pack it away.

Variations: Start with a “ball” instead of “clay”.

PASS THE BALL

1. The facilitator explains “**We are going to pass an imaginary ball around the circle. Let’s stand up.**”
2. Without speaking, with big actions playfully find an imaginary very small ball in your pocket, take it out, play with it, act as though it is growing bigger, heavier, smaller, bounce it etc, and then pass it to the next person.
3. Each person plays with the ball imaginatively. Continue around the circle twice.
4. Finally the facilitator shrinks the ball and puts it away in a pocket.

Variations: This activity can begin with a co-facilitator calling across the circle to the facilitator “[Affirmation Name] **have you got a ball?**” The facilitator, in silence, using big actions, looks for and finds an imaginary ball. Continue as above. People understand quickly, are amused and become creative. Many people are even more creative the second time around the circle.

PASS THE FACE

1. The facilitator explains “**We are going to pass a Face around the circle.**”
2. Say “**When someone turns to you and makes a Face, copy it, then turn to the next person and make a different Face. Let’s stand up.**” Have a co-facilitator next to you.
3. Turn to the co-facilitator next to you and make a Face. The co-facilitator copies your Face, then turns to the next person and makes a different Face.
4. Continue around the circle once, then reverse direction and go around again.

PASS THE LAUGH

1. The facilitator explains “**We are going to pass a Laugh around the circle.**”
2. Say “**When someone turns to you and makes a Laugh, copy it, then turn to the next person and make a different Laugh. Let’s stand up.**” Have a co-facilitator next to you.
3. Turn to the co-facilitator next to you and laugh a weird, loud, dramatic or bizarre Laugh. The co-facilitator copies your Laugh while facing you, then turns to the next person and makes a different Laugh.

4. Continue around the circle once, then reverse direction and go around again.

PASS THE TROUBLE

1. The facilitator explains “**We are going to pass a Trouble around the circle. It will keep changing. Let’s stand up.**” Have a co-facilitator next to you.
2. Without speaking and with big actions, mould imaginary putty into one of your Troubles (eg a crying baby). Then get rid of it by passing it to the next person.
3. The next person (co-facilitator) with big actions welcomes and interacts with your Trouble for a few moments (eg rocks baby and sings until it sleeps) then releases it, then moulds their own Trouble and passes it to the next person.
4. Continue around the circle once or, if the group is lively, twice.

Tips: Optional debrief about getting help and helping friends with troubles.

WHA’CHA DOIN’? or WHAT ARE YOU DOING?

1. The facilitator explains “**We are going to take it in turns to mime an activity. The activity will keep changing.**” Ask everyone to stand. Have a co-facilitator next to you.
2. In silence, playfully do an action, eg climbing a tree, riding a bike, washing hair.
3. The next person (co-facilitator) turns to you and asks “[Affirmation Name], **Wha’cha doin’?**” Answer something that is obviously not what you are doing, (eg eating an ice cream, riding a horse, surfing).
4. The co-facilitator looks surprised and with big actions mimes the action you said (eg eating an ice cream, riding a horse, surfing).
5. Person #3 asks “**Wha’cha doin’?**” Person #2 answers with another activity (eg digging in the garden). Person #3 mimes (digging). Person #4 asks “**Wha’cha doin’?**”
6. Continue around the circle, then reverse directions and go around again.

Variations: For other activities that are useful before a role play, see SPACE JUMP, WOMPOM STATUES and YES, LET’S!

MAKING CHAINS or ROCK, PAPER, SCISSORS

Type: Community building energiser, for midway in the workshop. Quick hand actions, forming lines. Option: hands on shoulders or waist.

Purpose: To have fun, lift the energy, strengthen awareness of each other, and build community.

Time: 3-10 minutes, until everyone is in one chain.

What you need: Everyone standing in a circle in a large clear space.

How it is done:

1. The facilitator explains **“We are going to form human chains. We decide who joins our chain using ‘Rock, Paper, Scissors’.”**
2. Say **“Let’s stand up.”** Everyone moves to a clear space or moves chairs to one side.
3. Show how it is done with your hands as you explain **“Many of you know Rock, Paper, Scissors. This is a Rock (fist). This is Paper (full open hand). And this is Scissors (two fingers extended).”**
4. Ask two co-facilitators to show how it is done as you explain **“Two people face each other and each makes a fist. You shake your fists at the same time 1, 2, 3... then each quickly forms one of these shapes.”** Depending on what your co-facilitators do each time, explain **“If both hands are the same shape, do it again. Rock blunts Scissors (defeats), Scissors cut Paper (defeats) and Paper covers Rock (defeats).”**
5. Explain **“When you do this, the loser goes behind the winner.”** At first, this makes a chain of two people. If there is a chain already, the loser joins and goes to the end of the chain. When the front person in a chain loses and goes, then the next person becomes the leader of that chain. Option: the people in the chains have hands on the shoulders or waist of the person in front.
6. Explain **“The winner finds another person to challenge to grow their chain.”** The winner and the new leader of the losing chain both find a person to challenge.
7. Explain **“Every time a person joins your chain, cheer!”**
8. Say **“Do this all as fast as possible. Ready? Turn to another person. Go!”**
9. Continue until everyone is in one chain, and give a big **“Hurrah!”**

Tips for Facilitators:

- If people do this quickly, the chains grow quickly.
- Optional debrief to explore the language of conflict used in this activity: face each other, shake your fists, defeat, loser and winner. Note that random decision making causes leadership changes and winning leaders are soon removed.

MIRROR PAIRS

Variation: HYPNOTISM

- Type:** Creative communication energisers that build trust, for later in the workshop. Moving freely.
- Purpose:** To lift the energy, strengthen non-verbal communication, and experience creatively leading and following.
- Time:** 5 minutes, for three changes of leader.
- What you need:** Everyone standing in a large clear space.

How it is done:

1. The facilitator explains **“In pairs, we are going to copy each other’s movements as though we are a reflection in the mirror.”**

2. Say **“Let’s stand up, move our chairs to one side, then form pairs.”** When everyone is in a pair, say **“Choose a leader for your pair. In silence, follow your Leader’s movements as a mirror image.”**
3. After a minute, say **“Change who is leading and who is following as a mirror image.”**
4. After another minute, say **“Now, in silence, both lead and both mirror.”**

Tips for Facilitators:

- Many people think it is not possible for two people to lead in silence, but it is!

Variations:

- **HYPNOTISM:** Form pairs. The Leader holds their palm out in front of them. The other person faces their palm. As the palm moves, the face moves with it. Change who leads. On the third round, each person both leads and follows: both hold out a palm and move it; both move their head to following the other person’s palm.

MOLASSES MOVEMENT

Type: Creative physical release energiser, for any time in the workshop. Moving in exaggerated slow motion.

Purpose: To slow down high energy Light and Livelies, when people are getting tired or to include people who are frail, blind or have limited mobility.

Time: See the activity where slower movement is wanted.

What you need: Any activity where people run.

How it is done:

1. To slow down any Light and Lively, the facilitator explains **“We are going to move in slow motion, so everyone can participate. Let me show you.”**
2. Move in playful, exaggerated slow motion.

Tips for facilitators:

- Many activities can be done in slow motion, making the activity fun and safe for all.

MRS. MUMBLY

Type: Community building energiser to explore emotional balance, for midway or later in the workshop. Laughing.

Purpose: To have fun, laugh, build awareness of self and others, and build community. To experience free emotional expression (laughing) and practise self-control (not laughing), a skill needed for conflict transformation.

Time: 10-15 minutes, for one long round of laughter.

What you need: Everyone standing in a circle.

How it is done:

1. Arrange to have a co-facilitator next to you in the circle.
2. The facilitator explains “**We are going to send the same conversation around the circle. Each pair will speak like Mrs Mumbly. Don’t laugh. We will show you how. Let’s stand up and move our chairs back a bit.**”
3. Turn to your co-facilitator and speak like Mrs Mumbly: roll your lips over your teeth, so your teeth do not show. You can be pleasant, serious, frustrated, any emotion, but do not laugh. Start by saying as clearly as possible “**Hello! Have you seen Mrs Mumbly?**” The second person also rolls their lips over their teeth and replies “**Who?**” You say “**Mrs Mumbly!**” (This exchange can be repeated.) The second person finally says “**Oh! No! I have not seen Mrs Mumbly.**” You then ask “**Can you ask your neighbour?**” and the second person says “**Sure!**”
4. The second and third people repeat the whole conversation. Then the third and fourth, and so on around the circle. If one of the pair laughs, they start the conversation again.

Tips for Facilitators:

- For people breaking into laughter and unable to stop, assist with tips such as “**Breathe... Keep breathing... Breathe slowly... Now focus on the words.**”
- For more challenge, add facial expressions, gestures and comments suggesting you can’t hear “**Eh? What did you say?**” so the person has to repeat their lines.
- This activity can be sequenced in a workshop at a point where exploring and strengthening self-control is valuable. Later in the workshop, when discussing the Mandala, this activity can be referred back to as an example of “Think before reacting”, one of the skills needed for conflict resolution.

MUSICAL CHAIRS (cooperative)

Type: Creative cooperative problem-solving energiser, for later in the workshop. Building community and trust. Walking, running, holding on to and sitting on each other.

Purpose: To have fun, lift the energy, connect, strengthen cooperation and community. To experience relying on others, and creatively solving a problem together.

Time: 5-10 minutes, until the minimum number of chairs is arrived at.

What you need: Very strong chairs, enough for all participants. A device to play music or a volunteer who sings or plays a musical instrument.

How it is done:

1. The facilitator explains “**We are going to play musical chairs. Let’s arrange the chairs.**” Put the chairs in a double line, back to back, facing outward.
2. Explain “**While the music is playing, walk around the chairs. When the music stops, everyone find a place to sit. This activity ends if there is anyone who can't find a seat.**” Check everyone can participate.
3. Remove one chair each time the music is playing.

Tips for Facilitators:

- People find ways to sit on one another's laps, shoulders, etc. Ending up with only four chairs is quite an achievement.
-

NIGERIAN APPLAUSE or APPLAUSE

- Type:** Affirmation and community building energiser. Clapping.
- Purpose:** To experience giving and receiving affirmation and acknowledgement, lift the energy, and build community.
- Time:** 3-4 minutes, for the acknowledgement to be received by each person.
- What you need:** Everyone standing or sitting in a circle.

How it is done:

1. The first time, the facilitator explains “**We are going to acknowledge some people. First we clap together** (do the clapping cadence two or three times), **then we show our appreciation with gestures** (show the giving and then the receiving actions).” Invite the people that the group wishes to affirm, to step into the middle, one at a time.
2. The group claps in the cadence: **Clap, Clap, Clap, Clap... Clap ... Clap.** Repeat if the person is still moving to the centre.
3. The group then extends their hands toward the person being affirmed. The person in the centre, gathers the acknowledgement in their hands and takes it to their heart, holding it there with arms gently crossed over their chest. Allow for a gentle silence, before the next person steps into the centre.

Tips for Facilitators:

- At any time later in the workshop, to acknowledge other people, simply start the cadence. There is no need to explain again.
 - Adapt the actions to the local culture, if appropriate.
-

NOAH’S ARK

- Type:** Communication energiser, for later in a workshop when community is strong and trust can be built. Walking with eyes closed, bumping into people.
- Purpose:** To have fun, experience communicating with sound only, strengthen awareness of others in the group, build safety and experience trust.
- Time:** 5-7 minutes, until everyone has found their partner.
- What you need:** Small cards with pictures or names of animals, two for each type of animal. Select enough pairs of cards for everyone participating to have one. Everyone standing in a clear space.

How it is done:

1. The facilitator explains “**We are going to walk around the room with eyes closed, making the noise of an animal, and trying to find our partner.**”
2. Say “**I will keep my eyes open and make sure you are safe. If you prefer, stand still and let your partner find you. Let’s stand up.**” Everyone moves to, or helps to make, a clear space.
3. Say “**Stay in silence as I give you a card.**” Give one picture to each person. Say “**Close your eyes and find your partner by making the noise of the animal.**”

Tips for Facilitators:

- Choose animals with easy and recognisable sounds that they make.
- Clear the edges of the area of obstacles.
- At the end, if two people are standing still and making the same noise, ask them to open their eyes. There could be more than one pair doing this.
- Women and girls may want to walk around with arms crossed over their chest.

Variations:

- For earlier in the workshop, with eyes open, see FIND THAT ANIMAL (under FIND THAT TUNE).
 - A quick fun activity to form pairs, leading into a learning activity.
-

NODDING or BLINKING

Variations: 1. MONEY AND BANKS 2. MY PARTY 3. WINKERS or BLINKING 4. WINK’UM

Type: Communication energisers, for later in the workshop. Nodding, blinking or winking. Walking, running. *Variations:* (1), (2) Also community building. (1), (2), (4) Quickly placing hands on shoulders. (3) Sitting quietly.

Purpose: To have fun, experience non-verbal communication, strengthen awareness of each other, release energy, and build community.

Time: 5-10 minutes, while the group is lively. *Variation:* (3) Until the Winkers are identified.

What you need: Everyone sitting in a circle.

How it is done:

1. The facilitator explains “**We are going to nod at someone across the circle, and quickly change seats. There will be a person in the middle of the circle who is trying to see us nod and get into one of our empty seats first.**”
2. Remove a chair from the circle and stand in the middle. Begin.
3. Continue while the group is lively.

Tips for Facilitators:

- Allow people to do this activity in the way they feel comfortable. People who are willing to change seats nod at each other. Some will avoid looking at anyone.

- Bigger gestures can be used with people with limited eyesight.
- To include people with limited mobility, ask the person in the middle to use slower exaggerated MOLASSES MOVEMENT.
- Adapt to the group and culture. In some cultures, direct eye contact is avoided eg some Australian and Canadian First Nations cultures.

Variations:

- **MONEY AND BANKS:** Half the group sits in chairs in a circle, and the others stand behind them, with their hands behind their backs. The people at the back are bank Guardians and those in front are Money. The aim is for Guardians to get more money for their bank and not lose any money they already have. The action is the same as in MY PARTY (below). A beckoning gesture can be used, instead of winking.
- **MY PARTY:** Half the group sits in chairs in a circle, and the others stand behind them, with their hands behind their backs. The people at the back are party Hosts or Hostesses and those in front are party Guests. Hosts stand with hands clasped behind their back. The aim is for Hosts to get more people for their party and not lose any Guests they already have. Hosts get more Guests by winking at one of the people in front, who then tries to get to the new Host. As soon as a person in the front tries to move, their Host tries to put a hand on the shoulder of each of the departing Guests. If they succeed, the departing Guest stays, otherwise they cross to join their new Host. After a time, swap roles, so all get a turn at winking and at moving (or trying to!). A welcoming gesture can be used instead of winking.
- **WINKERS or BLINKING:** You need as many pieces of paper as the number of participants. On two or three, put an "O". On the rest, put "X". Fold all the pieces of paper two or three times and put them into a container.
 - The facilitator explains "**We are going to wink at each other.**"
 - Say "**Take one piece of paper from the container as it goes around. Wait until everyone has a piece of paper, then open and read it without letting anyone else see it.**" Explain "**There are two or three people with O's. They are the Winkers. They will try to catch people by winking at them. Anyone who is winked at, waits a while, and then turns their chair around.**"
 - Also explain "**At any time, you can raise your hand and try to guess the Winker. If you are correct, that Winker turns their chair around. If you are wrong, you turn your chair around.**"
 - Finish when the last Winker is identified or only one person is still facing inwards.

Tips: People are often unhappy being eliminated from a group. This may cause them to avoid looking at others or to quickly look away. To explore this issue, debrief.
- **WINK'UM:** Half the group sits in chairs in a circle, and the others stand behind them, with their hands behind their backs. One chair in the circle is empty and a volunteer Winker stands behind it. (If necessary, a co-facilitator sits out the activity.) The Winker tries to catch the eye and wink at someone sitting in one of the chairs. That person tries to quickly rush away to sit in the empty chair, before the person behind them takes their hands from behind their back and (gently) slaps them on a shoulder to keep them in the seat. If they successfully get away, then the person standing behind the new empty chair is the new Winker. Continue until everyone who wants to has a turn being the Winker. A beckoning or other gesture can be used instead.

OWL AND MOUSE

- Type:** Communication and community building energiser, for later in the workshop. Walking with eyes closed, bumping into people.
- Purpose:** To have fun, experience communicating with sound only, and strengthen community, safety and trust. To explore power.
- Time:** 10-15 minutes, until everyone who wants to has a turn, then debrief.
- What you need:** Two blindfolds and two small plastic bottles filled with pebbles to use as rattles. Everyone standing in a circle.

How it is done:

1. The facilitator explains “**We are going to chase and be chased, with eyes covered and shaking a rattle. Let’s stand up and move our chairs back a bit.**”
2. Explain “**There will be an Owl and a Mouse. The Owl tries to catch the Mouse. The Mouse tries to run away. They will both be blindfolded and shaking a rattle.**”
3. Ask for two volunteers. Blindfold both and give each a rattle. Say “**Everyone else, make a circle around them, keeping them safe.**” The Owl and Mouse set off shaking the rattles, so they can find and run away from each other.
4. Repeat with two new volunteers.

Tips for Facilitators:

- Remind the Owl and Mouse often to shake their rattles.
- Usually the bystanders help the Mouse, not the Owl, expressing a human tendency to counter power with the creation of community. Facilitators can, if they wish, point this out to the group and briefly explore the implications for human behaviour.
- This activity can lead into a discussion about bullying, conflict and Transforming Power. It can also be used in an Advanced workshop to explore power.

PAPER PLATES AND LAVA

Variation: HOT COCOA AND MARSHMALLOWS

- Type:** Cooperative problem-solving energisers, for later in the workshop. Walking, balancing, holding on to each other.
- Purpose:** To have fun, creatively solve a problem together, and strengthen cooperation and community.
- Time:** 10-20 minutes, until everyone has safely crossed the floor.
- What you need:** 10-15 paper plates. Masking tape to make two lines on the floor 5-10 metres apart in a large clear space. Everyone standing.

How it is done:

1. The facilitator explains “**Everyone is going to walk across the floor stepping only on paper plates. Let’s stand up.**” Everyone moves to, or helps to create, a clear space.

2. Ask everyone to stand behind one of the lines on one side of the room. Explain **“Between these lines is Hot Lava. Be careful. Don’t fall in!”**
3. Explain **“These plates are safe to walk on.”** Hand out the paper plates, one plate to each person up to a maximum of 10-15 plates. Ask those with plates to throw them on the Lava in the middle of the room between the lines.
4. Say **“Work together and plan how you can get the whole group across the line on the other side by only stepping on the plates. These are your only protection from the Hot Lava.”**
5. Explain **“You can move the paper plates with your feet, but you can’t touch them with your hands. If anyone falls into the lava or touches the floor, everyone starts again.”**
6. Participants begin planning. Eventually the whole group is safely across the Hot Lava.

Tips for facilitators:

- Experienced co-facilitators sit out the activity or participate but say nothing and only do what others ask them to do.
- Alternatively, use cardboard from cardboard boxes. Be sensitive to the local culture and environment. Other materials can be used in place of paper.

Variation:

- **HOT COCOA AND MARSHMALLOWS:** The floor is Hot Cocoa and the paper plates are Marshmallows that are safe to step on. Form two groups. Each group has as many paper plates as people, minus one. The groups start on opposite sides. The facilitator explains **“This is a river of Hot Cocoa. Work together to cross the river and then return. Don’t fall in! Keep in contact with the Marshmallows, so they don’t sink into the chocolate void, never to be seen again.”** Once a Marshmallow plate is put down, a participant must put a foot on the plate, or a Facilitator can take it away.

Tips: Make the river too wide to be crossed directly with the Marshmallows of a single group. Facilitators do not give advice. The two groups will sometimes realise they can share Marshmallows.

PATTERN BALL or BALL TOSS

- Type:** Cooperation energiser, for midway or later in the workshop. Quickly throwing and catching balls. Optional: using Affirmation Names.
- Purpose:** To experience focusing in confusion, strengthen non-verbal communication, release energy, connect, and strengthen cooperation and community.
- Time:** 10-15 minutes, while the group is lively.
- What you need:** A set of 4-6 Koosh balls with one of a different colour or size. Alternatively, small bean bags or balled socks. Everyone standing in a circle.

How it is done:

1. The facilitator explains “**We are going to throw a ball to each other and make a pattern. Let’s stand up and move our chairs back a bit.**”
2. Explain “**At the start, each person will receive the ball once. When you have received the ball and thrown it on to another person, cross your arms across your chest. Remember who you threw the ball to!**” Begin. Call the Affirmation Name of a person across the circle, then throw the ball to that person. Continue. The last person throws the ball back to the facilitator.
3. When the pattern has been created, send one ball through the pattern again, so everyone remembers who they got the ball from and who they sent it to.
4. When the pattern is smooth, slowly add other balls. This can go up to 5-6 balls.
5. As soon as the group is able to do this smoothly, call a FREEZE, hold up a ball of a different colour or size and explain “**This ball goes backwards through the pattern!**” Send this one ball back through the pattern, so everyone can work out who to throw the ball to. Then continue with all the balls, one going backwards and the others forward.

Tips for Facilitators:

- As people get quicker at following the ball, non-verbal communication increases and the use of Affirmation Names drops.
- Use balled socks or small fluffy animals, if no koosh balls are available.
- For very young children a small seated circle often works better.

Variations:

- **Pattern Ball with Hurricane:** After establishing the pattern with several balls, call “**Hurricane!**” Everyone moves to new places, but continue to throw to the same people.
 - **Team Pattern Ball:** Two Koosh balls are used. There must be an even number of participants. The Koosh balls start with people who are next to each other in the circle. Each Koosh ball travels in the opposite direction and is passed to every second person in the circle. More balls can be added.
 - **Pattern Ball Challenge:** Similar to Team Pattern Ball however the numbers do not need to be even. During the activity a facilitator steps out of the circle and after a short time steps back into the circle in a different place. This means that the pattern is constantly changing.
 - **No Pattern Ball:** In a group experienced with regular Pattern Ball, have no set pattern at all. Start with one ball thrown randomly around the group. When that ball has found a rhythm then slowly add other balls. With a particularly aware group 5 balls can be kept flowing around the circle.
 - **Speed Pattern Ball:** Set up the pattern as usual. Clock the time it takes for the ball to go around the sequence and back to the start. Then ask the group for ideas on how to make it even faster. Keep brainstorming and trying out the ideas and timings until you have it down to a few seconds. Creative thinking and community building.
-

PICKLE IN THE SANDWICH

Type: Community building energiser, for later in the workshop. Holding hands with running partners. Dancing or singing.

Purpose: To have fun, lift the energy and build community.

Time: 7-10 minutes, while the group is lively.

What you need: Everyone sitting in a circle. One extra chair. A device to play music or a volunteer who sings or plays a musical instrument.

How it is done:

1. The facilitator explains **“We are going to run across the circle in pairs and bring someone back to sit with us. Sometimes the three people in the middle sing or dance before going back to their seats.”**
 2. Ask for two volunteers sitting next to each other and a third volunteer across the circle. Put an empty chair between the pair. They show how it is done (without music) as you explain step-by-step: **“As the music plays, the two people on either side of the empty chair hold hands and run to the other side of the circle ... select a person ... hold their hands ... and run them back to the empty seat. They sit back in their seats with their Pickle sandwiched on the seat between them.”**
 3. Explain **“The pair on either side of the new empty seat do the same. This continues. Whenever the music stops, the last person selected as a Pickle and their Sandwich people go into the centre of the circle, perform a song or dance together, and return to their seat.”**
 4. Begin playing the music. Sometimes stop the music. After each performance, start playing the music again. Continue while people are lively.
-

PING PONG

Variation: BUZZ

Type: Quick responses, focusing on counting and replacing numbers with words.

Purpose: To have fun, build awareness of others, and build community. A quick activity while a person is out of the room for a few minutes.

Time: 3 minutes, finishing when the absent person returns to the group.

What you need: Everyone sitting in a circle.

How it is done:

1. The facilitator explains **“We are going to count from 1 to however high we get. As we go around the circle counting, we say ‘Ping’ instead of the number 3 and its multiples, and we say ‘Pong’ instead of 5 and its multiples.”**
2. Around the circle, people count: one, two, Ping, four, Pong, Ping, seven, eight, Ping, Pong, 11, Ping, 13, 14, Ping-Pong (**cheer!**), 16, 17 etc.
3. If the whole group gets confused, start again at “1”.

Tips for Facilitators:

- Use the simpler activity, COUNT 1 TO 10, in groups where someone might not know the multiples of 3 and 5 (or 7 in BUZZ below), or might not be able to do this in the workshop language.

Variations:

- Use other words or sounds instead of “Ping” and “Pong”.
 - **BUZZ:** More challenging. Explain “**We are going to count from 1 to however high we get. As we count, we use the word ‘Buzz’ instead of the number 7, any number containing 7, as well as any multiple of 7. So we Buzz instead of 7, 17, 27 and so on and instead of 7, 14, 21 and so on.**” People count as fast as they can. If anyone misses a Buzz, start again at “1”.
Variations: (1) **Clap** instead of **Buzz**. (2) Say the name of a colour every time the number 7 or a multiple of 7 is called out. For example “1, 2, 3, 4, 5, 6, **purple**, 8, 9, 10, 11, 12, 13, **red**, 15, 16, **green**, 18, 19, 20, **orange**, 22” etc.
-

PRETZEL or HUMAN PRETZEL

Type: Connection and cooperative problem-solving energiser, for later in the workshop, after community has been built. Holding hands, tangling together.

Purpose: To experience connection, strengthen awareness of the group, and strengthen cooperation and community.

Time: 7-10 minutes, until the group is untangled.

What you need: Groups of 5-10. Everyone standing.

How it is done:

1. The facilitator explains “**We are going to hold hands in a circle, get tangled up and then untangle.**” Say “**Let’s stand up and make [two] groups.**” Everyone moves into, or helps to make, a clear space. Form groups of 5-10 people.
2. Create a group tangle using one of these methods:
 - **Method 1:** Say “**Everyone hold hands.**” The facilitator starts by walking under a set of joined hands and taking the group with you, threading through the circle. Others also step under joined hands taking the group with them, until the group tangles into a knot.
 - **Method 2:** Say “**Everyone put both your hands into the circle and with your right hand take hold of someone else’s left hand. Don’t hold the hand of the person next to you or hold two hands of the same person.**”
 - **Method 3:** Say “**Everyone put your right hand into the circle and take the right hand of someone else, but not someone next to you. Now everyone put your left hand into the circle and take someone’s left hand, but not someone next to you and not the same person you are already holding right hands with.**” If there are an odd number of people in the group, one person waits and then puts both hands in when others are putting their left in.
3. Say “**Untangle the knot without breaking your grasp.**” Begin.

Tips for Facilitators:

- For a stronger grip, people hold wrists.
- Be sensitive to the group and the culture. This can be done with women in one group and men in another.

Variations:

- Two volunteers leave the room. Everyone gets tangled up. The volunteers come back and try to untangle everyone, without anyone letting go of their hands.
-

PRUEE

Type: Communication energiser, for later in the workshop after community has been built. Walking around with eyes closed, bumping into people, holding hands.

Purpose: To experience relying on others, and strengthen cooperation and community.

Time: 5-10 minutes, until everyone has joined together.

What you need: Everyone standing in a large clear area.

How it is done:

1. The facilitator explains “**We are going to search for something with our eyes closed.**”
 2. Explain “**Everyone will walk around searching for ‘Pruee’. I will pick Pruee from someone in the group, after everyone has their eyes closed. Pruee may then have eyes open, but may not say anything. To find Pruee, go around saying ‘Pruee? Pruee?’ Once you have found Pruee, join Pruee by holding hands and also becoming silent. You may then open your eyes.**”
 3. Say “**Facilitators will have their eyes open and will stand around the outside and make sure you are all safe. Let’s stand up.**” Everyone moves into, or helps to make, a clear area.
 4. If anyone is confused, explain “**If you run into someone else also saying ‘Pruee? Pruee?’ that won’t be Pruee, because Pruee can’t speak. If you find someone who is silent, you have found Pruee!**”
 5. Say “**Hold your hands up at chest level with palms facing out or cross your arms over your chest as you search for Pruee.**” Some people might prefer to stand at the edges and help keep everyone safe.
 6. Say “**I will choose Pruee by tapping someone on the shoulder. Everyone ready? Close your eyes.**” Choose Pruee, who then opens eyes.
 7. Eventually everyone will end up in long lines of Pruee attachments.
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RADIO STATION or WBL5, THE QUIET STORM

Type: Community building energiser, for later in the workshop. Quick with focus.

Purpose: To have fun, lift the energy, and strengthen community.

Time: 5-7 minutes, for several rounds while people are lively.

What you need: Everyone standing or sitting in a circle.

How it is done:

1. The facilitator explains "**We are going to name musical performers and groups.**"
 2. Explain "**When it is your turn, give a new name. If anyone hesitates or repeats, we start a new round.**"
 3. Start by saying "**This is station WBL5, the quiet storm where you hear the sounds of [name of performer].**" The next person immediately names a different performer or group. Continue around the circle.
 4. If someone hesitates or repeats, start a new round. Explain "**The next person now starts a new round. You can name any performers and groups including ones from the last round, if you like. Don't repeat in this round!**" The person starts with "**This is station WBL5, the quiet storm where you hear the sounds of ...**"
-

RED-HANDED or CAUGHT RED-HANDED

Type: Communication and cooperation energiser, for midway or later in the workshop. Quickly passing objects from hand to hand.

Purpose: To have fun, lift the energy, build awareness of others, and strengthen cooperation and community.

Time: 10 minutes, until everyone (who wants to) has a turn in the centre.

What you need: Several different small objects. Everyone standing in a circle.

How it is done:

1. The facilitator explains "**We are going to hide and find objects.**"
2. Show the small objects and explain "**We pass these [objects] from hand to hand around the circle. A person in the middle tries to find one of these [objects] held by those in the circle. The Searcher has three tries. Let's stand up, move our chairs back a bit, and practise passing the [objects].**"
3. Hand out the objects. Once they are scattered around the circle, say "**Everyone, put your hands in front of you, waist high, with your fists closed and facing down. Practise passing the [objects]. If you are not holding an [object], pretend to pass one.**" Everyone does this.
4. Ask for a volunteer to be a Searcher and stand in the centre. Say "**The Searcher closes eyes and counts to ten loudly and slowly. Everyone else, begin passing the [objects] around the circle. On 'ten' the Searcher opens eyes.**"
5. The Searcher counts to ten, opens eyes, watches the movement, and guesses who has an object. The first person caught holding an object becomes the new Searcher.

6. If the Searcher guesses three times without finding an object, explain “**The Searcher now calls out the name of an object and the person holding that object becomes the new Searcher.**” This is done.
7. Continue until everyone, who wants to, has a turn in the centre.

Tips for Facilitators:

- This can often be more difficult than it appears. If someone in the centre becomes very frustrated, ask if they would like a friend to come into the centre to help. When they catch someone, that person can come into the circle alone or with a friend.

Variations:

- For more challenge: people pass the objects behind their backs.
-

SCREAM

Type: Energiser to explore emotional balance, for later in a Basic workshop or in an Advanced workshop. Screaming.

Purpose: To have fun, lift the energy, experience non-verbal communication, and strengthen cooperation. To experience free emotional expression and practise emotional modulation, a skill needed for conflict transformation.

Time: 3-5 minutes, until it feels finished.

What you need: Everyone standing in a circle.

How it is done:

1. The facilitator explains “**We are going to look at other people and scream.**”
2. Say “**Let’s stand up.**” Explain “**We start by looking down toward the floor. When I call ‘Go!’ everyone looks up, and looks at someone. If the person you are looking at is looking back at you, you both scream!**”
3. Say “**We will show you how to do this.**” Ask a co-facilitator to help you. You both look down and as you look up at each other, you both scream.
4. Say “**Each time, look at someone different. Looking down now ... Go!**”
5. Continue. Do this over and over until it feels finished.

Tips for Facilitators:

- This is a great activity if time is limited, because it can be a lot of fun in just a few minutes. It allows pent up feelings to be let out.
 - Sometimes no one will scream. Sometimes many people will.
 - Sometimes people avoid looking at anyone, or if they do look at someone, they quickly look away. Allow people to make this choice.
 - In some cultures, direct eye contact is avoided eg some Australian and Canadian First Nations cultures.
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SERIAL STORIES

1. SERIAL STORY - SPOKEN 2. SERIAL STORIES - WRITTEN

- Type:** Creative community building energisers, for later in the workshop. Each person adding to a story, rap or song.
- Purpose:** To have fun and strengthen community. A chance to free up imagination and be creative.
- Time:** SPOKEN: 3-10 minutes, until a satisfying story is told.
WRITTEN: 5-15 minutes.
- What you need:** Everyone sitting in a circle. SERIAL STORIES - WRITTEN: Pens, writing boards and A4, foolscap or letter size paper.
- How it is done:** See activities below.
- Variations:** See SPACE JUMP - STORY.

SERIAL STORY - SPOKEN

1. The facilitator explains “**We are going to create a story together. As we go around the circle, each person adds one word to the story.**”
2. Begin with one word (eg “**Once...**”). The story builds up one word at a time to eventually form sentences and a story.
3. Continue around the circle one or more times, until a satisfying story is told.

Tips for Facilitators:

- In English, stories often begin “Once upon a time...”

Variations:

- Each person adds a phrase, or each person adds a whole sentence.
- The group stands and uses big gestures and facial expressions as the story is told.
- Begin with a sentence or two of a story, breaking off at any point and pass to the next person who adds to the story, possibly with a twist. Continue around the circle. A good activity for a Facilitators Training workshop towards the end of the workshop, when group cohesion is strong. Hilarious and those with the gift of creativity give everyone a great lift.
- **Serial Rap:** Each person adds a phrase or line to make a rap.
- **Serial Song:** Each person adds a phrase or line to make a song.
- **“Yes and...” Story Circle:** Story telling around the circle. Each person incorporates the previous story, and begins their contribution with an enthusiastic “**Yes and...**” and then adds their piece. Go around the circle one or more times while the group is lively.

SERIAL STORIES - WRITTEN

1. The facilitator explains “**We are going to write stories. As we go around the circle, each person adds one sentence to the story.**”
2. Hand the pens, paper and boards around the circle. Ask each person to fold their sheet of paper horizontally. The number of folded sections is either the same as the

number of people in the circle or the number of the lead-in phrases to be given by the facilitator (see Tips).

3. Explain “**Begin a story by writing one sentence at the top of the page within the first fold.**” Optionally, say “**Begin your sentence with ‘Once upon a time...’.**”
4. Optionally, also say “**Write a statement that is concrete, visual and active.**” Concrete statements identify the character and the action, and might mention the place, objects or animals. They are not abstract ideas or concepts.
5. Say “**Now, pass your piece of paper to the next person on the left.**” Once this is done say “**Read the sentence on the paper, fold the paper over to cover it and add another sentence.**” Optionally, say “**Begin your sentence with [next lead-in].**”
6. Continue in this way until the story returns to the person who started it or until the lead- in phrases are all done.
7. Finally, ask each person to read out the story on the sheet they are holding.

Tips for Facilitators:

- If the facilitator uses lead-in phrases, these can include: “**Once upon a time...**” “**And then ...**” “**Unfortunately ...**” “**While that was happening ...**” “**Fortunately ...**” and “**It all ended when ...**”

Variations:

- **Drawing stories:** Fold the paper (as above). Everyone begins by writing a concrete, visual and active sentence above the first fold, then passes the paper to the left. Everyone reads their sentence then, in the space above the second fold, **draws** what is described in the sentence. Then fold the top sentence under and pass the paper to the left. Everyone looks at the drawing on their paper and, above the third fold, **writes a sentence based on the drawing**, folds the drawing down and passes the paper to the left. And so on, until the papers return to the first person who started the story. Finally, ask each person to read out the story on the sheet they are holding.

SHAKE, RATTLE AND ROLL

Type: Quick release energiser. Shaking hands and feet.

Purpose: To change and lift the energy quickly.

Time: 3 minutes, for one round.

What you need: Everyone standing in a circle.

How it is done:

1. The facilitator explains “**We are going to shake our hands and feet while counting out loud. I will show you how.**”
2. Count out loud and do the actions as you say “**Shake your right hand fast and count to 16 ... Shake your left hand fast counting to 16 ... Shake your right foot counting to 16 ... Shake your left foot counting to 16**”
3. Without stopping, say “**Now repeat this counting to 8, right hand... left hand... right foot... left foot... Now counting to 4, right ... left ... right ... left ...**”

Now count to 2, right ... left ... right ... left ... Now 1 each ... and last, a full body whoosh."

Variations:

- To increase group connection, everyone counts together as they shake each hand/foot.
-

SIMON SAYS

Type: Creative communication energiser, for midway or later in the workshop. Quickly doing a variety of actions.

Purpose: To have fun being creative, build listening skills, lift the energy, and build community.

Time: 7-10 minutes, while the group is lively.

What you need: Everyone standing in a wide circle with space between people.

How it is done:

1. The facilitator explains "**We are going to do actions when Simon says to do them.**"
2. Explain "**One person stands in the centre of the circle and gives commands, either 'Do...' or 'Simon says do...'. Everyone is to only do what Simon says. If someone makes a mistake, they become the new Simon.**"
3. The facilitator begins with "**Simon says ...**" followed by a command. People do this. Repeat with a few more simple "**Simon says ...**" commands.
4. Then give a command without saying Simon says eg "**Touch your nose.**" If you notice someone moving by mistake, they go into the centre to be the new Simon and you join the circle.
5. Continue while the group is lively.

Tips for Facilitators:

- If a lot of people make a mistake together, they can decide who is the next Simon.
 - This can lead to discussion about making mistakes, if others notice and if it matters.
-

SING ALONG

Type: Community building energisers, for midway or later in the workshop. Singing.

Purpose: To have fun, connect, lift the energy, relax, and strengthen community.

Time: 3-5 minutes, for one or more songs, while the group is lively.

What you need: Everyone in a circle. Choose songs that are known by others in the group. Musical backing (eg guitar, keyboard or a drum) is optional.

How it is done:

1. The facilitator explains “**We are going to sing along together.**”
2. Anyone in the group can lead. Those that know the song can sing along. The others can pick up the rhythm, tune and lyrics as it is sung. Say “**Sing along when you are ready. Clap or hum if you like.**”

Tips for Facilitators:

- Choose cheerful short songs with a simple melody from the local culture.
- Group singing led by anyone in the group who has the confidence and a desire to do it makes a very good gathering. Sometimes participants can be encouraged to bring instruments or songs. Some groups develop a great spirit of community by singing together.

Variations:

- Some songs can be sung in rounds with two or more groups coming in on different lines. Try this after the group is singing together confidently.
- English language examples:

ARE YOU SLEEPING?

Are you sleeping? Are you sleeping?

Brother John, Brother John.

Morning bells are ringing, morning bells are ringing

Ding ding dong, ding ding dong.

BUILDING BRIDGES

(See music section)

Building bridges across our divisions,

I reach out to you and you reach out to me.

With all of our voices and all of our visions,

together we'll make such sweet harmony.

DEAR FRIENDS

(See music section)

Dear friends, dear friends,

let me tell you how I feel.

You have given me much treasure,

I love you so.

GHOULIES AND GHOSTIES

From Ghoulies and Ghosties

and long leggedie beasties,

and things that go bump ... go bump in the night.

From Ghoulies and Ghosties

and long leggedie beasties,

and things that go bump in the night ...

Oh please, Oh please, deliver us!

LIFE IS BUT ...

(See music section)

Life is but a ... life is but a ...
Melancholy flow'r, melancholy flow'r.
Life is but a melan' ... life is but a
melancholy flow'r ...'choly flow'r.

NATURE'S TREES

(The same tune as Dear Friends)

Trees, trees, nature's trees
See them gently growing free.
Kauri, huon, myrtle and sassafras,
Let them all be.

SINGING TAG or MUSICAL TAG

Type: Energiser, for later in the workshop. Running, tagging and singing.

Purpose: To have fun, release or use up energy, and strengthen community.

Time: 5 minutes, while the group is lively.

What you need: Everyone standing in a clear space, with clearly marked boundaries.

How it is done:

1. The facilitator explains "**We are going to chase and tag each other, and sing.**"
2. Explain "**In pairs, one person chases and tags the other, and then both sing. Then the other person chases. Let's stand up.**" Everyone moves to, or helps to make, a clear area with no obstacles around the edges.
3. Say "**Some of you might like to use slow Molasses Movement.**" Ask two co-facilitators to show how this is done. They use slow exaggerated movements as they slowly "run", tag, sing a few lines, turn, and slowly chase the other way.
4. Say "**Stay inside the area ... [explain boundaries]. Now, choose a partner and a short bit of a song you both know and can sing. Or you can make the sound of a musical instrument or an animal, rap or loudly recite a few lines of a poem.**"
5. Say "**Decide who will run first. Everyone ready? Go!**" Begin.

Tips for Facilitators:

- Co-facilitators can pair up with mobility challenged participants.
- Make sure there are no safety hazards around the edge of the running area. Some participants might prefer to help keep everyone safely in the running area.
- In a confined space, everyone uses slow exaggerated MOLASSES MOVEMENT.
- English language examples: "Row, row, row your boat, gently down the stream", "Blue Moon, you caught me standing alone."

Variations:

- See EVERYONE IS THE TAGGER.
-

SONG CIRCLE or PASS THE SONG

Type: Community building energiser, for later in the workshop. Singing.

Purpose: To get to know each other on a deeper level, share personal stories and feelings through song, and strengthen community.

Time: 10-20 minutes, until everyone who wants to has sung.

What you need: Everyone standing in a circle.

How it is done:

1. The facilitator explains “**We are going to share songs that have meaning in our life.**” Ask everyone to stand and move their chairs back.
2. Explain “**As we go around the circle, I invite each of you to sing a few lines of a song that is meaningful to you. It could be a popular song, one from your childhood, one your family sings or one from an important time in your life. There could be actions or dancing with the song. If you know each other’s song join in. If you are not ready when it is your turn, you can pass and share later.**”
3. Start by singing part of a song that has personal meaning for you. A co-facilitator could quietly sing along too. Then very briefly explain why you chose the song - one sentence is often enough.
4. Continue around the circle.

Tips for Facilitators:

- Ask co-facilitators in advance to think of the song they will share.
- Many people like someone to sing with them.
- Be sure to come back to anyone who passed, as people can take a while to think of a song they want to share.
- To increase free movement, as the facilitator leads the first song, step into the circle and back again. Others will also sometimes choose to dance with their song.
- In places where singing is a strong part of the culture, allow time for sharing. Singing can be deeply healing.
- In residential workshops, this is a good activity for the evening.

SONG MOVES

1. BONNIE or MY BONNIE 2. DUM DUM DA DA 3. FRUIT SALAD 4. HEAD SHOULDERS, KNEES AND TOES 5. LITTLE PETER RABBIT 6. ONE FINGER, ONE THUMB and Variation FATHER ABRAHAM 7. PURPLE STEW 8. TONY CHESTNUT KNOWS 9. UP THE HILL

Type: Community building energisers, for midway or later in the workshop. Quickly changing moves, while singing or reciting rhymes.
PURPLE STEW: Affirming and connecting energiser.

Purpose: To have fun, laugh, move and stretch, relax, and build community.
Variations: (2), (3) Also build cooperation.

PURPLE STEW: To welcome using Affirmation Names and reconnect, at the beginning of a new day or session.

Time: 3-5 minutes, for 1-3 rounds. DUM DUM DA DA: 15-20 minutes.

What you need: Everyone standing in a circle, with space between each person.
Variations: (2), (6) Everyone sitting in a circle.

How it is done: See the songs below.

Tips for Facilitators:

- Practise with co-facilitators ahead of time, so there are several people singing along and doing the actions.
- Some songs can be translated into the local language. The actions for some can be used with local songs.

Variations:

- For release and reconnection after sharing difficult emotions, also see HOKEY POKEY.

BONNIE or MY BONNIE

1. The facilitator explains **“We are going to raise and lower our arms while we sing a song. Let’s stand up.”**
2. Say **“Who knows the song ‘My Bonnie Lies over the Ocean’? Sing along! We will start with arms raised high in the air. With the first word beginning with ‘B’, bring your arms down to slap your thighs. On the next word beginning with ‘B’, raise arms high in the air again, and hold until the next ‘B’ word. Copy me!”**
3. Start with arms raised. Sing slowly during the first round. Everyone changes arm position with every word that starts with the letter “B” and holds that position until the next word beginning with “B”. “My Bonnie” ends with arms raised.
4. Say **“Let’s do it again with arms raised high, then hands down to knees.”** Continue.
5. Say **“Let’s do it again with arms raised high, then touching toes.”** Continue.
6. If the group is still lively, do one more round. Say **“Let’s do it again, this time standing up and sitting down.”** Start from standing. End standing.

BONNIE or MY BONNIE

My Bonnie lies over the ocean
My Bonnie lies over the sea
My Bonnie lies over the ocean
Oh bring back my Bonnie to me.
Bring back, bring back
Oh bring back my Bonnie to me, to me.
Bring back, bring back
Oh bring back my Bonnie to me.

Tips for Facilitators:

- For a gentle stretch after sitting still for a long time, sing slowly and do three rounds: First, arms high then down to slapping thighs. This is easy and everyone can see and copy what others are doing. Then arms high to knees. This gives a gentle back stretch and bend, and is a warm up for the next round. Finally, arms high to toes. This is vigorous. Three rounds will be enough for many groups.
- For higher energy: begin with a round of arms raised high then down to slapping thighs. For the second and third rounds, stand up and sit down.

Variations:

- Choose a local song with a simple rhythm and lyrics. Choose a sound or a word or a letter of the alphabet that begins words, where this occurs many times in the song. Do an action each time the sound, word, or letter of the alphabet occurs. Choose two simple actions and alternate between these. Everyone does the actions together.

DUM DUM DA DA

(See music section)

Everyone sits in chairs in a tight circle. 15-20 minutes.

1. The facilitator explains "**We are going to learn a song.**" Sing the song.
2. Sing the first line of the song, and ask everyone to repeat the line. Do this with each of the next lines. Then everyone sings the whole song 2-3 times until the group knows it.
3. Show the movements for the first verse. Everyone does these together.
4. Show the movements for the second verse (same lyrics). Start from the beginning and do the two verses and movements together.
5. Repeat for the third verse.
6. Repeat the whole song and actions until the group does it smoothly.

DUM DUM DA DA

Musical version 1:

Dum dum da-da da-da, dum dum da da (x2)
Dum dum da-da da-da, dum dum da-da da-da
Dum dum da-da da-da, dum dum dum.

Musical version 2 - YouTube: <https://www.youtube.com/watch?v=R12wIYc00U>

Dum dum da-da da-da, dum dum da da
Dum dum da-da da-da, dum dum da-da da-da
Dum dum da-da da-da, dum dum da da
Dum dum da-da da-da, dum dum dum.

Every verse has the same lyrics. Only the movements change.

Verse 1: (YouTube) Sitting in the circle, lay both hands on your thighs with palms down. Pat your own thighs twice to "dum dum", then pat to the left so that one of your hands pats the thigh of the person to your left for the next two beats "da-da da-da". Then back to self for two beats "dum dum", then to the right for two beats "da da". Repeat self-left-self-right twice more, then self-left (only) to end patting your thighs with the final "dum dum dum".

Verse 2: (YouTube) Begin by patting your own thighs once (dum), then clap once (dum), then clap gently with both hands on the back of the person on your left for two claps (da-da da-da). Then back to your own thighs for one pat (dum), clap your hands once (dum), then clap gently with both hands on the back of the person to your right (da da). Keep repeating this sequence until you end up patting your own thighs for the final "dum dum dum".

Alternative: (YouTube) Slap own knees twice, cross arms and slap opposite knees twice, slap knees again twice, then right hand slap knee of person to your right and left hand slap knee of person to your left twice. End by slapping your own knees on the final "dum dum dum".

Verse 3: (YouTube) Begin slowly. Pat your own thighs once (dum). Next pinch your nose with your left hand, while grabbing your left ear with your right hand (dum). Again, pat your thighs once (da-da). Then pinch your nose with your right hand while grabbing your right ear with your left hand (da-da). Repeat this sequence more quickly, until you end with the final "dum dum dum" on your own thighs once again.

Tips for Facilitators:

- The movements above can be used for both musical versions.
- Optional debrief: ask "**What have you learnt from this activity?**" Some might have been worried about the song: that they would have to remember it, that it was silly. The more we practise, the better we get, just like learning new communication techniques and Transforming Power.

FRUIT SALAD

1. The facilitator explains "**In small groups, we are going to stand up and sing, then sit down.**" Hum the tune that goes with Frère Jacques in French or "Are you sleeping brother John?" in English. Those that know the tune can join in humming.
2. Go around the circle giving an equal number of people each of these names: "**Watermelon**", "**Pineapple**" and "**Banana**". Start with yourself as a Watermelon. Each fruit type can be standing next to each other, or can be scattered around the circle.
3. Explain "**Now we take turns to stand and sing our fruit name to this tune.**"
 - All watermelons stand, sing "**Watermelon watermelon**" together, to the tune of the first line of the song, and then sit.
 - All pineapples stand, sing "**Pineapple pineapple**" together, to the tune of the second line of the song, then sit.
 - All bananas stand, sing "**Banana banana**" to the tune of the third line, then sit.
 - Everyone stands and together sing "**Fruit salad! Fruit salad!**" to the tune of the last line of the song.
4. Repeat twice more. Give a cheer!

Variations: Choose a well known local song and replace the words with the names of fruit that fit the rhythm.

HEAD, SHOULDERS, KNEES AND TOES

1. The facilitator explains "**We are going to reach down to our knees and toes while we sing. Let's stand up.**"

2. Say **“Who knows ‘Head, shoulders, knees and toes?’ Sing along! Everyone copy me!”** Sing and with big actions touch head, shoulders, knees and toes:
Head, shoulders, knees and toes, knees and toes (repeat) ... **and ...**
Eyes and ears and mouth and nose
Head, shoulders, knees and toes ... knees and toes.

Tips for Facilitators: This song can be easily translated into local languages. To calm and reconnect the group, sing slowly and keep the group together.

LITTLE PETER RABBIT

1. The facilitator explains **“We are going to sing and do actions together.”**
2. Explain **“The first time we sing without actions. Each time after that, we will replace one word more with an action. Let’s stand up.”**
3. Say **“If you know the song, sing with me.”** Sing the song, to the tune of the "Battle Hymn of the Republic". Co-facilitators and those who know it sing along.
4. Say **“Now copy my actions!”** With each round, replace one more word with an action. In the first round replace rabbit. In the next round replace both rabbit and fly etc. The last time the song is sung, all the actions are included.

LITTLE PETER RABBIT

Little Peter Rabbit had a fly upon his nose (repeat 3 times)
 And he flipped it and he flopped it
 And it flew away.

Words	Actions
rabbit	hands on top of head, making rabbit ears
fly	hands together making wings
nose	point to or touch nose tip
flipped it	one hand swipes past nose
flopped it	other hand swipes past nose
flew away	hands flapping like wings, move away

Last verse

Little Peter [ears]
 had a [hands] upon his [point] (x 3)
 And he [swipe] and he [swipe]
 And it [hands move away]

Variations: Choose a local children’s song with actions that everyone does together.

ONE FINGER, ONE THUMB

1. Start with everyone sitting in a circle on chairs. The facilitator explains **“We are going to sing along and do actions together.”**
2. Say **“Copy me”** and sing and do the actions as follows:
“One finger (hold up), **one thumb** (add thumb), **one hand** (open hand),
keep moving (shake the hand).” The first time, speak the words and do the actions.
 Repeat twice more singing the tune with the actions.
“And we’ll all (swing arms out to sides) **have a real** (swing) **good time** (swing).”
 Repeat twice.

3. At each round, repeat the previous parts and add one more part, in turn:
“**two hands** (wave both hands with fingers loose), **one foot** (shake two hands and one foot), **two feet** (shake hands and feet), **one head** (shake hands, feet and head).”

Tips for Facilitators:

- See YouTube for the tune and actions:
<https://www.youtube.com/watch?v=osIVAVIqLpc>

Variations:

- Other options: “**one arm, two arms, one leg, two legs, one nod of the head, sit down, stand up, turn around.**”
- End each round with “**And we'll all be merry and bright.**”
- This song can be translated into the local language.
- **FATHER ABRAHAM**
Ask everyone to copy you and sing along. Make gestures and sing:
“**Father Abraham had seven sons—seven sons had Father Abraham. They couldn't laugh, they couldn't cry, they could only shake their...**” (left hand, right hand, arms, legs, head etc). Gestures are all repeated as you add each new one. Encourage others to suggest what to shake next.

PURPLE STEW

1. The facilitator explains “**We are going to sing together and welcome each person as they arrive.**” Say “**Copy me and sing along!**”
2. Use a sing-song voice and stir a pot with big actions, be delighted as you smile and welcome a person and say “**YOU!**” and then use their Affirmation Name in the next line:

**We're making a purple stew. Whip, whip, whip.
We're making a purple stew. Whip, whip, whip.
With purple potatoes and purple tomatoes,
And YOU in a purple stew!
Hi there _____. How are you?
Fancy meeting you in a purple stew!**

3. Repeat and welcome each person in the circle.
4. Keep repeating and welcoming each person as they arrive.

Tips for Facilitators: A great way to welcome people on the morning of the second day as they arrive. Also a good way to draw people into the circle after lunch. People can be welcomed one, two or more at a time. Be sure to include everyone using their Affirmation Name.

Variations: Use a local song for welcoming.

TONY CHESTNUT KNOWS

1. The facilitator explains “**We are going to reach down to our toes and knees while we sing. Let's stand up.**”
2. Say “**Who knows 'Tony Chestnut?' Sing along! Everyone copy me!**”

- Sing and with big actions touch toes, knees, chest, head, nose, eye and heart:
“To-ny Chest-nut knows” - toes, knees, chest, head, nose
“I love you” - eye, heart, then look at everyone in the circle
“To-ny knows, To-ny knows” - toes, knees, nose (repeat)
“That’s what To-ny knows” - toes, knees, nose.

Tips for Facilitators:

- See YouTube for the tune and actions:
<https://www.youtube.com/watch?v=fHUYa8oZVVs>

Variations: Use a local song, with words that have sounds that are the same as different parts of the body.

UP THE HILL

- The facilitator explains **“We are going to stand and sit as we say a rhyme.”**
- Say **“The rhyme goes like this ...”** Use a sing-song voice as you recite the rhyme.
- Explain **“When we say ‘up’, stand up. When we say ‘down’, sit down.”**
- Say **“Let’s say the rhyme and stand up and sit down together.”** Recite the rhyme together, and with the words **“up”** and **“down”**, everyone stands up and sits down.
- Repeat twice more, if the group is lively.

UP THE HILL

Wild horses roaming free, a group of more than ten,
 Went racing up the hill, and galloped down again.
 Now, when you’re up, you’re up.
 And when you’re down, you’re down.
 And when you’re only half way up,
 You’re neither up nor down!

Tips for Facilitators: For quick and cheerful movement after sitting still for a long time.

SPACE JUMP

1. SPACE JUMP - ACTIONS 2. SPACE JUMP - STORY

- Type:** Creative energisers to explore changing situations. Doing activities in silence (miming).
- Purpose:** To have fun, and experience physical role play techniques: starting from another’s position and transforming it into something new. A chance to free up imagination and be creative. To encourage playfulness before role plays on conflict transformation.
- Time:** 15-20 minutes. **ACTIONS:** until everyone who wants to has a turn.
STORY: for one round.
- What you need:** Everyone in circle, in a clear space. **STORY:** Groups of 5.
- How it is done:** See activities below.

SPACE JUMP - ACTIONS

1. The facilitator explains **“Two people at a time are going to do a simple activity. One of these people keeps changing and the activity changes each time.”**
2. Ask everyone to stand, move chairs to one side, and make a circle.
3. Ask **“Are there two volunteers to go into the centre of the circle and both do the same activity? It will be [eg digging in the garden].”**
4. As they begin, say **“Keep doing this while I explain more.”** Explain **“Everyone watches, until someone has an idea for a new activity. That person calls ‘Space Jump’ and the performers freeze.”**
5. A co-facilitator calls **“Space Jump”** (arrange this in advance) and both performers freeze. Your co-facilitator shows the next steps, as you explain **“The Caller goes into the centre and mirrors the frozen action ... then changes the activity [eg washing clothes]. One of the first performers returns to the circle, and the other stays and also performs the new activity.”**
6. Invite others to participate. One calls **“Space Jump!”** and the performers freeze. The new person comes into the circle, mirrors the old action, then changes the activity. The person who has been in the centre longest, returns to the circle. The other performs the new activity. Continue until everyone, including the facilitator, has a turn.
7. Explain **“Now let’s reverse back through the same activities.”** In reverse order, people return to the centre and re-perform what they did before. End with the first two performers and the first activity [digging in the garden].

Tips for Facilitators:

- Practise this activity with your co-facilitator ahead of time. Plan what the first and second activities will be. During the activity, if a participant calls “Space Jump” a second time, ask if anyone who has not yet taken a turn would like to.

SPACE JUMP - STORY

1. The facilitator explains **“In small groups, we are going to act out a story. We will show you how it is done.”** Ask everyone to stand, move chairs to one side, and make a circle.
2. Ask two co-facilitators to show how to develop a story, with at least one change in the action. As they do this, you explain **“The first person begins to act out a story. The group watches, until someone has an idea for how to continue the story. That person calls ‘Space Jump’ and the performer freezes. The Caller joins in, and at first takes up the same position as the frozen person and then begins to do the next action in the story. The first performer unfreezes and enthusiastically joins in the new action until the next ‘Space Jump!’ call.”**
3. Form groups of 5 people, by counting off **“1, 2, 3... 1, 2, 3 ...”** around the circle. Ask all the 1’s to form a group, all the 2’s to form another group, and so on.
4. Say **“Each group, ask for a volunteer to begin acting a story.”** Begin.
5. Groups continue with the acting and freezing, until all five people have joined the story.

6. Explain “**Now each group reverses back through your same story.**” Each group ends with the first person’s first action.

Tips for Facilitators:

- Co-facilitators join in, if this helps make groups of 5 people, but allow others to lead.
 - Example: Person 1 digs in the garden. Person 2 calls “Space Jump”, digs in garden, then shovels soil into a wheelbarrow. Person 1 then also shovels soil into the wheelbarrow. Person 3 calls “Space Jump”, shovels soil into the wheelbarrow, then sits down to rest. Persons 1 and 2 also sit down to rest. Person 4 calls “Space Jump”, sits down to rest, then enjoys a cool drink. Persons 1, 2 and 3 also enjoy a cool drink. Person 5 calls “Space Jump”, enjoys a cool drink, then lies down and starts snoring. All lie down and snore loudly.
 - SPACE JUMP - ACTIONS can be done first, followed by SPACE JUMP - STORY.
-

SPEEDY IDEAS

- Type:** Creative community building energiser, for midway or later in the workshop. Sharing ideas.
- Purpose:** To have fun, affirm a variety of perspectives, and build community. A chance to free up imagination and be creative.
- Time:** 3-5 minutes, for two rounds.
- What you need:** A common object, such as a pencil, bookend or piece of pipe. Everyone standing or sitting in a circle.

How it is done:

1. The facilitator explains “**We are going to think of a lot of uses for something.**”
2. Hold the object up and explain “**As we go around the circle, each person gives a use for this object.**” Begin by giving a surprising use. Pass the object to the next person.
3. Continue. Go around the circle, twice.

Tips for Facilitators:

- Many people are more creative on the second round.
 - Affirm the variety of ideas. This can be done by non-verbal appreciation of each and every suggestion as they are made or by the facilitator speaking at the end.
-

STAND ON A LINE or MOUNTAINS AND VALLEYS

- Type:** Energiser to get to know each other more and build community, for midway in the workshop. Sharing preferences by moving.
- Purpose:** To build awareness and understanding of each other’s differences, and build community.
- Time:** 10-15 minutes, for three or more questions.

What you need: Everyone standing along a line.

How it is done:

1. The facilitator explains “**We are going to be given choices and decide what we would like more.**” Ask everyone to stand up and move to, or help make, a clear area.
2. Say “**That side of the room is for Mountains, and the other side is for Valleys.**”
3. Ask “**Would you prefer to be a Mountain or a Valley?**” People go to the side they want to be. Some will not be able to choose. Suggest they stand in the middle.
4. Ask some of those on one side why they chose that side. Then ask some on the other side. Finally, ask some in the middle. This can be done quickly.
5. Continue with other questions (see below), indicating the two sides.

Tips for Facilitators:

- The awareness that comes from the reasons and who chooses which, contributes to the group looking at differences and building community.
- Some will not want either alternative. Some will want both, possibly at different times.
- Choose culturally appropriate questions.
- Other questions: “Would you prefer to be ...” or “Are you more ...”
“... a River or a Beach?”, “... a Cat or a Dog?”, “... an Early Morning or a Late Night?”,
“... an Island or a Wave?”, “... a Picture Window or a Screened Porch?”,
“... Countryside or City?”, “... a Clothesline or a Kite String?”, “... a Bubbling brook or Placid Lake?” Finally, do four corners with four seasons: “... Summer, Winter, Autumn or Spring?”

STOP THE MUSIC (cooperative)

Variation: SING FLING

Type: Creative cooperation energiser, for later in the workshop. Quickly passing balls. Singing, humming, clapping, making the sound of musical instruments.

Purpose: To have fun, lift the energy, connect, and build cooperation and community. A chance to free up imagination and be creative.

Time: 5-10 minutes, while the group is lively.

What you need: 3 koosh balls (or socks balled together or small bags filled with beans or cloth sewn in ball-like shapes). Everyone standing in a circle, with some space between each person.

How it is done:

1. The facilitator explains “**We are going to toss balls around the circle while three people make music. Let’s stand up and move our chairs back a bit.**”
2. Hold up the three balls and explain “**We toss these balls gently around the circle. Three Music Makers stand outside the circle. The Music Makers sing together, hum, clap and make the sounds of musical instruments. The Music Makers**

decide when to stop. When the music stops, all the balls stop and the three people who are holding the balls become the new Music Makers.”

3. Ask for three volunteers to be Music Makers. Begin.
4. Continue while the group is lively. Option, before finishing, ask if anyone else would like a turn making music.

Variations:

- The Music Makers can improvise instruments eg trumpet, drum, guitar etc.
- **SING FLING:** As above, but toss one ball around and select one Singer, who stands with their back to the group.

STRETCH or MORNING STRETCH

Type: Creative connecting energiser, for midway or later in the workshop.
Stretching gently.

Purpose: To connect the group especially at the beginning of a new day, remember or change Affirmation Names, leave worries behind, stretch and strengthen community. To relax and be creative while latecomers are arriving.

Time: 7-15 minutes, for one or two rounds until latecomers arrive.

What you need: Everyone standing in a circle.

How it is done:

1. The facilitator explains “**We are going to take it in turns to lead a Stretch. Let’s stand up and make a circle.**” Everyone moves to, or helps to create, a clear space.
2. If it is the beginning of a new day, also explain “**This is a good moment to remember everyone’s Affirmation Names. Some might like a new name today.**”
3. Begin by saying “**My name is [Affirmation Name] and my stretch is ...**” and lead a gentle physical stretch. Co-facilitators could respond by cheerfully saying “**Morning [Affirmation Name]**” as they copy the stretch and others join in.
4. Continue around the circle for one or two rounds.

Tips for Facilitators:

- Most people will know some stretches, yoga postures or simple exercises. Encourage the group to do these gently.
- If doing this after lunch, ask everyone not to lead stretches that bend over and squash the stomach.

TEN POSITIONS

- Type:** Release energiser. Stretching high, touching toes, quickly moving arms.
- Purpose:** To lift the energy, move and stretch, and have fun. Useful after sitting still for a long time.
- Time:** 3-5 minutes, while the group is lively.
- What you need:** Everyone standing in a circle, with space between each person.

How it is done:

1. The facilitator explains “**We are going to move our arms quickly into different positions. Let’s stand up.**” Everyone moves to, or helps to make, a clear area.
2. Say “**Let’s make a circle with an arm’s length between us. Every second person take a step back.**”
3. Show how it is done as you explain “**This is 1**” (hands straight overhead), “**This is 2**” (slightly lowered hands), ... “**This is 5**” (hands half-way down, horizontal) ... and finally “**This is 10**” (touching toes).
4. Call out a number and everyone tries to get into the correct position from memory. Call more numbers fairly fast.
5. Ask for volunteers to call several numbers each.

Tips for Facilitators:

- Facilitators practise the positions in advance.
- In small spaces, people turn sideways so one arm points into and the other arm points out of the circle.

Variations:

- (1) arms over head, (2)-(3)-(4) arms being lowered sideways, (5) arms out to the side, horizontal, (6) arms forward, horizontal, (7)-(8)-(9) arms lower, bending forwards, (10) touch toes.
- (1) arms lowered at the side, (5) arms out horizontally, (10) arms up over the head.

TERRITORY

Variations: 1. ARM WRESTLE 2. FIST AND PALM

- Type:** Cooperative problem-solving energisers to explore conflict transformation, for later in the workshop. Holding hands with a partner. FIST AND PALM: Hiding and showing hands.
- Purpose:** To strengthen awareness of each other, experience cooperation or conflict, have fun and lift the energy.
- Time:** 3-5 minutes, for one round.
- What you need:** Everyone in pairs. TERRITORY: standing in a clear space. ARM WRESTLE: using tables or floor. FIST AND PALM: standing or using tables.

How it is done:

1. The facilitator explains “**This activity begins holding hands. Let’s stand up, move our chairs to one side, and choose a partner.**”
2. Say “**In silence, face each other and agree on an imaginary line on the floor between you, that is the line between your territories.**”
3. Say “**Now hold hands and try to get the other person to come over to your territory. You have two minutes to do the activity. Do not break hands until the activity is over.**”

Tips for Facilitators:

- These activities can be debriefed. Did any pairs agree to cooperate and change places and thus meet the needs of both individuals?

Variations:

- **ARM WRESTLE:** Each pair sit facing each other, the right elbow of each person is on a table (or on the floor if participants are agile) and hands are clasped firmly, in an arm wrestle position. Explain “**Try to get the other person’s hand to touch the table (or floor) as many times as possible in one minute.**” Debrief. Did any pairs agree to cooperate and meet the needs of both individuals?
- **FIST AND PALM:**
 - Pairs stand facing each other. One hand each is held closed in front and the hands are gently shaken up and down at waist height as the pair count together “**One, two, three...**” then, at the same time, each shows either a closed Fist or an open Palm.
 - Alternatively, if there are tables, pairs face each other across a table, with hands hidden under the table. The facilitator gives a signal and then both reveal a hand either a closed Fist or an open Palm.
 - Explain “**Try to get as high a score as possible. The scoring works as follows: if one person has a Fist and the other a Palm, then the person with a Fist gets 3 and the person with a Palm gets 1. If both have a Palm, both get 2.**”
 - Optional debrief. Did any pairs agree to cooperate and meet the needs of both individuals?

THIS IS PEPE!

Type: Energiser, for midway or later in the workshop. Quickly changing gestures.

Purpose: To lift the energy, move, laugh, have fun, and strengthen community.

Time: 5-10 minutes.

What you need: Everyone standing in a circle, with space between each person.

How it is done:

1. The facilitator explains “**We are going to do hand actions with a story. Let’s stand up.**”
2. Say “**Copy me! This is Pepe!**” and make a closed fist with thumb up. Check everyone is making the gesture.

3. Say **"This is the house of Pepe"** (make a roof and walls with both hands ... and check everyone is copying) – **"and this is Pepe!"** (repeat thumb up gesture).
4. Say **"This is the door to the house of Pepe** (flat palm forward) **and this is the house of Pepe** (gesture) – **but this is Pepe!** (gesture)."
5. Continue while the group is lively. Each time add a new line at the beginning with a new gesture. Then go backwards through all the earlier lines and end with **"But this is Pepe!"**, said more enthusiastically each time.
 - **This is the key that fits the door to the house of Pepe** (gesture turning a key).
 - **This is the mouse that ate the key** (gesture small fist).
 - **This is the cat that chased the mouse** (gesture two hands curved).
 - **This is the dog that ran after the cat** (gesture two hands bigger).
 - **This is the man who owned the dog** (gesture two hands down the body).
 - **This is the woman who lives with the man** (gesture two hands curvy).
 - **This is the baby who belongs to the woman** (gesture rocking a baby).
6. At the end, with a finger across the lips, whisper **"But this is Pepe!"** and make a gesture of a sleeping baby.

Variations:

- Choose a repetitive story from the local culture. Decide on gestures to fit the story. Everyone does the actions together.

THUMPING or HAND SLAP

Variation: RABBIT WARNING

- Type:** Cooperation energisers, for midway or later in the workshop. Quickly thumping with a hand on a table or floor.
- Purpose:** To connect, have fun and strengthen cooperation and community. Also to rebuild awareness of others, return to the present moment, release thoughts, emotions and physical tension. Useful after sharing difficult emotions.
- Time:** 3-7 minutes, until everyone is laughing.
- What you need:** Everyone standing close together, around a table, facing in. Alternatively, kneeling on a hard floor, in a close circle.

How it is done:

1. The facilitator explains **"We are going to take it in turns to thump (or slap) our hand on a table, so the thump goes around the circle."**
2. Say **"Let's go over to the table. Stand around the table very close together. Put your hands on the table in front of you... Now move your right hand one position to the right... and your left hand one position to the left... Everyone will now have one hand from each of your neighbours between your own hands."**
3. Begin by quickly raising and slapping one of your hands on the table and say **"Pass the hand slap around the table to the right."** (This is surprisingly difficult.)

4. Once the hand slap returns to you, introduce a “**double hand slap**” (slapping your hand twice on the table/floor) as a way of reversing the direction. Start again.

Tips for Facilitators:

- If the action stays in one part of the circle for too long, introduce a rule that each person can double-thump (change the direction) only once in each full circle.
- Be sensitive to the local culture. This can be done with two halves to the circle: with women in one half, men in the other half, and facilitators between.

Variations:

- **RABBIT WARNING:** Begin by explaining “**Rabbits warn other rabbits of danger by thumping their feet.**” After everyone is gathered close around a table or in a circle on the floor, explain “**Like the rabbits thumping to warn of danger, we are going to thump our hands on the table/floor once in the order our hands are placed on the table.**” Continue as for THUMPING above.
 - For emotional and physical release, and reconnection, also see HOKEY POKEY.
-

TICK A TOCK

Variations: 1. A WHAT? 2. HANDSHAKE AND HUG 3. HIGH FIVE AND ELBOW BUMP

Type: TICK A TOCK and *Variation* (1): Communication energisers, for midway in the workshop. Quickly passing imaginary or real objects around the circle. *Variations* (2), (3): Community building energisers, for later in the workshop. (2) Handshakes, hugs or shoulder bumps. (3) High fives, elbow bumps.

Purpose: To have fun, lift the energy, build concentration, respond quickly, and build or strengthen community.

Time: 3-5 minutes, until confusion reigns and laughter results.

What you need: Everyone in a circle. A WHAT?: 6 or more small objects.

How it is done:

1. The facilitator explains “**We are going to pass (imaginary) objects around the circle.**”
2. Say “**I have two objects and I am going to give each a name. Try and keep track of them as they go around. Let’s stand up.**” Everyone moves chairs back a bit.
3. Turn to the person on your left, hold out an imaginary object and say “**This is a Tick!**” Explain “**You respond by saying ‘A what?’ then I say ‘A Tick! Pass it on!’ and I hand it to you. Let’s do this.**” Start again and pass the “Tick” to the person on your left. The next pair repeat the conversation. Let it pass to three or four people, then ask everyone to pause.
4. Turn to the person on your right and say “**This is a Tock!**” Hopefully, the person will respond “**A what?**” and you can say “**A Tock! Pass it on!**” Do not pass it yet.
5. Explain “**I will add more Ticks and Tocks.**” If there are no questions, start again. Pass a Tick to the left, then a Tock to the right. When the first Tick and Tock are

almost half way around, pass another Tick to the left and another Tock to the right. If you have a large circle, send another Tick and Tock around the circle to the left and right.

6. End when it gets hopelessly confusing and funny.

Tips for Facilitators:

- Start the activity with a co-facilitator next to you.
- Pass out Ticks and Tocks fairly quickly for the activity to be a challenge.

Variations:

- For younger participants, pass objects. Also see A WHAT? below.
- Two facilitators, on opposite sides of the circle, both pass out objects at the same time and at the same rate. Each facilitator alternates objects eg passing a Cat to the left, then a Hat to the right, another Cat, another Hat etc.
- Passing a movement around the circle, see ZIP ZAP BOING.
- **A WHAT?**

For younger participants, pass objects. You need at least 6 small objects easily passed from person to person eg a pen, a sock ball, a plastic cup, different types of small toys, shapes on cardboard or paper.

- The facilitator explains **"We are going to pass objects around the circle. Try and keep track of them. Let's stand up."** Check everyone can participate. Explain **"I have two objects and I am going to give this one a name."**
- Show an object to the person on your left and say **"This is a Cat!"** Explain **"You respond by saying 'A what?' then I say 'A Cat! Pass it on!' and I hand it to you. Let's do this."** Start again and pass the "Cat" to the person on your left. Let it pass to three or four people, then ask for the "Cat" to be returned to you.
- Show a different object to the person on your right and say **"This is a Hat!"** Hopefully, the person will respond **"A what?"** and you say **"A Hat! Pass it on!"** Do not pass it yet.
- Explain **"I will be adding more objects."** Begin again. Pass the Cat to the left, then the Hat to the right. When the first objects are almost half way around, add two more objects, giving them names (eg Apple and Orange) and passing one to your left and the other to your right. If you have a large circle, send another pair of objects (eg Glove and Shoe) around the circle, one to the left and the other to the right. End when it gets hopelessly confusing and funny.

Tips: Pass out objects fairly quickly for the activity to be a challenge. The names of the objects can be different from the shape of the objects. Choose object names from the local culture that are quick to say.

Variations: Pass **Happy Faces** and **Hearts** made on paper or cardboard.

- **HANDSHAKE AND HUG**
 - The facilitator explains **"We are going to shake hands and hug or bump shoulders with our neighbours. Let us show you how. Let's stand up."** With a co-facilitator, show the handshake, shoulder bump and hug. Neighbours choose actions they are comfortable with.
 - Turn to the person on the left, hold out your hand, say **"This is a Cat! Pass it on!"** and shake hands. Then turn to the person on the right, point to your shoulder (or hold out your arms), say **"This is a Hat! Pass it on!"** and bump shoulders (or hug).

The “Cat” (handshake) and “Hat” (shoulder bump or hug) continue around the circle. Add more Cats and Hats.

- **HIGH FIVE AND ELBOW BUMP**

- The facilitator explains “**We are going to bump elbows and do high fives with our neighbours. Let us show you how.**” Ask everyone to stand in a circle. With a co-facilitator, show the actions. To High Five, each person in the pair raises one hand in front above shoulder height and they slap hands. The Elbow Bump is also a gentle cheerful greeting. Show how the High Five and Elbow Bump can be done quickly without contact.
- Explain “**We have two actions and I am going to give them a name.**” Turn to the person on the left, hold up your hand, say “**This is a Cat! Pass it on!**” and high five. Then turn to the person on the right, point to your elbow, say “**This is a Hat! Pass it on!**” and bump elbows. The “Cat” (high five) and “Hat” (elbow bump) continue around the circle. Add more Cats and Hats.

Variations: Give different names to the actions. Use a handshake and a high five.

TOUCH ...

1. GREETING RUN 2. TOUCH BLUE - PEOPLE 3. TOUCH BLUE - ROOM 4. TOUCH THE SKY 5. TOUCH THE WALLS 6. TOUCH THE WALLS GREETING RUN

Type: Energisers for physical and emotional release, for midway or later in the workshop. Running, walking. GREETING RUN: Also community building, greeting others. TOUCH BLUE - PEOPLE: Also connecting, touching shoulders or standing next to people. TOUCH THE SKY: Also jumping, stretching. TOUCH BLUE - ROOM: Calming and reconnecting. Walking, touching objects in the room.

Purpose: To move, lift the energy, and release any tension. To connect with the present moment, build awareness of others and connect.

Time: 3 minutes. TOUCH BLUE – PEOPLE: 5-7 minutes, while the group is lively.

What you need: Everyone moving in the clear spaces in the room.

How it is done: See activities below.

Variations:

- For movement, see BIG SIGH, SONG MOVES and TEN POSITIONS.
- For movement and group reconnection, see HOKEY POKEY and THUMPING.

GREETING RUN

1. The facilitator explains “**For a quick energy break, we are going to run and greet people. Everyone smile, shake hands, Namaste, as you like!**”

Tips: People run or walk to meet their need for movement, and greet in a manner that suits their culture and connection with others in the group.

TOUCH BLUE - PEOPLE

1. The facilitator explains **“We are going to find a person wearing a colour and touch their shoulder (or stand next to them). What we search for will keep changing.”**
2. Say **“Touch Blue.”** Everyone does this.
3. Co-facilitators do four quick calls. Then ask for volunteers.

Tips: The Caller joins in the activity. Examples: someone wearing red, green, a watch or running shoes, someone taller than you or born in the same season as you.

Variations: Say **“Find Blue.”** Stand next to a person wearing the colour or item.

TOUCH BLUE - ROOM

1. The facilitator explains **“We are going to find coloured objects in the room. The colour will keep changing.”**
2. Say **“Touch Blue”** and with big gestures touch a blue object eg a marker, koosh ball or spot on a poster. Everyone finds Blue.
3. Ask for a volunteer to call out another colour to touch. If necessary explain **“If you find the colour on someone’s clothing, stand next to the person.”**
4. Continue until most common colours have been called. Then ask **“Any more colours?”**

Tips: For midway or later in the workshop, to reconnect with the here and now after sharing difficult emotions.

TOUCH THE SKY

1. The facilitator explains **“For a quick energy break, we are going to jump and stretch. Everyone touch the Sky!”** Imaginatively leap into the air to touch the Sky!

Tips: For later in the workshop after community is built and people are being creative.

TOUCH THE WALLS

1. The facilitator explains **“For an energy break, we are going to run as far as we can in this room. Touch all four walls of the room, three times.”**

Tips: People run or walk, and use a variety of strategies to touch the walls three times, for the level of energy release they need.

TOUCH THE WALLS GREETING RUN

1. The facilitator explains **“For an energy break, we are going to run as far as we can in this room. Walk if you prefer. Touch all four walls of the room and greet people as you pass. Smile, shake hands, Namaste, as you like!”**

Tips: People run or walk, and greet, for the level of energy release and connection they need.

UN PLUS UN

Type: Energiser, for midway or later in the workshop. Quickly changing positions.

Purpose: To have fun, quickly move and stretch, laugh, lift the energy, and build community. To occupy the group for a short time, eg when a person has left the circle for a few minutes, or when opening a session and waiting for a person to join the circle.

Time: 2-3 minutes, for one round.

What you need: Everyone sitting or standing in a circle.

How it is done:

1. The facilitator explains "**We are going to raise and lower our arms while we add up together in French.**"
2. Say "**Copy me!**" then as you say "**Un**" raise your arm up high ... check everyone is copying you ... then lower your arm. (1)
Say "**Plus**" and cross forearms over each other in front of chest. Relax. (+)
Say "**Un**" again raise your other arm ... and lower it. (1)
Say "**Égale**", holding out both arms parallel to the ground. (=)
Finally "**Deux**", raising both arms up. (2) **Cheer!**
3. A co-facilitator or a volunteer leads "**Deux plus deux égale quatre.**" This is $2 + 2 = 4$. The 4 is done by crossing one leg over the other at the knee.
4. For more challenge, with the group standing, a different co-facilitator or a volunteer leads "**Quatre plus quatre égale huit.**" This is $4 + 4 = 8$. The 8 is done by swiveling hips like an 8.

Variations:

- Count in English or any local language.
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WAKE UP THE JUNGLE

Type: Calming creative energiser, for later in the workshop. Making the sounds of birds and animals.

Purpose: A morning activity. A chance to free up imagination and be creative.

Time: 3-5 minutes, for one round.

What you need: Everyone standing in a circle.

How it is done:

1. The facilitator explains "**We are going to make the sound of birds and animals. Let's stand up.**"
2. Say "**Close your eyes and think of a bird or an animal that lives in the jungle/bush or on a farm. Choose one you can make the sound of.**"

3. Say “**Keep your eyes closed. The jungle/bush and nearby farm is waking up as the dawn light floods through the trees. Start to make small sounds of your bird or animal and gradually get louder as you wake.**” Everyone does this.
4. The sound becomes loud and then gradually gets quieter and stops.

Tips for Facilitators:

- The facilitator and co-facilitators start the sounds and others join in.
-

WANNA BUY A DUCK?

Variation: IT’S A WHAT? (HIPP Manual)

Type: Cooperative community building energisers, for midway or later in a workshop. Quick spoken responses.

Purpose: To have fun, lift the energy, build cooperation and strengthen community. To experience trying to focus when there is confusion.

Time: 3-7 minutes, until the whole group is involved in the conversation.

What you need: Everyone standing or sitting in a circle.

How it is done:

1. The facilitator explains “**We are going to have a conversation. The same conversation keeps being repeated and gets longer.**”
2. Say “**We will show how it is done.**” Arrange in advance for one or two co-facilitators to be next to you.
 The facilitator (Person #1) turns to the co-facilitator (Person #2) and says “**Do you wanna buy a duck?**” Person #2 says “**A what?**” Person #1 says “**A duck.**”
 Person #2 asks “**Does it quack?**” Person #1 answers, “**Of course!**”
 Person #2 says “**Then I wanna buy a duck!**”
 Person #1 says loudly to the group, “**S/he wants to buy a duck!**”
3. Person #2 turns to Person #3 and starts the conversation again.
 Person #2 says “**Do you wanna buy a duck?**” Person #3 says “**A what?**”
 Person #2 turns back to Person #1 and asks, “**A what?**”
 Person #1 says “**A duck.**” Person #2 then turns to Person #3 and says “**A duck.**”
 Person #3 then says “**Does it quack?**” Person #2 turns and repeats the question “**Does it quack?**” to Person #1 who answers “**Of course!**”, Person #2 passes the answer “**Of course!**” on to Person #3.
 Person #3 says “**Then I wanna buy a duck!**”
 Person #2 turns to Person #1 and says “**S/he wants to buy a duck!**”
 Person #1 says loudly to the group, “**S/he wants to buy a duck!**”
4. The activity continues in the same way until the entire group is involved in the conversation.

Variations:

- **IT’S A WHAT? (HIPP Manual):** You need two objects (eg a pen and a flower).
 - Person A hands a pen to Person B and says “**Here is a Quark.**” Person B says to A, “**A what?**” A says to B, “**A Quark.**” B says to A, “**Oh, a Quark!**”

- Person B hands the pen to Person C and says “**Here is a Quark.**”
Person C says to B, “**A what?**” B says to A, “**A what?**” A says to B, “**A Quark.**”
B says to C, “**A Quark.**” C says to B, “**Oh, a Quark!**”
- Person C hands the pen to Person D and says “**Here is a Quark.**”
Person D says to C, “**A what?**” C says to B, “**A what?**” B says to A, “**A what?**”
A says to B, “**A Quark.**” B says to C, “**A Quark.**” C says to D, “**A Quark.**”
D says to C, “**Oh, a Quark!**”
- Continue around the circle until everyone is involved.
- Repeat going the other way around the circle, passing a different object with another strange name.

Tips: The questions and answers keep running back to the person who started it.

WEB WEAVING

Type: Connecting energiser to get to know each other and build community, for midway in the workshop. Arms stretched out, with hands close or held.

Purpose: To connect to others, experience what we have in common and our differences, have fun, lift the energy, and build community.

Time it takes: 10-15 minutes, until everyone has joined the web.

What you need: Everyone in a large clear space.

How it is done:

1. The facilitator explains “**We are going to make a web.**”
 2. Explain “**We go into the centre of the circle and say two things we like to do. We will show you how this happens. Let’s stand up.**” Everyone moves into, or helps to make, a large clear space.
 3. Ask a co-facilitator to step into the middle and say two things they like to do. For example, “**I like [dancing]**” (holding out left hand) and “**I like [going to the beach]**” (holding out right hand). Explain “**When you hear something you also like to do, come up one at a time, and connect to the hand with the interest you share, and then give an interest for the other hand. More than one person can connect to the same hand.**”
 4. Say “**Would someone like to join in?**” A volunteer connects to one of the co-facilitator’s hands. For example: connects to the left hand saying “I like dancing” and holds out their other hand saying something true, eg “I like... eating strawberries.”
 5. Continue until the whole group is connected.
-

WHAT IF?

Type: Creative energiser, for later in the workshop. Writing, reading silently and reading aloud.

Purpose: To have fun, build awareness of other possibilities, and strengthen community. A chance to free up imagination and be creative. Useful in a session on conflict transformation.

Time: 10-20 minutes, for one round.

What you need: A piece of paper for each person, with the words "What if" written on the upper left corner. Pens for everyone. Everyone sitting in a circle.

How it is done:

1. The facilitator says **"What if...?"** and pauses for a few moments, then explains **"We are each going to create a question that begins with 'What if ...?'"**
 2. Explain **"Each of us will answer someone else's question. We will then share the questions and answers."**
 3. Hand around pieces of paper with the words "What if" written on the upper left corner. Each person takes one. Say **"On your piece of paper, complete the question in whatever way you like."** Give examples of questions, such as, "What if all prisons were closed?" or "What if an elephant moved into the house next door?" Everyone completes the question.
 4. Say **"Now hand your piece of paper to the person on the left."** (This is done.) Say **"Read the question on the front and turn the paper over and answer it on the back."** Give examples of answers, such as "They would have to look for jobs." or "S/he'd have to buy a cast-iron sofa." Everyone writes an answer.
 5. Say **"Now hand your piece of paper to the person on the left."** Explain **"We will go around the circle and in turn read out the answer first and then the question on the other side of the paper. I will start."** Begin.
-

WHO ARE YOUR NEIGHBOURS?

Type: Community building and release energiser, for midway or later in the workshop. Quickly changing chairs.

Purpose: To move, laugh, raise the energy, use Affirmation names, and build community. Useful to release energy after sitting still for a long time.

Time: 5-10 minutes, while people are enthusiastic.

What you need: Everyone in a circle. Standing, or sitting in chairs or on the floor.

How it is done:

1. The facilitator explains **"We are going to name our neighbours and move seats. We will show you how this is done."**
2. Call across the circle to one of your co-facilitators **"Hey [Affirmation Name], who are your neighbours?"** Your co-facilitator gives the Affirmation Names of the two people on either side.

3. Explain “**After learning the neighbours’ names, you ask ‘How are your neighbours?’ The reply can be: ‘They’re all right’ or ‘They’re all left’ or ‘They’re all mixed up.’ Everyone then moves one seat to the right or one seat to the left or we go anywhere.**” If standing, everyone takes one step.
4. Ask your co-facilitator “**How are your neighbours?**” Your co-facilitator replies with one of the options. Everyone moves.
5. The co-facilitator becomes the new Caller. Continue.
6. Each time, the person who answered the questions becomes the new Caller.

Tips for Facilitators:

- If the person doesn't know their neighbours’ Affirmation Names, encourage them to ask their neighbours or for the group to help with the names.

Variations:

- One less chair: for groups where community is strong. The facilitator removes a chair from the circle, stands in the centre, and becomes the Caller who tries to get a seat. The Caller asks a person “**Who are your neighbours?**”
 - If the person knows both Affirmation Names, the Caller asks “**How are your neighbours?**” People in the circle move and the Caller in the centre tries to get a seat.
 - If the person is not able to name their neighbours, the person goes into the centre and becomes the new Caller.

WHO’S THE LEADER? or LEADER

Type: Communication energiser, for midway or later in the workshop. Many different movements.

Purpose: To have fun, release energy, experience nonverbal communication, strengthen awareness of others, and build cooperation and community.

Time: 5-10 minutes, while the group is lively.

What you need: Everyone standing or sitting in a circle.

How it is done:

1. The facilitator explains “**We are going to copy the actions of a Leader.**”
2. Explain “**While we copy the Leader, one person in the middle tries to find out who the Leader is. Everyone else tries not to give away who the Leader is.**”
3. Ask “**Is there a volunteer to be the Finder and stand in the middle of the circle? You will need to leave the room while we choose a Leader.**” The Finder leaves.
4. Ask “**Is there a volunteer to be the Leader?**” Silently choose one volunteer. The Leader begins with actions. Everyone starts to copy.
5. A co-facilitator goes and gets the Finder, who stands in the middle of the circle and tries to guess who the Leader is.
6. When the Finder catches the Leader, ask for two more volunteers and continue.

Tips for Facilitators:

- People copy the body movements and facial expressions of the Leader.
- If people watch the person across from them, rather than the Leader, it makes it harder for the Finder to figure it out.

Variations:

- The Finder can close eyes (instead of leaving the room) while a Leader is chosen.
 - The Leader can choose high energy activities eg jumping jacks.
-

WIZARDS, GIANTS AND ELVES

Type: Cooperative problem-solving energiser, for later in the workshop.
Running, chasing, being captured, hugging.

Purpose: To have fun, release energy, and strengthen cooperation and community.

Time: 5-10 minutes, while the group is lively.

What you need: A large space. Everyone in a circle. Two groups.

How it is done:

1. The facilitator explains “**We are going to be Wizards, Giants and Elves. Let’s stand up.**” Everyone moves into, or helps to make, a large clear space.
2. Ask a co-facilitator to show the movements as you explain the characters.
Wizards: stretch arms out in front, and with fingers “zap” a spell.
Giants: hold hands high above head, clenching fists and stomping feet.
Elves: bend down, holding hands with palms upright, fingers wriggling, trying to grab the treasures from someone’s pockets.
3. Explain the relationship between them (may be useful to have on a poster).
Wizards can zap giants and need to run away from elves.
Elves can grab wizards, but need to run away from giants.
Giants can stomp on elves, but need to run away from wizards.
4. Form two groups. Count around the circle “**1, 2, 1, 2, 1, 2 ... etc.**” Ask all the 1’s to form a group and all the 2’s to form another group.
5. Say “**In your groups, go to the opposite ends of the room, and huddle to choose your group character. Be sure everyone knows the actions and who they can capture or must flee from.**” They do this.
6. Say “**When ready, line up along the ends of the room (or behind a marked home line), stomp into the middle of the room, and stand face to face with the other team.**” They do this.
7. Say “**Everyone together count ‘One! Two! Three!’ and then each group do the actions for your character. If the other group is the same as you, you all hug and swap sides. If they are different you either flee to behind your home line or pursue. Try to capture others who then join your group.**”

8. Continue while the group is lively or until everyone is in one group!
-

WOMPOM STATUES

Type: Creative community building energiser, for a Facilitator Training workshop. Making group statues.

Purpose: To have fun, and strengthen cooperation and community. A chance to free up imagination and be creative. To encourage playfulness before a role play.

Time: 5-10 minutes.

What you need: A large clear space. Everyone standing. Groups of 5-6.

How it is done:

1. The facilitator explains **“In small groups, we are going to silently make statues. Let’s stand up.”** Everyone moves to, or helps to make, a large clear space.
2. Say **“We are going to make Wompom Statues. Let’s see how this is done.”** Ask several co-facilitators to join you to creatively form a Wompom statue and then hold still for 30 seconds. Form another and hold still. Form a third and hold still.
3. Form groups of 5 or 6 people. Count around the circle **“1, 2, 3, ..., 1, 2, 3, ... etc.”** Ask all the 1’s to form a group, all the 2’s to form another group, the 3’s a third group etc. Adjust the groups so co-facilitators are in different groups.
4. Explain **“In a Wompom Statue, everyone is connected in some way. Use different levels, for example, on the floor, kneeling and standing. Make interesting shapes. When you are all in position, hold still like a statue for 30 seconds or longer. Make several Wompom Statues of situations that come up in workshops** (eg not listening, being confused, having a light bulb (Aha! moment). **In a few minutes, I will ask you all to ‘Freeze’.**”
5. After about three Wompoms, call **“Freeze!”** Explain **“This sculpture, that you are in now, is your Home Statue. Your group will take up this Home Statue whenever you are between sculptures of other situations.”**
6. Say **“Now make a Wompom statue on the topic of ...”** Choose a topic. The groups do this and freeze. Then ask them to return to their Home Statue.
7. Choose a second Wompom statue topic. Freeze. Return to the Home Statue.
8. Repeat with a third topic. Freeze. Return to the Home Statue.

Tips for Facilitators:

- Practise with co-facilitators in advance.
- Be creative in choosing topics, eg a refrigerator, a very hot day, the skate park, shopping, a restaurant, a forest.

Variations:

- See SPACE JUMP and YES, LETS!
-

WRIGHT FAMILY

Type: Communication energiser, for midway in the workshop. Quickly passing objects around the circle. English language only: using words that sound like “left” and “right”.

Purpose: To have fun, lift and release energy, experience trying to focus when there is confusion, build cooperation and community.

Time: 5 minutes, until the end of the story.

What you need: Objects (eg rulers or pens), one for each person. Everyone standing or sitting in a circle, close enough to easily pass objects around.

How it is done:

1. The facilitator explains **“We are going to pass objects around the circle. Let’s stand up.”** Everyone is close enough to easily pass objects to the person on either side.
2. Pass the [objects] around the circle, so everyone has one.
3. Say **“Every time you hear a word that sounds like ‘right’ or ‘left’, pass the [objects] to the person on your right or left, depending on what you hear.”**
4. Begin to read the story below. After reading a few paragraphs, stop and ask **“Does everyone have a [objects]?”** If necessary, ask people to share out the [objects] again so everyone has one.
5. Continue reading the story.

The Wright family planned to take a vacation. The first thing they had to decide was who would be left at home since there was not enough room in the Wright family car for all of them. Mr. Wright decided that Aunt Linda Wright would be the one left at home. Of course, this made Aunt Linda Wright so mad that she left the house immediately, yelling, "It will be a right cold day before I return."

The Wright family bundled up the children, Tommy Wright, Susan Wright, Timmy Wright, and Shelley Wright and got in the car and left. Unfortunately, as they turned right out of the driveway, someone had left a trash can in the street so they had to turn right around and stop the car. Father Wright told Tommy Wright to get out of the car and move the trash can so they could get going. Tommy took so long that they almost left him behind.

Now, the Wright Family was off on a right fine vacation. First, they stopped at the gas station. Father Wright put gas in the car and then discovered that he had left his wallet at home. So, Timmy Wright ran home to get the money that was left behind. By then, Father Wright had forgotten the driving directions to where they were going, so he had to go home to write it down. Once the Wright family got on the road, Mother Wright wondered if she had left the stove on. Father Wright told her not to worry, he had checked the stove and she had not left it on. As they turned the corner, everyone started to think about other things that they might have left undone at the Wright house. As they were on the road again, Susan Wright started to feel sick. Father Wright stopped and she left the car, saying that she had to throw up. This of course got Mother Wright’s attention, and she left the car in a hurry to help her. Shelley Wright also wanted to help her sister, Susan Wright, so she left the car, too.

Father Wright was left with Tommy Wright and Timmy Wright who were playing a game in the back seat. With all of this going on, Father Wright decided that this was not the right time

to take a vacation, so he gathered up all of the Wright family and turned the car right around. When they arrived home, he turned left into the driveway saying, "I wish the Wright family had never left the house today."

Variations:

- For a high energy activity, everyone steps to the right or the left, instead of passing objects. Alternatively, everyone moves one chair to the right or the left.
-

YES AND NO

Type: Communication and cooperative problem-solving energiser, for midway in the workshop. Walking around.

Purpose: To have fun, experience asking for and receiving help, and strengthen cooperation and community.

Time: 5-10 minutes, until everyone has learnt about their famous person.

What you need: A set of cards, each with a printed name of a well-known person (athlete, movie star, leader, historical figure, famous character in fiction etc). Masking tape. A clear space.

How it is done:

1. The facilitator explains "**We are going to ask each other questions.**"
2. Explain "**Everyone will have the name of a famous person or a character on their back and will ask questions to find who the person is. When you are asked a question, you can look at the name on that person's back, but answer only with 'Yes' or 'No'.**"
3. Say "Let's stand up." Everyone moves into, or helps to make, a clear space. Ask co-facilitators to help tape a card on the back of each person without them seeing the name. You put cards on the co-facilitator's backs. Begin.
4. Continue until everyone has discovered the name of their person. Invite people to look at the name on the card on their back. Optional: debrief.

Tips for Facilitators:

- Local facilitators choose very famous people eg Ghandhi. It can be fun to include characters eg Father Christmas, Mickey Mouse, the Easter Bunny.
 - In culturally diverse groups, encourage people to learn about their person and not worry if they do not know the individual.
-

YES, LETS!

Type: Creative community building energiser, for later in the workshop. Acting in silence (miming). Being positive!

Purpose: To have fun, release energy, and strengthen cooperation and community. A chance to free up imagination and be creative. To encourage playfulness before a role play.

Time: 5-10 minutes, until everyone who wants to has suggested an activity.

What you need: A clear space. Everyone standing in a circle.

How it is done:

1. The facilitator explains “**One person is going to name and then do an activity in silence. We will all say ‘Yes, let’s!’ and copy the activity in silence, until another person names and does another activity. Let’s stand up.**” Everyone moves to, or helps to make, a clear space.
2. Say “**We will show you how this is done.**” Ask a co-facilitator to name and do a simple activity with big actions. You then lead the group in enthusiastically responding with “**Yes, lets!**” and playfully copying the same activity.
3. Someone calls out another suggestion and does the activity. Everyone says “**Yes, lets!**” and copies. Continue.
4. If people start to have a second turn, ask “**Would anyone who has not had a turn yet like to name an activity?**” Continue while the group is lively.

Tips for Facilitators:

- After this simple activity, the expression “**Yes, let’s!**” can be used by the group when facing other challenging tasks.

Variations:

- Go around the circle, with each person leading a new activity.

YOU ARE AMAZING!

Type: Creative affirmation and community building energiser, for midway in the workshop. Sharing true and imaginative stories.

Purpose: To have fun, experience realistic and creative affirmation of self and others, and strengthen community.

Time: 5-10 minutes, until everyone has given and received affirmation.

What you need: Everyone in a circle. The facilitator and a co-facilitator next to each other.

How it is done:

1. Explain “**We are going to say something positive about the person next to us.**”
2. Say “**We begin by saying ‘You are amazing because ...’ If you know something amazing that is true, you can say it, otherwise make up something amazing. The person being told they are amazing can say ‘Yes! I am amazing because ...’ and repeat the true affirmation or ‘No! I am not amazing for that, but I am amazing because ...’ and say something that is true. We will show you how.**”
3. Turn to the next person (co-facilitator) and say “[Affirmation Name], **you are amazing because....**” As you know your co-facilitator, you could combine something made up with something true, eg “... you lived on Mars and climbed the tallest mountains.”

4. The next person (co-facilitator) says something true such as “**No! I am not amazing for [living on Mars], but I am amazing because [I climbed a tall mountain and played my guitar on the top!]**”
5. Continue around the circle until everyone has either accepted an affirmation or stated their own affirmation of how amazing they are. Finish with you, the facilitator, saying how amazing you are.

Tips for Facilitators:

- Practise with your co-facilitator in advance. Be sure to sit together in the circle.

Variations:

- This activity can be done in pairs (instead of going around the circle).

ZIP ZAP BOING

Type: Communication energiser for midway in the workshop. Quickly passing an action around the circle.

Purpose: To have fun, laugh, lift and release energy, and build cooperation and community. Useful while someone is out of the room for a few minutes.

Time: 3-7 minutes, for many rounds until the group is quick or it ends in laughter.

What you need: Everyone standing or sitting in a circle.

How it is done:

1. The facilitator explains “**We are going to pass an action around the circle.**”
2. Hold your hands together in front of you and show how it is done as you explain. Your palms stay together, your wrists bend, as you flick your finger tips quickly to the right or to the left. Say “**Zip! goes to the right. Zap! goes to the left.**”
3. Say “**Let's try sending a Zip to the right... Zip!**” Each person says “**Zip!**” and flicks their fingers to the right.
4. When it reaches a co-facilitator, they pause and call out “**Zap!**” and flick their fingers to the left. The Zap travels to the left. While everyone is Zapping, the facilitator says “**Zip or Zap as you like.**”
5. When it next reaches you, call out “**Boing!**”, pointing your hands across the circle to a co-facilitator and making a forward bounce action with your hands. Explain “**Boing! bounces across the circle.**” Your co-facilitator who received it, then either Zips or Zaps. As people continue, say “**Zip, Zap or Boing as you like.**”
6. Continue while the group is lively.

Tips for Facilitators:

- The word “Boing” makes the sound of a bouncing ball “Boi-ing”.

Variations:

- Turn the head to the right and left (instead of using hand motions).

- **Zip** to the right. **Boing** to reverse direction. **Zap** to the left. **Perfluey** (or **Double Boing**) to pass the action across the circle to someone you name. For instance, call "Merry Mark, Perfluey!" Merry Mark then either Zips to the right or Zaps to the left.
- Everyone stands in a circle. Once everyone understands **Zip, Zap, Boing**, in the middle of all of this, someone receives the action and calls "**Rock star!**" and strums an imaginary guitar, everyone in the circle rotate their hips and say "**Whoa!**" Then the next person to the right starts again with "**Zip!**" Increase the pace.
- **Pok, Pok, Pok-Ah:** Make the sounds of a chicken. "**Pok!**" to continue going to the right, "**Pok!**" to continue going to the left, and "**Pok-Ah!**" to change direction. Going right, say "**Pok!**" and use your right hand to make a circle with your thumb and first finger, with the other fingers in the air, and put the circle over your right eye. Going left, as you say "**Pok!**" use your left hand to make a circle and put this over your left eye. To change directions, as you say "**Pok-Ah!**" use both hands, so the two circles together look like glasses with the other fingers in the air on the outsides.

MUSIC

Building Bridges

(Round in four parts)

1 
Build - ing brid - ges----- a - cross our di - vi - sions-----

2 
I reach out to you and you reach out to me, with

3 
all of our voi - ces----- and all of our vis - ions,--- to -

4 
ge - ther----- we'll make such sweet har - mo - ny

Dear Friends

(Round in four parts)

1 
Dear friends, dear friends

2 
let me tell you how I----- feel,

3 
You have gi - ven me much----- trea - sure

4 
I love you so.

Dum Dum Da Da

Musical version 1

The Song:

c c a g a g c c d e e e c# b c# b e e f# g#
 Dum dum da da da da dum dum da da dum dum da da da da dum dum da da
 g g e d e d g g e g e d c c a g a g c c c
 dum dum da da da da dum dum da da da da dum dum da da da da dum dum dum.

Musical version 2 - YouTube

dum dum da da da da dum dum da da dum dum da da da da dum dum da da da da
 dum dum da da da da dum dum da da dum dum da da da da dum dum dum

Life is but....

(round - up to four parts)

1 Life is but a life is but a

2 Me - lan - cho - ly flow'r me - lan - cho - ly flow'r

3 life is but a me - lan life is but a me - lan -

4 cho - ly flow'r cho - ly flow'r

Detailed description: The image shows a musical score for a four-part round. The title is 'Life is but....' and it is noted as a 'round - up to four parts'. The music is written in G major (one sharp) and common time (C). It consists of four staves, each representing a different voice part. Part 1 starts with a quarter note G4, followed by quarter notes A4, B4, and C5. Part 2 starts with a quarter note G4, followed by quarter notes A4, B4, and C5. Part 3 starts with a quarter note G4, followed by quarter notes A4, B4, and C5. Part 4 starts with a quarter note G4, followed by quarter notes A4, B4, and C5. The lyrics are: Part 1: 'Life is but a life is but a'; Part 2: 'Me - lan - cho - ly flow'r me - lan - cho - ly flow'r'; Part 3: 'life is but a me - lan life is but a me - lan -'; Part 4: 'cho - ly flow'r cho - ly flow'r'. The score is arranged in a round format, with each part starting at the same time and following the same melodic line.

INDEX

This index contains activities, variations, groups of activities, and alternate names. To understand the index layout, see the examples below.

Individual activities: These appear with their name and the page number, for example:

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Alternate names: The alternate name appears first, followed by the name used in this Supplement, For example, IT'S NOT EASY BEING GREEN is another name for CROCODILES AND FROGS.

It's Not Easy Being Green
see Crocodiles and Frogs (cooperative) 32

Activities within groups: The activity name appears first, followed by the group name and page, then the word "*activity*" and the page. To understand the activity, first read the information and instructions for the group, then go to specific instructions for the individual activity. In this example, the group name is MAKE, CREATE AND PASS and the activity name is MAKE IT AND PASS IT.

Make It and Pass It
see Make, Create and Pass 65
activity 67

Alternate names for activities within groups: The alternate name appears first, followed by the group name and page, then the activity name and page after the word "*activity*". For example, PASS THE PUTTY is another name for MAKE IT AND PASS IT in the group MAKE, CREATE AND PASS.

Pass the Putty
see Make, Create and Pass 65
activity Make It and Pass It 67

Variations: These can be another way of facilitating an activity or can be a similar activity. The variation name appears first, followed by the lead activity name and page, then the word "*variation*" and its page. To understand the variation, first read the information and instructions for the lead activity, then go to specific instructions for the variation. For example, LION ROAR is found under the variations heading of BIG SIGH and is a similar activity.

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Variations within groups: The variation name appears first, followed by the group name and page, then the lead activity name and page, and finally the word "*variation*" and its page. For example, NUMBERS ARGUMENT is a variation of GIBBERISH ARGUMENT which appears under the group GIBBERISH.

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Alternate names for variations within a group: This is similar to the example above, with the addition of the variation name used in this Supplement after the word "*variation*". For example, BY THE NUMBERS is another name for NUMBERS ARGUMENT which is a variation under GIBBERISH ARGUMENT in the group GIBBERISH.

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Music: This refers to the page where the musical score for a song can be found. The activity name appears first and finally the word "*music*" and the page. For example:

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