

ENERGIZERS

Energizers are a great way for people to have fun. They're like icebreakers in that they're short activities that introduce group members, but energizers also ensure that group members remain excited about more intense work and don't become bored with the group dynamics. This section describes two energizers that KLCC II especially liked. You can find many more with a simple online search.

Handshake Activity

Have participants pair up with someone they haven't yet met or don't know well. Ask each pair to come up with and perform a "unique handshake." Then have participants pair up with a different person and again create and perform a new "unique handshake." Repeat this for as many rounds as you'd like (or have time for). At the end of the activity, ask participants whether they remember each handshake partner. This tests how well the paired partners got to know each other during the game.

Pass the Move

Have participants stand in a circle. Choose one person to begin the activity. This person will "bust a move" – a dance move, a stretch, a random motion, anything. The rest of the circle copies the move, beginning with the person directly to the right and moving counter-clockwise around the circle. When the initial move has made it approximately halfway around the circle, have the next person bust a move for every person to imitate. Keep "passing the moves" around the circle until all participants have introduced a move to the group.