ENERGIZERS

MAP: Create a map of the States/world. Give a reference point (I’m standing in Pullman, WA.) and ask everyone to go and stand where their hometown is in relation to Pullman. Ask people to share where home is.

DEBATE: Ask everyone to pair up. Give them a silly topic (soft vs. hard mattresses). Each person must take a side and debate it. The pair must debate at the same time, loudly and without stopping, for 1 – 2 minutes.

MAKING RAIN: Rub hands together, then snap then pat your thighs, then stomp your feet, then reverse it.

SYMPHONY: Have the group stand in a circle. First person begins with a sound, that they then keep repeating. The next person adds their sound to it, until each person is contributing their own “instrument” to the symphony. You then reverse order, until the person who started is the last one to stop.

HUMAN KNOTS: Have at least 6 people, but no more than 10. Stand shoulder to shoulder. Put your right hand in and grasp the hand of someone across from you (not beside you). Reach your left hand in and grasp the left hand of someone across from you (not the same person as you have holding your right hand!). Make sure all hands are clasped. Now get out of the knot without letting to of hands. They should end in a circle, but not necessarily all facing the same way.

LAP SIT: Have everyone in a circle shoulder to shoulder. Have them turn to the right, and get close to each other (very close). At the count of three, have them sit on the legs of the person behind them.

UPSIDE DOWN FRUIT BASKET: Create a circle either with chairs or sitting on the floor. One person should be in the middle. (the circle shouldn’t have room for that person.) That person introduces herself, and says one characteristic about her that others might share. Everyone who does must get up and move at least three places away. The person left in the middle does the same thing.

SCREAM: Have people start at their toes, gently patting their ankles and making a soft sound. As they move slowly up their body, patting, their voice becomes louder and louder, until they throw their hands in the air and scream.

NO TALK BIRTHDAYS: Without talking, have the group arrange themselves at the front of the room according to the date of their births, starting with January 1. When done, the leader should go down the line and have everyone share their birth dates and check for mistakes.
AM I …?: Make up half sheets of paper with the names of famous people written on them, enough for each person in the group. Then tape a name on the backs of each member without them seeing whose name has been attached to his/her back. Each person needs to discover who he or she is by asking ONLY "yes" or "no" questions of the other group members. You may want to limit it to three questions per person. Once someone has discovered their identity, they may still participate in answering others' "yes" or "no" questions. The game continues until everyone has learned who they are.

HULA HOOP PASS: You will have two hula hoops. Ask everyone to stand in a circle with their hands clasped. Find two people, unclasp their hands, put the hula hoop through their hands, and ask them to clasp hands again. Their goal is to pass the hula hoop around the circle until it’s back at it’s original position without letting go of hands. Once they’ve done that, ask if they have ideas for going faster, and let them try that. Finally put one hula hoop on one side of the circle and one on the other side. One hula hoop must be passed clock-wise, and one passed counterclock-wise (which means that they’ll need to pass at two points.