



Sharing Energizer's

<u>Name of Energizer:</u> <i>Telephone</i>	
<u>Context / When would you use this:</u> <i>Beginning of workshop or in middle of day</i>	
<u>Desired Outcome: (if relevant)</u> <ul style="list-style-type: none"> • To play • Relieve tension • Achieve insight 	
<u>Description and steps for Energizer:</u> <ul style="list-style-type: none"> • Person has a phrase & whispers it to the next person → do it person to person till end of line or circle, then communicate last response 	
<u>Results / Comments / Reflections:</u> <ul style="list-style-type: none"> • Playful • Power of miscommunication • How rumors start • Organizational transparency 	
Name: Address: Zip / Country:	Phone: e-mail:

Kathy McGrain-balloom

Sunday



Top Network



Sharing Energizer's

Name of Energizer:

Balloon Toss

Context / When would you use this:

Strategic Planning

Desired Outcome: (if relevant)

Demonstrate how we can keep our priorities active when we focus

Description and steps for Energizer:

Blow up several balloons - a mix of colors but multiple colors (i.e. several red, several blue, etc.) Ask participants to stand in a circle - Toss out balloons & tell them to keep them from touching the floor. They generally react immediately like children - laughing & keeping balloons in the air. As they touch the floor they are "dead." Stop activity

Results / Comments / Reflections:

& then say - "Keep all the balloons in the air but DO NOT let any red balloons touch the floor. Typically - eventually only red balloons remain

Name:

JWeddle

Phone: 773-769-9266

Address:

328 E. Iowa
Spring Valley, IL 61362

e-mail: weddlehope@aol.com

Zip / Country:

61362

Don't make a big deal - it is clear - what you focus on it what gets done.

SUNDAY



Top Network

Sharing Energizer's



Name of Energizer: "Head + Shoulders"

Context / When would you use this:

Serious group needing humor

Desired Outcome: (if relevant)

Relax, Laugh

Description and steps for Energizer:

"I have experience with military, & one main/basic exercise is to stand at attention."

Everyone stand at attention: ("head up, shoulders back, arms straight
hands along seams of trousers, knees straight, ~~heads~~ heads together, toes
at 45° angles, stomach in ...")

Now Follow me:

Sing & do "Head + Shoulder, Knees + Toes"

Do again Faster.

Results / Comments / Reflections:

Surprise, laugh

Name: John Epps
Address: 1470 S. Quebec Way #50
Denver, CO
Zip / Country: 80231

Phone:

e-mail:

jepps@pc.jaring.ny

SUNDAY



ToP Network



Sharing Energizer's

Name of Energizer:

LAUGHTER YOGA - (-Current News* or You won the lottery)

Context / When would you use this:

START of a long session / Focused Conversation

IMAGINE A funny topic of the day. & Establish a laughter process greeting

Desired Outcome: (if relevant)

loosen up people - stretch people's thinking - catch off base

Description and steps for Energizer:

LEAD PERSON

- ① Totally random - Imagine your relaxing you just got an idea !!!
- ② Introduce yourself - then laugh your way to describe the situation. Partner up.

Results / Comments / Reflections:

Introduction
Relaxation

Engagement

Name:

Paula Haywood

Address:

14300 Hwy 62
Minnetonka, MN 55343

Zip / Country:

USA

Phone:

612 596-8460

e-mail:

paula.haywood@hennepin.us

SUNDAY



ToP Network

Sharing Energizer's



Name of Energizer:

"FLOW"

Context / When would you use this:

Helping create a positive mood when difficult things to process
Connecting individuals to each other and to themselves.

Desired Outcome: (if relevant)

People recognize they have patterns/themes of engaging with life that give them great joy or delight; and people feel connected and safe with each other.

Description and steps for Energizer:

1. Pass out 5 index cards per person (or 1/2 sheets)
2. Each person writes 5 different activities that make them feel alive, engaged, and in effortless flow/concentration. Facilitator gives own example - eg. biking down a hill very fast; watching "X" movie; doing word puzzles, etc.
3. Using timer & bell/chimes, Instruct - "find one person and share one card and describe (1) the activity (2) how it makes you feel and (3) why you love it. 1 minute for each to share"
4. Ring bell after both share; find another partner. share a different "flow" activity. Continue with 5 people.

Results / Comments / Reflections:

Takes about 10 minutes.

Kinesthetic - everyone up & about & smiling, animated

Name: Barbara Mackay
Address: 13040 SW Falcon Rise Drive
Tigard, OR
Zip / Country: 97223.

Phone: 503-579-5708

e-mail: bmackay@northstonefacilitators.com



Sharing Energizer's

Name of Energizer:

Energy Pulse

Context / When would you use this:

when need revival of energy

Desired Outcome: (if relevant)

- connection
- energy

Description and steps for Energizer:

- Form
- 1) circle
 - 2) hold hands
 - 3) one person starts to squeeze right hand of ~~person~~
 - 4) when ^{your} hand gets squeezed, squeeze ~~other~~ other person right hand
 - 5) watch pulse go around.
 - 6) originator shake it up - add another pulse pattern, squeeze left hand.

Results / Comments / Reflections:

Name: Kellie, Don, Angie
Address:
Zip / Country:

Phone:
e-mail:



<u>Name of Energizer:</u> <p style="text-align: center; font-size: 1.2em;">Telephone</p>	
<u>Context / When would you use this:</u> <p style="text-align: center; font-size: 1.2em;">Beginning of workshop to illustrate communication confusion</p>	
<u>Desired Outcome: (if relevant)</u> <p style="text-align: center; font-size: 1.2em;">To play, relieve tension Achieve insight</p>	
<u>Description and steps for Energizer:</u> <p style="text-align: center; font-size: 1.2em;">Person has phrase & whispers to next person → do it to whole group & then communicate last response</p>	
<u>Results / Comments / Reflections:</u> <p style="text-align: center; font-size: 1.2em;">Power of miscommunication How rumors start Organizational transparency</p>	
Name: <i>Sharon Newwald</i> Address: <i>PO Box 18713</i> Zip / Country: <i>Oklahoma City, Okla 73154</i>	Phone: <i>405 / 823 5949</i> e-mail: <i>Sharon.newwald @ Cox.net</i>



Name of Energizer:

Impending storm: make the rain come & go

Context / When would you use this:

Any time a group needs to shift energy / calm down or preceding a closing reflection. Requires at least 10 people & can be up to many, many...

Desired Outcome: (if relevant)

Shift energy
Group works together - easy exercise

Description and steps for Energizer:

Form a circle.

No need to say anything other than "follow [name]"

- 1) The leader clicks/snaps her fingers; others will follow. Keep clicking for 10 seconds. - SPRINKLE
- 2) Leader moves to slapping thigh w/ both hands (open palm) - RAIN
Continue for 10 seconds & everyone will follow
- 3) Leader moves to stamping feet - group follows - 10 seconds - THUNDER
- 4) Then, reverse - go back to thigh slapping - 10 second
- 5) To finger clinking - 10 seconds - and quietly end.

Results / Comments / Reflections:

Shifts energy
Generates a powerful experience for the group

Name: Nancy Jackson
Address: 161 Upper Jeffrey Rd.
Dublin, NH
Zip / Country: 03444

Phone: 603-563-7945
e-mail: ~~antp@~~ nanjackson@jammybird.com



ToP Network
Sharing Energizer's



Name of Energizer:

"Simon Says"

Context / When would you use this:

Sitting down for along time, ~~or~~ or teaching/facilitating intense "brain" skills (like

Desired Outcome: (if relevant)

- physical movement
- ~~changes~~ ^{changes} energy ~~concentration~~

• disengages "just thinkers"

computer program training, etc.)

Description and steps for Energizer:

Facilitator (or ask for a volunteer)
leads ~~the~~ 30 sec - 1 min. of
"Simon says" (stand up, sit down, pat your head, turn to your neighbor, stand on one foot, etc.)

Results / Comments / Reflections:

Name:
Address:

Zip / Country:

Phone:

e-mail:

* Shared



ToP Network

Sharing Energizer's



<u>Name of Energizer:</u> <i>Running Story Improve</i>	
<u>Context / When would you use this:</u> <i>Introductions of Strangers Get to know each other better Fun and Quick thinking.</i>	
<u>Desired Outcome: (if relevant)</u> <i>People get moving. Talking. Laughing.</i>	
<u>Description and steps for Energizer:</u> <i>Have some people move about randomly Stop - Pair up. One person picks an obj object (Lady's purse) ^{example} in the room The other pic takes the object and tells a story</i>	
<u>Results / Comments / Reflections:</u>	
Name: Address: Zip / Country:	Phone: e-mail:



TOP Network

Sharing Energizer's



<u>Name of Energizer:</u> My Favorite Animal	
<u>Context / When would you use this:</u> At a point in a day-long meeting when energy might take a dip (After lunch)	
<u>Desired Outcome: (if relevant)</u> Fun, bonding of group, creating safety	
<u>Description and steps for Energizer:</u> Takes: 10" <ol style="list-style-type: none"> 1) Tell group members to think silently of their favorite animal. 2) Then tell the group that without talking, arrange themselves from largest to smallest animals. 3) Members of the group can only make gestures and the noise of their animal. 4) After they have finished, have the members go around and share their animal and check for accuracy. 	
<u>Results / Comments / Reflections:</u> Fun! Laughter Relaxation Camaraderie	
Name: Ramma Rusinak Address: 2051 E. Minton St Mesa, AZ Zip / Country: 85213, U.S.A.	Phone: 480-664-0324 e-mail: rlrusinak@gmail.com



Top Network
Sharing Energizer's

<u>Name of Energizer:</u>	
DEMO YOUR FAVORITE CHILDHOOD DANCE	
<u>Context / When would you use this:</u>	
ANY TIME FOR INTRODUCTIONS.	
<u>Desired Outcome: (if relevant)</u>	
INTRO'S AND ENGAGEMENT WITH SOMEONE YOU DO NOT KNOW.	
<u>Description and steps for Energizer:</u>	
EACH PERSON PERSON PERFORM THEIR CHILDHOOD DANCE AND TELL EVERYONE THE NAME OF YOUR DANCE.	
<u>Results / Comments / Reflections:</u>	
WHO DID YOU MEET WHILE WHILE YOU DANCE.	
Name: MAYME WEBB - Bledsoe	Phone: (919) 824-6640
Address: 4721 CARMEN LANE	e-mail: mwebb@duke.edu
Zip / Country: Durham NC 27707	



Sharing Energizer's



<u>Name of Energizer:</u> Waking up your bodies	
<u>Context / When would you use this:</u> After the group has been sitting for a long time, when the group's energy is low	
<u>Desired Outcome: (if relevant)</u> More add alert participants	
<u>Description and steps for Energizer:</u> <ul style="list-style-type: none"> - Ask everyone to stand comfortably - Instruct the group to gently pat their body as you call out the parts <ul style="list-style-type: none"> - Down arm, up arm - Down other arm, up other arm - Chest - Face - Head - Upper back - Lower back - Down one leg, up leg - Down other leg, up leg 	
<u>Results / Comments / Reflections:</u> Ask everyone to stand and notice how their body feels - Participants may hesitate to begin but enjoy it when finished	
Name: Jill Wood Address: Zip / Country:	Phone: e-mail:



<p><u>Name of Energizer:</u> two - arm exercise</p>	
<p><u>Context / When would you use this:</u> After lunch, etc.</p>	
<p><u>Desired Outcome: (if relevant)</u> 1) Light exercise/refreshers 2) Learn a new skill/concept together</p>	
<p><u>Description and steps for Energizer:</u> Right arm 1) ↑ 2) → 3) ↓ 4) ↑ 5) → 6) ↓ Left arm 1) ↑ 2) ↓ 3) ↑ 4) ↓ 5) ↑ 6) ↓ * Do at same time * Whole (table) group learns learns together * Each table presents</p>	
<p><u>Results / Comments / Reflections:</u></p>	
<p>Name: Tim Karpoff Address: Zip / Country:</p>	<p>Phone: 505-280-4797 e-mail: timkarpoff@msu.com</p>



X

Name of Energizer:

Paper "telephone" pictures

Context / When would you use this:

When you need to lighten the mood & encourage creativity

Desired Outcome: (if relevant)

Description and steps for Energizer:

- Sit in circles / ~~round~~ tables
- 1) Have blank 8 x 11" sheets
 - 2) Each person writes a sentence, "silly or serious" at the top of the page.
 - 3) They fold over the paper to hide the sentence. Pass the paper to the right, ^{views sentence, refolds,}
 - 4) Person who receives the paper ^{draws a picture} expressing the meaning of the sentence, folds paper over to hide the picture.
 - 5) Repeat ~~steps~~ step 3 & 4, ^{but} next person writes a sentence to express meaning of the picture.

Results / Comments / Reflections:

6) Repeat ^{steps 4-5} until paper gets back to original person.

↳ a lot of laughter & hilarity

Name: Margaret Okuzumi
Address: 749 Windstead Ter
Sunnyvale CA 94087
Zip / Country:

Phone: (408) 732-8712
e-mail: mokujo@gmail.com



Name of Energizer:

Opposite Circles X

Context / When would you use this:

Fun, thought provoking

Desired Outcome: (if relevant)

Bring energy & laughter

Description and steps for Energizer:

Stand (or sit)
 Have enough room to extend your arm.
 Use your right arm, extend it out and make a circle (counter-clockwise). stop.
 Take your right leg, stick it out and make a circle in opposite direction (clockwise). stop
 Try to do both w same time

Results / Comments / Reflections:

Name: Dan Duster
 Address: 9046 S. Blackstone
 Zip / Country: Chicago, IL 60619

Phone: 773 456-1064
 e-mail: danduster7@gmail.com

Sharing Energizer's


<u>Name of Energizer:</u> Secret Pal	
<u>Context / When would you use this:</u> When group is meeting for a full day 10 - 25 participants	
<u>Desired Outcome: (if relevant)</u> Connect/Reflect Report out from the person who draws your Name & catches you doing something good.	
<u>Description and steps for Energizer:</u> <ul style="list-style-type: none"> • Ask participants to put their name on back of sticky Note. Fold put in hat • Everyone draws out a name (not their own) • Observe your secret Pal throughout the day • Report out what you saw your secret Pal do that day • Experience your value through Another Person's Eyes 	
<u>Results / Comments / Reflections:</u> This is a connection Exercise, This is a feel good exercise Find something positive about everyone in group	
Name: Kathy McGrane Address: 1675 Valerie Ln Zip / Country: New Brighton MN 55112	Phone: 651-208-7144 e-mail: kathyemcgrane@gmail.com

Sharing Energizer's



<p><u>Name of Energizer:</u> NAMING GAME</p>	
<p><u>Context / When would you use this:</u> People learn about attributes of others</p>	
<p><u>Desired Outcome:</u> (if relevant) Understand people's interaction styles</p>	
<p><u>Description and steps for Energizer:</u> <ul style="list-style-type: none"> - Partner up - Use each letter of name w/ attribute (full, shortened or nickname) - DRIVER EMPOWERING BOLD - Introduce to new participant </p>	
<p><u>Results / Comments / Reflections:</u> Participants own their strengths + how they will interact during process. Other know how to interact w/ each other. Very telling of your culture as far as behavior</p>	
<p>Name: Deb Souder, Interact4Impact Address: 2420 E. 117th St Ste 100 Zip / Country: Burnsville MN 55337</p>	<p>Phone: 651-491-1939 e-mail: deb@interact4impact.com</p>

Top Network
Sharing Energizer's



<u>Name of Energizer:</u> INTRODUCTION	
<u>Context / When would you use this:</u> FOR A GROUP IN HIGH CONFLICT THAT REFUSE TO TALK TO EACH OTHER - 20 + ppl OR GROUP OF UNKNOWN TO EACH OTHER	
<u>Desired Outcome: (if relevant)</u> WARM THE GROUP UP & PREPARE FOR SESSION	
<u>Description and steps for Energizer:</u> 1. EACH NAME PLACED ON A SMALL PIECE OF PAPER BY FACILITATOR & PUT IN BASKET. SHAKE IT UP. 2. PULL OUT NAMES IN PAIRS SO THAT IT IS RANDOM 3. POST INSTRUCTIONS: 10 MIN { 1. SHARE NAME & ORGANIZATION / DEPT / NEIGHBORHOOD / ETC 2. EXPLORE WHAT IS MOST IMPORTANT TO YOU. 30-45 MIN 3. INTRODUCE YOUR PARTNER	
<u>Results / Comments / Reflections:</u> FROM AWKWARD SILENCE TO ROOM FULL OF CHATTER & WARM REGARD.	
<u>Name:</u> CATHERINE TORNBOM <u>Address:</u> 4991 N. PLACITA AGULLERA TUCSON, AZ 85745 <u>Zip / Country:</u> USA	<u>Phone:</u> 520 289 7117 <u>e-mail:</u> catherine@interfuseassociates.com



Name of Energizer:

Parade

Context / When would you use this:

energy is falling

Desired Outcome: (if relevant)

getting energized

Description and steps for Energizer:

- Bring box of items -
whistles etc.

- pass them out

- get people to stand
up & walk
around or
parade

Results / Comments / Reflections:

Name:

Address:

Zip / Country:

Phone:

e-mail:



<u>Name of Energizer:</u>	
<i>giggles</i>	
<u>Context / When would you use this:</u>	
<i>When a group's energy is low</i>	
<u>Desired Outcome: (if relevant)</u>	
<i>In less than 5 minutes</i>	
<u>Description and steps for Energizer:</u>	
<ol style="list-style-type: none"> ① Have everyone stand ② Context: - Get energy flowing - mid afternoon ③ Ask people to slowly raise & shake arms vigorously + instruct them to watch you demonstrate - (Snap arms from one head to sides. Then say ④ noddit with your upper legs (they'll laugh) - pause pause - one at a time 	
<u>Results / Comments / Reflections:</u>	
Name:	Phone:
Address:	e-mail:
Zip / Country:	



Name of Energizer:

Objectification

Context / When would you use this:

* The beginning of a process with a group that is acquainted with each other

Desired Outcome: (if relevant)

Ice Breaker
Stimulate creativity ~~and~~ innovative thinking

Description and steps for Energizer:

Produce a small (handheld) common object.
Pass or toss (depending on the size) among participants.
Each person, upon receiving the object, must come up with a new use for the object.
Continue until each person has done one new use

Results / Comments / Reflections:

Name: Jim Ahrens

Address: 58

Zip / Country:

Phone:

e-mail:



<u>Name of Energizer:</u> <p style="text-align: center; font-size: 1.2em;">"No ears"</p>	
<u>Context / When would you use this:</u> <p style="font-size: 1.1em;">When the group is distracted, discordant + talking among themselves vs. listening actively.</p>	
<u>Desired Outcome: (if relevant)</u> <p style="font-size: 1.1em;">Stop, refocus group, give kinesthetic exercise + message to <u>listen</u>.</p>	
<u>Description and steps for Energizer:</u> <ol style="list-style-type: none"> 1. Get group's attention 2. Tell them they're going to do an exercise to help them stimulate + focus listening 3. Demonstrate ear rub - take ear between thumb + index + rub from top to lobe - do it 2x 	
<u>Results / Comments / Reflections:</u> <p style="font-size: 1.1em;">Group has focused attention on need to listen. Ears have been rubbed. Ready to move on to work of group.</p>	
Name: Address: Zip / Country:	Phone: e-mail:



<u>Name of Energizer:</u> BINGO	
<u>Context / When would you use this:</u> Use it to network and meet others - introductory exercise -	
<u>Desired Outcome: (if relevant)</u> To others outside the "business" context <i>Can be maffle or print involved</i>	
<u>Description and steps for Energizer:</u> Create a BINGO sheet with categories that your group can answer - make some unique that you are sure someone can answer - (maybe even you). Assignment is to have someone's name in every square. Each individual can only sign X member on a sheet.	
<u>Results / Comments / Reflections:</u>	
Name: Marilyn Oyler Address: Phoenix, AZ Zip / Country:	Phone: 602 - 468-0605 e-mail: marilyn.oyler@gmail.com

AZODN BINGO

Your name

Has ridden a horse	Has run a half marathon	Knows how to drive a stick shift	Has ridden in a helicopter	Speaks more than one language
Has worked in OD for more than 10 years	Has a birthday this month	Has a pet	Has been published	Has hiked the Inca Trail
Has more than 2 grandchildren	Plays a musical instrument	Is excited to be here!	Has been on TV or in a movie	Has worked for the government
Can roll their tongue	Twitters regularly	Has driven a vehicle on the left side of the road	Has a favorite iPad app.	Has worked for a local non-profit.
Has a blog.	Is a certified scuba diver	Is an Arizona native.	Has met a Hollywood star.	Has taught an online course.

- Instructions: 1. Mingle and find people who meet the criteria.
 2. Have them sign the square. (Each person can sign up to two squares on your sheet)
 3. First to fill in the full sheet wins.



<u>Name of Energizer:</u> <p style="font-size: 1.2em; margin-top: 10px;">Map of the World: We are connected!</p>	
<u>Context / When would you use this:</u> <p style="font-size: 1.2em; margin-top: 10px;">Start of large meeting (40 people)</p>	
<u>Desired Outcome: (if relevant)</u> <p style="font-size: 1.2em; margin-top: 10px;">Ice breaker, loose up group, get to know ya.</p>	
<u>Description and steps for Energizer:</u> <p style="font-size: 1.2em; margin-top: 10px;">(1) Need large room</p> <p style="font-size: 1.2em; margin-top: 10px;">(2) Describe a virtual map of world by in the room (i.e. North America is here, Antarctica is over there, Arctic up there, Africa over there)</p> <p style="font-size: 1.2em; margin-top: 10px;">(3) Ask series of question (1 @ a time) to get them to move around room:</p> <ol style="list-style-type: none"> 1) to go to where you were born 2) go to where your grand mother was born 3) go to where you would like to go this year 4) go to your favorite place 	
<u>Results / Comments / Reflections:</u> <p style="font-size: 1.2em; margin-top: 10px;">Connections Movement Discover backgrounds</p>	
<u>Name:</u> Seana Doherty <u>Address:</u> 10418 Donner Pass Rd steC <u>Zip / Country:</u> Truckee (A 96161)	<u>Phone:</u> 530 386 2940 <u>e-mail:</u> seana@freshtrackscommunications.com

tell us why
depends on size of group