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**Here’s A Few Energisers You Can Use With Groups:**

**Yes Let’s (or Let’s All)**

The trainer explains that creativity includes letting ideas flow, listening and responding with improvisation. Participants walk in space, one by one say “Let’s all…” (can be animal, object, anything). The group responds together, “Yes, let’s all be…” and imitates the suggested item with their bodies (“let’s all jump up and down… let’s all be tigers… etc.).

**Elephants, Toasters, and Palm**

Form a circle and stand in the centre to model the activity. The person in the centre points to someone and says “elephant!”, “palm tree!” or “toaster!”.  When the person in the centre points to someone and says “elephant!”, that person must bend over and put his/her hands down to make a trunk. People on both sides have to put their arms up to make elephant ears. When the person in the centre points to someone and says “palm tree!,” the person pointed must hold hands straight above his/her head. People on both sides have to make branches going out from the tree. When the person in the centre points to someone and says “toaster!” the person has to move up and down (either jumping or with another gesture) and people on both sides have to hold hands around the person who was pointed at. Whoever makes a mistake or hesitates goes to the centre of the circle. Make sure the pace picks up to keep it fun!

**NASA Test**

Get everyone into pairs. Ask them to count to 3, with each person alternating, i.e. first person counts “1”, second person counts “2”, fist person count “3”, second person counts “1” and so on. Harder than it seems to keep going, ask them to speed up if they can. Keep eye contact as they perform this task.

Next, ask them to replace saying “1” with a clap!

After a minute, ask them to replace saying “2” with a little jump in the air (or go on your tip-toes).

Finally ask them to replace saying “3” with the noise of their favourite animal e.g. “ruff ruff”, “meow”, “roar” etc.

**Line-up**

This dynamicchallenges everyone to cooperate in silence – they may, however, use gestures. The group’s task is to arrange themselves in order, according to the month and day of their births (or height, or age, or…). Stop when the group indicates they think they are in order. At the end, let people talk and see how successful they were in lining up.

**Big Wind Blows**

There are just enough seats in the circle for everyone but you. You are the big wind, and whoever you blow on has to move. Instead of blowing, you call out, “The big wind blows on everyone who…” and then add a description of something that is true for you; for example, “on everyone who wears black socks”, or “everyone who is nervous”. Everyone who fits the description must get up and change seats; in the general commotion, you try to get a seat also.

Whoever is left standing, gets to be the Big Wind next time. If the Big Wind calls “hurricane” then everyone has to change seats.

**Why… Because…**

Have people on one half of the group write down a *Why*question (“Why is the grass green? Why is there suffering?” etc.). Have the other half write down a *Because*answer (“Because I said so. Because it can float.” etc.). Give no indication for the purpose or what types of why questions or because answers people should write. Then – and this can be a hilarious exercise – go around the room and have the *Why’s* ask a question and get their answer from the *Because’s*.

**Strategy Stretch**

A simple stretching activity, but laced with activist principles. Start by having people get some space from each other. Each stage involves a new direction to physically have people stretch their bodies. “Stretch upwards towards your vision / [while bending halfway at the waist] stretch your arms out towards your allies and colleagues / [while bending down at the waist] stretch down towards the grassroots, the source of your nourishment / [bending backwards] and bend backwards towards your ancestors, those people who support you from behind.”

**Yes, and…**

This game is done in pairs. One person starts by announcing “Let’s” – for example, “Let’s take a walk” or “let’s dance on the moon.” (In this activity, they don’t need to act it out.) The pair replies, “Yes, and…” adding anything else that occurs to them. This continues amongst all the pairs in the room; much laughter can be expected.