

ENERGIZERS, GET AQUAINTED, DAILY CHECK-INS

ON MY FARM

Gather the participants in a circle. Ask each participant to think of a daily chore they perform on the farm. For example, weeding the garden. All the participants would pretend to be weeding the garden. Move to the next participant and have him or her call out another chore, such as washing clothes. Each chore is acted out for 15-30 seconds before moving to the next person. Continue around the circle until all participants have shared a chore. Let participants know they can "pass" if they do not want to share a chore. This energizer gets the group moving and demonstrates the number and type of daily chores performed in the household.

HA, HA, HA...

This energizer asks the participants to pass the word "ha" around a circle. It takes approximately 5 to 7 minutes. The facilitator asks the participants to stand in circle and then explains that the object of this game is for the participants, without laughing, to pass the word "ha" around the circle. The facilitator then designates one participant to be the head of the circle. That participant begins the game by saying "ha." The person standing to his or her right must repeat the "ha" and then say another "ha." The third person must say, "ha, ha" and then given an additional "ha." In this manner the "ha" continues around the circle. The game ends when all of the participants, trying not to laugh (a virtual impossibility), have repeated the "ha"s that preceded them and then added their own "ha."

YOGA STRETCH

Do several simple yoga stretches...arms over head, sway to left, to right; touch knees, toes; twist to right, to left; lunge; warrior pose; mountain pose.

FRUIT SALAD

Have the participants sit in a circle with one member standing in the middle. The person in the middle announces that he or she sees someone with "black shoes." All the people wearing black shoes have to exchange seats with each other, including the person in the middle. One person will not be able to find a seat, and that person becomes the person in the middle of the circle telling the rest of the group what he or she sees (e.g., red scarf, glasses, black hair, etc.). When the person in the middle says "Fruit Salad," everyone must get up and exchange seats.

WARP SPEED

Gather participants into a circle. A ball is thrown underhand to the first person after their name is called. The person who receives the ball says "thank you" to the giver, calls out someone else's name, and then tosses the ball to that person. Because everyone in the group should receive the ball one time, each person crosses his/her arms after receiving the ball so that everyone knows who has and has not yet received the ball. The game can be timed, to see how quickly the participants can complete the activity. This activity can be used to learn names and energize the group.

COMMON EXPERIENCE

Participants are paired and asked to interview each other to identify areas of "commonality" in their lives. Possible areas: education, family, likes, dislikes, professional interests, responsibilities, hometown, etc. Each pair is asked to report to the group on three commonalities discovered.

ABCs

Facilitator selects a letter and asks participants to describe how they're feeling using a word beginning with the selected letter. For example, the facilitator says the letter "E" and the participant says I'm feeling "E"nergized.

PICK A COLOR

Gather the participants into a circle either standing or sitting in chairs. Pass around a paper bag or basket with slips of colored paper asking each participant to choose one piece. Have the participants share their responses to the following requests depending on the color of their paper.

Red: Best thing you experienced today

Orange: Something that surprised you today

Blue: One thing that would make things better tomorrow

Green: Something new you learned today

Yellow: Say anything

GROUP JUGGLE

Good for a group of at least 10 and up to 30 where some people know each other, but the whole group is still getting acquainted. Have three balls handy. Get the group in a circle. Facilitator tosses one ball to someone in the group whose name they know saying their own name and then the other person's name (e.g. Sandy to John). John (person who receives the ball) tosses ball to someone whose name he knows (e.g. John to Phil). Phil tosses to someone whose name he knows and so on, saying both names all the way around the circle. The ball is tossed to each person one time only until everyone in the circle gets it and all names have been said. Participants fold their arms in front of them once they receive the ball. THEN, facilitator starts again and tosses the balls to the same person (Sandy to John to Phil, etc.) only this time with two balls in succession (not at the same time) saying both names, both times. Balls get tossed to the same people they were originally tossed to; first one ball, then the next, all the way around the circle stopping when they get back to the facilitator. THEN, facilitator starts again only with all three balls this time. Saying names each time, all three balls get tossed, in succession, in the same order until they get back to the facilitator. By the time there are three balls going, it gets pretty chaotic and fun. By now all names have been said so many times everyone should have a pretty good idea of who's who and they are pretty warmed up and ready to go. When someone drops a ball, simply give him or her a chance to chase it down and just pick up where you left off – no need to start again.

FINDING THE BONES

This summarizing method helps to identify the essence of a workshop, field trip, or the day's activities. One person gives a one minute account of the event, emphasizing their feelings and experiences to the whole group. The listener(s) then help the speaker to reduce the story to a few sentences, then to one sentence, then to a phrase (or three words), then to one word. The sentence, phrase, and word are recorded.

VENN DIAGRAMS

Divide participants into groups of three. Give each group a piece of paper and a different marker for each person. Have each group draw a Venn diagram with an oval for each participant. The participants in each group are to discuss what their similarities and difference are. After the discussion, they are to fill in the diagram showing these similarities and differences. If a group has a hard time getting started, give them some guidance by asking questions, such as "What is your

favorite music?" "When is your birthday?" "What movies do you like?" or "Where were you born?"
Have the groups of three share their diagrams.

MATCH MAKER

Each participant will need an 8.5" x 11" piece of paper. Give the following directions:

- Put your **name** in the center of your card.*
- In the upper left corner, write two things you **like to do**.*
- In the upper right corner, write your favorite **color**.*
- In the lower left corner, write your favorite **food**.*
- In the lower right corner, write two **adjectives** that describe you.*

When everyone finishes, have the participants mingle with the group for a few minutes. Without talking, the participants are to read the upper left corner of the other group members' cards. When time is up, they are to find one or two people who are most like them and visit for a few minutes. When time is up, they are to mingle again reading the upper right corner of the other members' cards. They then find one or two people most like them and visit. Repeat with the lower left and lower right corner information. To be sure everyone visits with several people suggest that no two people can be in the same group more than once.