



<u>Name of Energizer:</u>	
<u>Context / When would you use this:</u> When energy & focus lags & the group is no longer functioning effectively	
<u>Desired Outcome: (if relevant)</u> The group is refocused on the task at hand & has the energy to finish	
<u>Description and steps for Energizer:</u> arrange the group in a line, each person facing the back of another (except the first person in line) Instruct the group to act on the story you're about to tell (a thunderstorm, sunning heads, etc) on the back of the person in front of them w/ their fingers Have every one turn around & do it again (usually w/ a different story)	
<u>Results / Comments / Reflections:</u> groups with boundary issues may react negatively. However groups unaccustomed to physical contact (i.e. w/ multiple levels of authority) can have breakthroughs when relationships are redefined in this exercise	
Name: Address: Zip / Country:	Phone: e-mail:



Name of Energizer:

Bird & mouse

Context / When would you use this:

To move, wake up, physical exercise

Desired Outcome: (if relevant)

movement, exercise

Description and steps for Energizer:

- stand in a circle
- facilitator claps hands (Bird flying) toward one direction, it goes around the circle - next person picks it up and sends around by clapping
- facilitator taps feet to send a mouse another direction

Results / Comments / Reflections:

Laughter, energy

Name:

Address:

Zip / Country:

Phone: 763.232.2338

e-mail: irinafersman@gmail.com



<u>Name of Energizer:</u> Mike Scan	
<u>Context / When would you use this:</u> To set up a teamwork / leadership / communication conversation.	
<u>Desired Outcome: (if relevant)</u> insights regarding positive communication / collaboration in teams.	
<u>Description and steps for Energizer:</u> See attached.	
<u>Results / Comments / Reflections:</u>	
Name: Address: Zip / Country:	Phone: 602 312 8227 e-mail: elisa.ryler@gmail.com

“Mine Scan” Facilitation Notes.

Objective of the game:

To get the whole team through the maze, one at a time, without stepping on the squares that hide ‘mines’.

Time frame: 25 minutes. 15 minutes for the game, 10 minutes for the debrief.

Rules:

- Team must stand facing the opposite direction as the maze.
- A ‘facilitator’ will have a map showing which squares hide ‘mines’
- The team must send participants up one at a time to try to get through the mine.
- When someone steps on a mine, the facilitator will buzz them out.
- That participant must then explain to the next person in line where they think the ‘mines’ are hidden. They can use whatever style / tools they would like to communicate.
- The next person tries again until they hit a mine.
- They then explain to the next person in line, and so on.
- If a person manages to get all the way through the maze, they can stand at the other end of the maze and with eye contact and nodding only, give clues as to where the ‘mines’ are hidden to the participants trying to pass through.
- The team that is able to send all their participants through the maze first is the winner.
- There is no rule against the team trying to draw or visually represent what they learn about the maze to help the rest of their team.

Game Debrief. (just choose 2 or 3 questions)

1. What did you do in this game to try to get through the maze?
2. What was most difficult?
3. How did you communicate where the ‘mines’ where to the others on your team?
4. Who were the best communicators? Why?
5. What do you think most important to your success?
6. What might you do differently next time?
7. How can you apply any lessons learned to your work at the office?

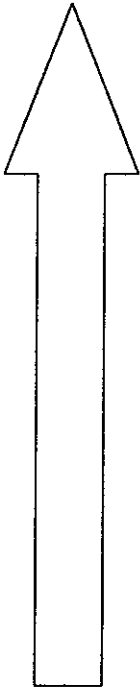
Have one or two people in your group volunteer to share the lessons learned with the rest of the group back in the meeting room.

Mine Scan map.

Use the squares on the ground to make up the map. The X's are "mines". If a person steps on a "mine" you must buzz them out. They must then try to explain to the next person in line where the "mine" is.

DO NOT LET THEM SEE THIS MAP.

FINISH



START

X		X
	x	
	X	X
X		X



TOP NETWORK

ToP Network

Sharing Energizer's



Google on internet.

Name of Energizer:

Brain Gym 5 - cross crawls

Context / When would you use this:

Before naming

Desired Outcome: (if relevant)

linking right side + left side of brain

Description and steps for Energizer:

- all stand up
- cross arms in a "punching motion" across your chest. in alternating
- cross leg in kicking motion across body alternating

Results / Comments / Reflections:

Name:

Beverly Scow

Address:

17172 Path of the Wolf
Oneida

Zip / Country:

54155

Phone:

920 371-0022

e-mail:

bscow@wizewomen.org



<u>Name of Energizer:</u> Ear Rub	
<u>Context / When would you use this:</u> when energy has waned or need creativity rejuvenated	
<u>Desired Outcome: (if relevant)</u> wake up the group	
<u>Description and steps for Energizer:</u>	
<u>Results / Comments / Reflections:</u> you really feel the energy rush & the group usually breaks up in laughter watching each other	
Name: Suzanne Esber Address: 2637 Jesse Drive Santa Ana CA Zip / Country: 92705	Phone: 714 478-1653 e-mail: suzanne_esber@sbcglobal.net

* this may already have been shared

Energizers

Acupressure: Using the thumb from one hand, massage the palm of your other hand. At the same time, use your index and middle and other fingers to massage the back of your hand. Massage for 40 rubs and then switch hands. Also, massage the area between the thumb and the index finger for the count of twenty on each hand. Acupressure is the application of pressure on certain points on the body Originating in China, acupressure works on the principles of acupuncture. When acupressure points are pressed, they help release muscular tension and promote the circulation of blood to energize the life force. For years, martial artists are taught to massage their acupressure points to help improve circulation and increase flexibility of their muscles.



Ears: The ears have many acupressure points. By massaging the ears you are massaging the acupressure points and thus stimulating the entire body. Gently pull and unroll the ears starting at the top of the ear and work your way down. You will feel your ears heating up and the energy beginning to rush. It is one of the best quick energizers. Another fun way to do this is to have the group stand up. Then have everyone grab their ears – right hand to left ear, left hand to right ear. Then do the massaging. Lots of chuckles start!

Sharing Energizer's


<u>Name of Energizer:</u> <i>ALL MY NEIGHBORS</i>	
<u>Context / When would you use this:</u> <i>When you have a group that don't ^{don't} know each other & you want to learn things.</i>	
<u>Desired Outcome: (if relevant)</u> <i>FUN, FOLKS MOVE SO GOOD AFTER MEAL</i>	
<u>Description and steps for Energizer:</u> <i>Like musical chairs: People take a piece of paper & stand on it. That is their spot. The leader is in the middle of the circle & HAS NO paper, is looking for a spot. He/she says ALL MY NEIGHBORS... something that is true for them & all those it is true for next move. One left is in middle & repeats. CAN BE BRIEF</i>	
<u>Results / Comments / Reflections:</u> <i>Use something visible like - ALL MY NEIGHBORS HAVE ON BLACKSACK OR NOT - ALL MY NEIGHBORS HAVE A SISTER.</i>	
Name: <i>NANCY FASTENAR</i> Address: <i>2775 HANNAH LN. ORLANDO, CA</i> Zip / Country: <i>95444 - USA</i>	Phone: <i>707-360-8894</i> e-mail: <i>NANCYFAST1@AOL.COM</i>

Sharing Energizer's



Name of Energizer:

Ha Ha Game

Context / When would you use this:

Very relaxed, informal group - after a few days together -
comfortable close

Desired Outcome: (if relevant)

relax, connect

Description and steps for Energizer:

hands on stomach ^{or} ^{on ground} heads on Stomach -

Start one person saying ha -
then around
ha ha

all the way around w/
ha, ha, ha, ha

until all laughing + relaxed

Results / Comments / Reflections:

Name: ~~Angie~~ Angie, Don, Kellie
Address:

Phone:

e-mail:

Zip / Country:

Sharing Energizer's



Name of Energizer:

Origin of a Name

Context / When would you use this:

Beginning of a session to begin recognition of one another

Desired Outcome: (if relevant)

Gain unique facts that can help people be triggered to remember the names.

Description and steps for Energizer:

Everyone introduces themselves and describes how their first name was given to them.

Results / Comments / Reflections:

Name: Angie Asa - Lovstad
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 Algona IA
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An energizer -

Jane Stallman

When an introductory activity has participants at a Table Telling a story (short) that connects/content of event, eg -

share a memorable moment when you were out of doors/camping?

- when did you first realize you were a conservationist

- your first experience with philanthropy

- a disaster you've had in facilitation

have Table select 1 story that they'd like the whole group to hear. Do 1 on 1 with whole group after table top intro's & then sprinkle others throughout day - after lunch, after breaks between activities.

Jane Stallman
jstallman@aol.com
510.532.6595



Name of Energizer:

What's in your pocket?

Context / When would you use this:

Context for Strategic planning

Desired Outcome: (if relevant)

New perspective / lens

Description and steps for Energizer:

Hand in pocket or purse -
take out 2-3 items

How do these express or describe
the soul of our question?

Results / Comments / Reflections:

10 minutes intro context


Name: Linda Arton
Address:

Zip / Country:

Phone:

e-mail:



<p><u>Name of Energizer:</u></p> <p style="color: red; font-size: 1.2em;">One minute hand energizer</p>	
<p><u>Context / When would you use this:</u></p> <p style="color: red; font-size: 1.2em;">When group is tired, quiet, discouraged</p>	
<p><u>Desired Outcome: (if relevant)</u></p> <p style="color: red; font-size: 1.2em;">right-left brain energizer</p> <div style="text-align: center; color: red; font-size: 2em;">  </div>	
<p><u>Description and steps for Energizer:</u></p> <p style="color: red; font-size: 1.2em;"><u>Whole circle</u></p> <p style="color: red; font-size: 1.2em;">left hand held out towards n'bor - flat right index finger in flat hand on the right to count out loud - 1, 2, 3 capture the finger!</p> <p style="color: red; font-size: 1.2em;"><u>again</u> change left index finger - right hand flat</p>	
<p><u>Results / Comments / Reflections:</u></p> 	
<p>Name: LINDA ALTON</p> <p>Address:</p> <p>Zip / Country:</p>	<p>Phone:</p> <p>e-mail:</p>



<u>Name of Energizer:</u> Simple stretches	
<u>Context / When would you use this:</u> Mid morning / mid afternoon	
<u>Desired Outcome: (if relevant)</u> Re-energize when energy starts to ebb.	
<u>Description and steps for Energizer:</u> Let's take a few minutes to get the blood flowing again. Please stand + stretch your neck, now roll your head back + forth, lift your shoulder, do a swim with your arms, bend at the waist, bend right + left, lift your legs one @ a time, roll your ankles, one at a time, now reverse the direction, do a couple of deep knee bends, Now we're in a better	
<u>Results / Comments / Reflections:</u> place for the rest rest of our morning/afternoon.	
Name: <u>Brigid Ribby</u> Address: <u>4236 Standish Ave</u> Zip / Country: <u>MPLS MN 55407</u>	Phone: <u>612.978.9361</u> e-mail: <u>brigid@brigidribby.com</u>



<u>Name of Energizer:</u> <i>What's in a Name?</i>	
<u>Context / When would you use this:</u> <i>Welcome/Introductions of any group session if you have time</i>	
<u>Desired Outcome: (if relevant)</u> <i>getting to know you and others</i>	
<u>Description and steps for Energizer:</u> <ol style="list-style-type: none"> <i>1) Who (if you know) gave you your name? What's the origin of your name</i> <i>2) What does your name mean? What meaning do you give yourself about your name.</i> <i>3) What conversation experiences have you encountered because of your name?</i> <i>4) How proud of you of your name</i> 	
<u>Results / Comments / Reflections:</u> 	
Name: <i>Elsa Batuca</i> Address: <i>Minneapolis MN</i> Zip / Country: <i>55408 - USA</i>	Phone: <i>612 871 4205</i> e-mail: <i>elsa.batuca@gmail.com</i>



<p><u>Name of Energizer:</u></p> <p>Alternative uses for everyday objects</p>	
<p><u>Context / When would you use this:</u></p> <p>To start Brainstorming or any time creativity is needed as part of group process.</p>	
<p><u>Desired Outcome: (if relevant)</u></p> <p>Participation by the entire group and a FC at the end; What did we do; How did you feel during the exercise; what did you experience or learn; How can it help us in our work together</p>	
<p><u>Description and steps for Energizer:</u></p> <ul style="list-style-type: none"> - Pass around Bag of objects - pen, toothbrush, scotch tape dispenser, spoon, popsicle stick, etc. - Each person draws out an object - Several minutes to think of a good / different / unique use - Sharing / report out to the group - Focused conversation about the exercise 	
<p><u>Results / Comments / Reflections:</u></p> <p>A helpful part of Action planning or strategic planning</p>	
<p>Name: DOUG NONEMAKER Address: 2179 Dellwood Ave Roseville, MN 55113 Zip / Country:</p>	<p>Phone: 612-348-7636 e-mail: doug.nonemaker@co.hennepin.mn.us</p>



Material Needed: None

Time Required: 10 minutes

Group Size: 5-50

Purpose: Physical energizer



1. Tell group members to silently think of their favorite animal.
2. Then tell group members that without talking, they need to arrange themselves from largest to smallest animals.
3. Group members can only make gestures and the noise of their animal.
4. After they have finished, have group members go around and say the animal they were supposed to be to see if it was accurate.



Source: Holden Leadership Center. (2009) *University of Oregon*.



Name of Energizer:

Fun stories to share - giggles

Context / When would you use this:

Break tension, Step away from topic, refresh.

Desired Outcome: (if relevant)

New Ideas! Happy!

Description and steps for Energizer:

Show a short funny story. Laughing even laughing at one's self.

Results / Comments / Reflections:

Lighten mood, Physical response. happy!

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<u>Name of Energizer:</u> <p style="font-size: 1.2em; margin-top: 10px;">Whisper</p>	
<u>Context / When would you use this:</u> <p style="font-size: 1.2em; margin-top: 10px;">at the beginning of a session & throughout the session</p>	
<u>Desired Outcome: (if relevant)</u> <p style="font-size: 1.2em; margin-top: 10px;">stump the group.</p>	
<u>Description and steps for Energizer:</u> <ol style="list-style-type: none"> 1. Everyone write something that others don't know about them that THEY ARE WILLING TO SHARE 2. Sheets are collected 3. The facilitator reads a sheet aloud 4. Participants guess up to 4 people 5. When participants name is called the participant stands 6. Facilitator says with the person who wrote this remain standing & everyone 	
<u>Results / Comments / Reflections:</u> Use sit down	
Name: NADINE BELL Address: PO BOX 670808 DALLAS Zip / Country: 75230 USA	Phone: 0112-404-1333 e-mail: nbella@prismatic-solutions.com



Name of Energizer:

Create a machine

Context / When would you use this:

Desired Outcome: (if relevant)

Description and steps for Energizer:

Everyone form an action + make a sound

Results / Comments / Reflections:

Name: NADINE BELL

Address:

Zip / Country:

Phone:

e-mail:



Name of Energizer:

Pick 15

Context / When would you use this:

Get people to realize how we react when you do not have all the information

Desired Outcome: (if relevant)

cause PAUSE regarding communication, fairness get them to realize others feel as you do

Description and steps for Energizer:

15 items:

- ~~last person~~ have your opponent pick up last item
- remember # 10, 6, 2
- take turns (must take 1 item no more than 3)
- 1 leader (who has info) plays 5-8 opponents 1@ a time

Results / Comments / Reflections:

Name: John beranek

Address:

Zip / Country:

Phone: 605-310-3226

e-mail:

johnspeak@sio.midco.net



<u>Name of Energizer:</u> <i>8 Golden Treasures</i>	
<u>Context / When would you use this:</u> <i>to "wake up" body after much sitting</i>	
<u>Desired Outcome: (if relevant)</u> <i>(feel alert) & energized</i>	
<u>Description and steps for Energizer:</u>	
<ol style="list-style-type: none"> 1 Raise the sun 2 The archer 3 Wake up cells 4 Bending Willow 5 Rag Doll 6 Sea Horizon 7 Twist & Look 8 Repel The Enemy 	<p><i>Note - I will send complete instructions - simple to do</i></p> <p><i>I haven't done in a while & have forgotten a bit - I'll send correct list! 😊</i></p>
<u>Results / Comments / Reflections:</u>	
<p>Name: <i>Sunny Walker</i></p> <p>Address: <i>13280 E. Amhurst Ave.</i> <i>Aurora, CO</i></p> <p>Zip / Country: <i>80014 USA</i></p>	<p>Phone: <i>303-587-3017</i></p> <p>e-mail: <i>sunwalker@comcast.net</i></p>

Sharing Energizer's



<p><u>Name of Energizer:</u></p> <p>CHANGE EXERCISE</p>	
<p><u>Context / When would you use this:</u></p> <p>when working with a group where focus is "change" of some kind -</p>	
<p><u>Desired Outcome: (if relevant)</u></p> <p>New Perspectives on how change is viewed & experienced by those going through change</p>	
<p><u>Description and steps for Energizer:</u></p> <ol style="list-style-type: none"> 1. ask people to pair up & face each other 2. ask them to observe each other (pair) for a minute 3. then ask them to turn around so both are looking outward & they are backs to backs - not touch's 4. ask them to change 3 things about selves without showing partner what doing 	
<p><u>Results / Comments / Reflections:</u></p> <ol style="list-style-type: none"> 5. after 3 mins have them face each other & guess what changes have been made 6. ask for comments about what discovered 	
<p>Name: ANNEPPS</p> <p>Address: <annepps@Pd.jaring.my></p> <p>Zip / Country:</p>	<p>Phone:</p> <p>7. repeat process, then ask for e-mail: changes the 2 round</p> <p>8. debrief - learnings a change</p>

↓ contact me for more details

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.