



Energisers

Ideas for a warm-up

Red Elbow

In this game, a body part is associated with a colour, and you are the first to call it out. When you say, "red elbow", your student must find an object nearby or in the room that is red and then touch it with the chosen body part, the elbow. When everyone has touched the colour, ask your student to introduce the next colour and body part. To make this a bit of a competition, you can ask the last student to complete the task to sit down. The last person standing is the winner.

Competition of balls

For this game you will need two balls of different colours, for example a red and a blue ball. Have your students stand in a large circle, with the red team passing the red ball to every other student and the blue team passing the blue ball to every other student. To prepare for the competition, give the balls to one member of each team and have them throw them to every other person a few times around the circle. Let your students do this until they are sure who they are receiving the ball from and who they are passing it to. To start a competition to see who can throw the ball the fastest, have the red ball start at one point in the circle and the blue ball start at the opposite point. When you give the start signal, the balls must be thrown as in practice and both balls must try to overtake each other. The team with the ball that overtakes the other team's ball wins.

Zipp Zapp Zopp

The players stand in a circle. One of the players begins: they say the word "Zipp" out loud, clapping their hands at the same time. They point in the direction of another player. The player pointed to must react immediately. Say the word "Zapp" and point in the same way to another player. The third player reacts in the same way but says the word "Zopp". The game continues with the words "Zipp", "Zapp" and "Zopp" being repeated. If a player doesn't react, reacts too late or says the wrong word, he or she can be penalised with a penalty point, eliminated from the game or penalised in some other way.

Draw each other

To play this game, everyone needs a piece of paper and a pencil. Everyone writes their name on their piece of paper. Everyone walks around. One person says stop and says "eyes". People form pairs and draw each other's eyes. Next round "nose"/"mouth"/"hair" ...

Evolution

The group game Evolution, all players start out as an amoeba crawling around on the ground, trying to become a human. When two amoebas meet, they play rock, paper, scissors against each other. The winner moves up one level on the evolutionary ladder, while the loser remains at the amoeba level.



The evolutionary stages are:

Amoeba (crawling on the floor)
Fish (standing, palms together)
Bird (flapping with both arms)
Dinosaur (crouching, both hands with claws raised)
Gorilla (jumping up and down)
Human (wins)

The fish, birds, dinosaurs and gorillas try to find one of their own to play rock, paper, scissors with. Once you're human, you stay human and can see what's going on. At the end of the game, only humans and one animal of each species remain.

Ideas for a cool-down

Slow-down

Have your students walk around the room at random. In the beginning everyone walks very fast at speed 7. After a while you clap your hand and give the verbal sign to slow down a bit to speed 6. At speed 1 they should just move a little in slow motion. At speed 0, they should all freeze until you give the signal to let go. Instead of giving numbers, you can ask them to walk like animals, e.g. a panther, a tiger, a snail, ...

People machine

Each student makes a simple movement with the body and accompanies it with a machine sound. One student starts the machine, and each member of the group connects physically to the machine until the whole group is moving and making noise. After a while, someone presses a button and the machine slows down. The button is pressed again for as long as the machine is working. In the end, the machine doesn't move any more.

Elephant behind your back

Everyone needs a piece of paper to play this game. They put their hands with the paper behind their backs. Now the instruction is to tear an elephant out of the paper. To concentrate, people can close their eyes or walk around. Those who have finished can hold the elephant in front of them. The point is not to be quick.