



ENERGIZER

..... A N D

ICE-BREAKER

TOOLBOX

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masifunde

LEARNER DEVELOPMENT

MIRROR MIRROR



Equipment Needed

Timer



Age Groups

All

The facilitator must instruct learners to pair up and face each other. One learner between this pair must then 'study' the appearance of their partner for one minute. Then that learner must turn around while the other learner makes 5 changes to their appearance, within the time space of 1 minute. The learner must then turn to face the learner and try to spot the difference, by mentioning the 5 different things that were changed. Repeat process for the other learner.

#icebreaker #calm #teambuilding #awareness #focus

HOT POTATO FACT



Equipment Needed

soft ball or any other object than can be thrown



Age Groups

All

Use a ball or any other soft/round object. This object must then be thrown from one learner to another with just one touch. If the learner drops the ball when it's tossed to him/her, they must quickly think of a funny or random fact about themselves to share with the other learners. When they are done, they toss the ball to whoever they want, to begin the game again.

Variations: The learners can also interchange the methods in which the ball is passed (hand toss or heading the ball - the ball must still not fall to the ground).

#energizer #feedback #fun #teambuilding

LAST (ONE) FIRST



Equipment Needed

Soft ball



Age Groups

8 to 11 years

Facilitator must instruct the learners to stand on one end of the lesson area, in a straight line next to each other. The facilitator will then roll a ball from starting point where the learners are, to the other end of the lesson area. When the ball starts to roll, the learners must begin to 'run' but in SLOW MOTION. When the ball reaches the other end of the lesson area, or when the ball stops to move, that is when they begin to sprint their fastest to get to the other end. The first learner to get to the other side will now get the chance to be the ball roller.

#energizer #physical #fun #active



Around the world



Equipment Needed
small object/ball



Age Groups
8 to 12 years

Learners must get into a circle. One learner will be holding the ball. The learner will then pass the ball to the right and must run as fast as he/she can to get back to his/her place, while the learners pass the ball to each other as fast as they can. If the ball reaches the learners place before learner does, they will have to run again. The ball begins with a new learner when the running learner has out-run the movement of the ball. The learners are not allowed to throw the ball, but only to pass it.

#energizer #fun #physical #fast

BALANCING ACT



Equipment Needed
None



Age Groups
All

The facilitator must call out movement instructions that will challenge the learners to work on their balance e.g:

- Wide leg stance
- Ball of feet
- One foot on the ground
- Two hands and one foot on the ground
- One heel on the ground

Variations: To make it more challenging, learners can be asked to keep their eyes closed during these exercises.

#energizer #physical #calm #bodyawareness

We are starting a band



Equipment Needed
None



Age Groups
8 to 15 years

Divide the learners into two groups. Each learner in the group must think of a way to produce sound with their bodies (i.e using the voice or body percussion- clicking, clapping hands, beating on chest, stomping on the floor, whistling). One learner will begin to produce a sound, and then the next learner must produce a DIFFERENT sound with a different rhythm. The next learner follows until the 'song' is complete with sounds from all learners. Each group gets a chance to present their song. Repeat the game, but this time with all the learners in one group.

#icebreaker #energizer #fun #noisy #creative

ANIMAL FARM



Equipment Needed

Cue cards / paper



Age Groups

All

Each learner will get a small sheet of paper that has 'dog', 'cat' or 'cow' written on it. They must not show their fellow learners. The small sheets of paper are then collected again, and the learners are given blindfolds. When the blindfolds have been fastened, the learners loudly make the animal sound of that specific animal that they were given. This will be in order to find their fellow animals. Once they have found all their animal members, they take off their blindfolds and must either present how that animal moves, and the sound it makes, or they must give out 5 facts about that specific animal.

Variations: This exercise can be done with other words, depending on the topic of the lesson and the learners' age.

#icebreaker #teambuilding #fun #noisy

MEEEEEEEEEEEEEXICAN wale



Equipment Needed

None

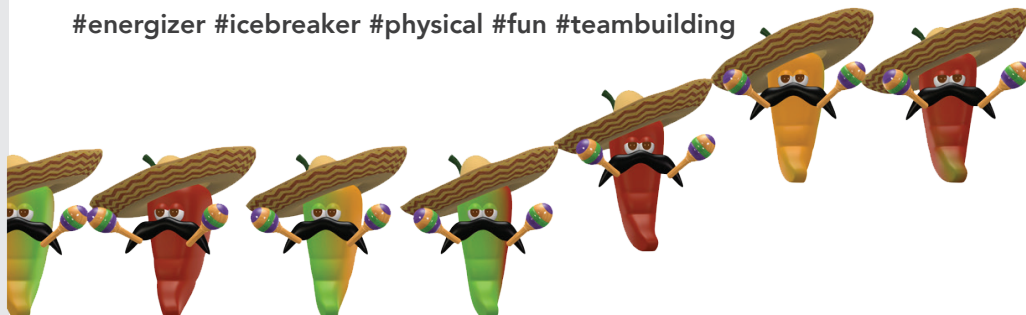


Age Groups

All

Learners will stand in a circle and are given about 30 seconds to think of a movement to do. The activity begins with learner A, where he/she does own movement then the next learner repeats that movement until it reaches the last learner in the circle. Then learner B will begin their own movement, and the same process continues until it reaches the last learner. Each learner will get a chance to bring a movement. The energizer must start slow, but the pace must increase with each round of movement.

#energizer #icebreaker #physical #fun #teambuilding



MONKEY SEE, MONKEY DO



Equipment Needed

None



Age Groups

All

The facilitator will call out movement tasks that the learners must do. But the trick is, the learners must only DO what the facilitator does, and not what the facilitator says. Learners get disqualified when they do what the facilitator says (i.e. facilitator says "shake your head" but jumps in the air). Continue movement instructions until there is one winner.

#energizer #concentration #physical #winner



Gratitude twirls



Equipment Needed

None

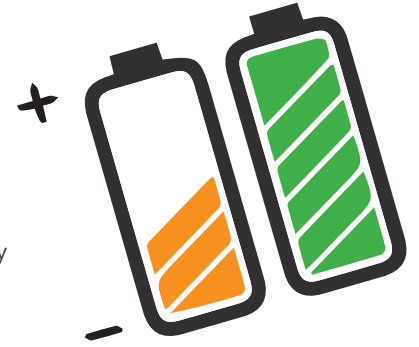


Age Groups

All

Learners must stand in a circle. Each learner will get a chance to twirl backwards and forwards again. And they must say what they are grateful for. Each learner must get a chance to twirl.

#cooldown #teambuilding #reflection #feedback



MOVE TO THE BEAT



Equipment Needed

Drum



Age Groups

8 to 12 years

Facilitator must use a djembe drum, or can beat on a table or clap hands. The facilitator will then create different beat rhythms. The learners must then move around the lesson area to the beat of the drum; whether it is slow, fast or medium in tempo.

#energizer #physical #rhythm #bodyawareness

QUIZ ME FIT



Equipment Needed

None



Age Groups

12 to 18 years

The learners must stand in a line, next to each other on one end of the lesson area. The facilitator will call out age-specific general knowledge questions. Learners must lift their hands as soon as they can answer a question. If that learner gets the answer correct, they move two steps forward. When the learner has moved two steps forward, ALL the learners must do 5 jumping jacks. The game/questions continue until one learner has reached the other end of the lesson area.

Variations: Instead of asking general knowledge question, the facilitator can prepare questions specific to the term topic.

#energizer #knowledge #quiz #physical

Your story moves me



Equipment Needed

None



Age Groups

11 to 18 years

Learners will stand in a widely-spaced circle. The facilitator will be in the middle of the circle. The facilitator must then tell an impromptu short story that includes descriptive movements that the learners must follow. E.g "Today I woke up very late, so I RAN to chase the bus. When I got inside the bus, I SAT DOWN next to my friend, Sipho. I did not realise that I was very tired, but I ended up FALLING ASLEEP."

#energizer #icebreaker #listening #physical

FOREHEAD CHARADES



Equipment Needed

Clear stickers, marker



Age Groups

All

Each learner will get a sticker pasted on their forehead. The sticker will have a noun written on it. The learners must not know what is written on their sticker, and the other learners cannot tell each other what is written on each other's stickers. One learner will then stand in the middle of the circle and the learners around must try to give clues to the learner to try and guess what the word on the sticker is.

Variations: The nouns can be specific to the term topic.

The stickers could have names of the group members on it. Learners must then try to explain by using only positive attributes of that respective learner.

#energizer #teambuilding #reflection #awareness

A bowl of love



Equipment Needed

Paper, pens for each learner,
bowl or box



Age Groups

13 to 18 years

Each learner will receive small pieces of paper (as many as there are learners in the lesson) and also a pencil. Facilitator gives the learners 10 minutes where they will they go into their own spaces and must think of what they like about each of the learners in the lesson. It can be a physical trait, personality or a mannerism that is unique to that learner. They must then write it down for each learner and mention who it is for (but not write their own name down). At the end of the given time, facilitator will walk around the lesson area with a bowl to collect all the pieces of paper from the learners. The learners will then sit in a circle, with the facilitator in the middle of it. The facilitator will then read out what is written on these pieces of paper.

Variation: This can be done for specific traits depending on the term topic, eg. if the topic is leadership it could say "I think Sipho is a good leader because...."

#energizer #knowledge #quiz #physical



SUN 'SALUTATION'



Equipment Needed
None



Age Groups
8 to 10 years

The learners will recite a short passage that goes with movements. The passage goes: "I am like the sun that shines bright. And even when I make mistakes I am still worthy of love". (This passage can also be written on a flip chart to speed up the process; where they can just read it out and focus on following with the movements that go with the specific words). The movements can be done by everyone present in the lesson at the same time. When the learners have familiarised themselves, it can be done one by one completely. Or it can even go through the whole circle with each learner saying a short piece of the passage.

#icebreaker #energizer #movement #self-awareness

Race musical chairs



Equipment Needed
Chairs, music



Age Groups
8 to 12 years

This activity will go the same way as the original game where music is played, and then when the music stops, the learners must find a chair to sit on. The twist will be that the chairs will be lined next to each other on one end of the lesson area, and the learners can only dance/move around the opposite end of the lesson area. When the music stops, they must run as fast as they can to the chairs to get a seat. A chair must be removed each round until there is only one chair left.

#energizer #icebreaker #physical #active #winner



Paper plate story



Equipment Needed
3 paper plates, pens



Age Groups
8 to 12 years

Divide the learners into three groups, with each group having one paper plate and a pen. Each group will get three minutes to write a 'paper plate story' by having each member write on the paper plate, at least once (more times if all the members have had a chance to write). At the end of the three minutes, the learners in the groups must nominate one of their members to rotate and move to the other group. Here they will read the story written by new group they are in, out loud. The story must begin with "This paper plate story is about..."

Variations: The learners can be tasked to come up with a story specific to their term topic.

#energizer #reflection #groupwork #creative

LAUGHING TUNNEL



Equipment Needed

None



Age Groups

All

Learners must stand in two lines, facing each other, with a narrow space in between them. In this activity, each learner will get a chance to walk through the tunnel, but they must try to not laugh. The other learners standing on the side must make funny faces and sounds to try to make the learner walking through the tunnel to laugh. Learner walks to the end of the tunnel, stands in line, and then the next learner goes through the tunnel. Each learner should get a chance to walk through.

#icebreaker #teambuilding #fun #noisy

BLIND PICASSO



Equipment Needed

flip chart paper, marker,
blindfold



Age Groups

All

Each learner will get a piece of paper that has a noun written on it, but keep it a secret and not tell anyone. Then using a flip chart and marker, the learner will have to draw what was written on his/her page. But the catch will be that the learner will be blindfolded. The other learners will only get 3 attempts to guess what that object is.

Variations: The items on the cue card can be relating to the topic of the lesson or workshop.

#energizer #fun #cooldown

ELEPHANT BALL



Equipment Needed

Soccer ball



Age Groups

All

If the number of learners in the lessons exceeds 15, they can be divided into two groups. In this activity the learner will need to stand in a circle, facing the outside, with legs apart (with feet touching). The learners must also have their hands clasped together. A ball is needed in this activity. The learners will need to hit the ball to each other, while in this formation, without letting the ball pass through their legs. If a learner misses the ball, they have to then use one hand to hit the ball. If the learner misses the ball again, they have to turn around and face the inner part of the circle and begin with two hands again. When a learner has no hands to use while facing inwards, they are then disqualified from the activity.

#energizer #physical #active #fun

SOUL TRAIN



Equipment Needed

Music, timer



Age Groups

All

Divide the learners into groups of two. Give them 7 minutes to practice two dance movements that they will need to do together during the Soul Train. Once the time is up, the partners must stand facing each other, in a straight line (creating two lines with a wide space between them). Once the music starts, the partners must dance to the middle, and do their first movement; being sure to travel down the line. Then the next pairs continue to do their movements. This activity can be done in two rounds.

#icebreaker #teamwork #active #creative

HULA HOOP GROUP



Equipment Needed

2 hula hoops



Age Groups

All

Divide the learners into two groups, with one hula hoop per group. One of the learners in each group will have the responsibility of holding up the hula hoop, mid-height, while standing in the middle of the lesson area. The other learners in the team will be at the starting point and the end of the lesson area. The aim of the game is that each member of the team must run, one by one, towards the hula hoop and go through it, running to the other end of the lesson area. Once everyone has reached the end point, the repeat to get to where they started. Once the last person has reached the starting point, the one that was holding the hula hoop must run to the end point, and then begin to hula while walking to the starting point where the rest of the team members are.

#energizer #active #movement #teambuilding

FLAMINGO FROG TAG



Equipment Needed

None



Age Groups

8 to 10 years

This activity will be done with all the learners. Nominate one of the learners to be the one that tags. Once a learner has been tagged, they must get into a flamingo pose and can only be saved if a free learner does 5 frog jumps next to them. They can thus re-join the game, making sure to run away from the one that is tagging.

#energizer #fun #physical #teamwork

Rhyme with me



Equipment Needed

None



Age Groups

All

Learners must stand in a big circle, with the facilitator in the middle. The aim of this game is that the learners must think of a rhyming word as quickly as they can. If they can't, they will have to stand in the middle of the circle and repeat the cycle. Make sure to restart the game where it ended so that all learners can get a chance to respond.

#energizer #fast #focus



Equipment Needed

Cones, bags or other objects



Age Groups

All

Divide the learners into two groups. Each learner in the group must be assigned a number (1-10). If the numbers are not even, then one of the learners can be assigned two numbers. The two teams must stand on opposite sides of the lesson area, with a number of cones/bean bags or any other objects in the middle. The facilitator will call out a number, then that number from the two groups must try to run as fast as he/her can to 'collect the diamond' in the middle. The one that gets there first is the only one that will collect. When there are no more diamonds to collect, that is when the game ends and the amount of diamonds collected must be counted to determine the winner.

#energizer #active #physical #focus

Over-Under, Side to side



Equipment Needed

Ball



Age Groups

All

Divide the learners into two groups. Learners must stand in a straight line, one behind the other. The aim of the game is for the ball to be passed, over the head, under the legs, one side, and another side, from learner to learner until it reaches the last person in the line. The last person will then run to the front of the line. The game continues until the line of learners is just how it started. The group that finished first wins.

#icebreaker #energizer #physical #teamwork

POPCORN Talk



Equipment Needed

None



Age Groups

9 to 12 years

The learners will be spaced out in the lesson area. They will then turn themselves into kernels of corn by crouching down and hugging their legs. The facilitators will then ask a question, and if the learners have an answer to the question, they will jump up as high as they can (similar to popcorn). There is no limitation to how many responses there are. Once the learners have popped and responded, all learners go to the starting position and wait for the next question. The questions can be about what they learned in the session and some feedback.

#feedback #physical #criticalthinking

Feel My Art



Equipment Needed

Paper, pen, pencil or marker,
different pictures



Age Groups

All

Divide learners into groups of three or four. One will be the 'master artist' and receive an image from the facilitator to draw (this image must remain a secret). The learners in the group will then stand in a line, behind each other, each with a piece of paper held against the back of the other with a marker as well. The 'master artist' will be at the back of the line and will begin slowly drawing the image that was received. The next learner will then need to copy what was drawn on his/her back, and the next learner in front does the same. The activity must be completed in the time limit of 10 minutes. At the end of the 10 minutes, the 'master artists' work must be compared to the last learners work.

#creative #fun #energizer



HAND DANCE



Equipment Needed

Music/Speaker



Age Groups

All

Divide learners into groups. The learners will then need to come up with a short dance within the group, but they can only use their hands. After 10 minutes, each group must present their dance piece to the rest of the class.

#teamwork #creative #icebreaker