



# Energizer

## Ideas for warm up

### **Red Elbow**

In this game a body part is connected to a color, and you are the first who is calling them out. When you say "Red Elbow" your student must find an object nearby or in the room that is red colored and then they must touch it with the selected body part, the elbow. If everyone has touched the color, ask your student to introduce the next color and the next body part. To make this into a bit of a competition, you can ask the student who is the last one to complete the task to sit down. The final person standing is the winner.

### **Competition of balls**

For this game you need two balls of different colour, for example a red and blue. Let your students stand in a big circle, whereas in the red team every second student is supposed to pass the red ball and in the blue team every second student will pass the blue ball. To prepare the competition hand the balls to a member of each team and let them throw them to every second person a couple of times around the circle. Let your students do this, until they are sure, from whom they get the ball and to whom they pass it. To start the competition of who throws the ball faster, let the red ball start at one point in the circle and the blue ball exactly opposite of it. When you give the start sign, the balls must be thrown as trained and both balls try to overtake each other. The group with the ball who overtakes the other ball is the winner.

### **Zipp Zapp Zopp**

The players stand in a circle. One of the players begins: they pronounce the word "Zipp" out loud, at the same time they clap with their hands. They point in the direction of another player. The player who was pointed to must now react immediately. They pronounce the word "Zapp" and points to any other player in the same way. This third also reacts in the same way but pronounces the word "Zopp". Now the game continues, always repeating the words "Zipp", "Zapp" and "Zopp". If a player doesn't respond is, too late, or pronounces a wrong word, the affected player may receive a penalty point, be eliminated from the game, or otherwise be "penalized".

### **Draw each other**

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

### **Evolution**

In the group game Evolution, all players start crawling around on the ground as an amoeba and want to become a human. When two amoebas meet, they play "rock, paper, scissors" against each other. The winner goes up one level in the evolutionary ladder, the loser stays on the amoeba level.

The stages of evolution are:

Amoeba (crawling on the ground)

Fish (standing, palms together)

Bird (with both arms wing movements)



Dinosaur (stooped walk, both hands with claws raised)  
Gorilla (jumps up and down)  
human (won)

The fish, birds and dinosaurs and gorillas try to find one of their own kind to play rock, paper, scissors against each other. Once you're human, you stay human and can watch what's going on. At the end of the game, all that is left are humans and one animal of each species.

## Ideas for cool-down

### **Slow-down**

Let your students walk randomly through the room. At the beginning everyone walks very fast in speed 7. After a while you clap your hand and give the verbal sign to slow down a bit to speed 6. Let your students slow down step by step. In speed 1 they should move just bit in slow motion. At speed 0 everybody must freeze until you give the signal to let it go. Instead of giving numbers you can ask them to walk like animals, e.g. a panther, a tiger, a slug,...

### **People machine**

Each student makes a simple motion with the body and accompanies it with a machine sound. One student starts the machine, and each group member physically connects to the machine until the entire group is moving and making noise. After a while somebody pushes a button, and the machine slows down. The button is pushed again as long as the machine works. At the end the machine doesn't move anymore.

### **Elephant behind your back**

For this game, everyone needs a piece of paper. They put their hands with the paper behind their back. Now the instruction is to tear an elephant out of the paper. For concentration, people might want to close their eyes or walk around. Those who are finished can hold the elephant in front of them. But it is not about being fast.