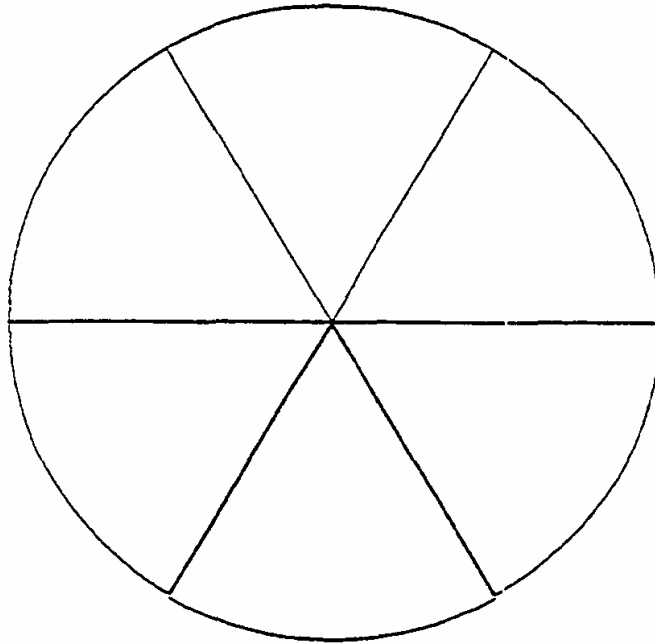


APPENDIX:
ENERGIZERS/WARM-UPS

Thanks to Lisa Moore for sharing these energizers/warm-ups.

Workshop: *Youth*

- ◆ TITLE: Pie
- ◆ TYPE: Introductory
- ◆ MATERIALS: Paper, pencils for each group member
- ◆ OUTLINE: Have people pair up with someone they know least. Pass out paper and pencils. Ask them to draw a circle and divide into six slots (like six pieces of pie). Without talking, have them guess what their partner's middle name is and put in first slot. Ask questions such as: favorite movie, favorite musical group, what you want to do in your career and your favorite place to visit. You can change these questions if you want.



- ◆ GOAL: To assist group members in becoming acquainted.
- ◆ HOW TO PROCESS: How did you feel about what your partner guessed? Was it hard for you to guess these things? What method did you use for guessing?

Workshop: *Youth*

- ◆ TITLE: M & M's or Skittles
- ◆ TYPE: Introductory
- ◆ MATERIALS: A one-pound bag of M & M's or Skittles.
- ◆ OUTLINE: Let participants take as many as they want without telling them what they are for. Don't let them eat them. After everyone has their candy, ask them to tell something about themselves for each piece of candy they have. This is a way of sharing and also for people to see how greedy they are.
- ◆ GOAL: To assist group members in becoming acquainted.
- ◆ HOW TO PROCESS: Did you feel pressured to share personal things about your life?

Workshop: *Youth*

- ◆ TITLE: Fantasy Person
- ◆ TYPE: Introductory
- ◆ MATERIALS: None
- ◆ OUTLINE: Everyone has a turn, introduces themselves as the person they wish to become in the next week.

Example: “I’m Danielle Walker, author and activist. Maybe you’ve read my latest novel?”

Example: “I’m _____ and I am the chairperson for a youth-adult partnership council in my community.”
- ◆ GOAL: To make an introduction with some goals and aspirations built in.
To get to know each other’s names.
- ◆ HOW TO PROCESS: Dreams are never impossible. What we can do to make dreams come true – setting courses.

Workshop: *Youth*

- ◆ TITLE: What's In Your Wallet? Purse? Pocket?
- ◆ TYPE: Introductory
- ◆ MATERIALS: None
- ◆ OUTLINE: Facilitator requests participants to find one to three things that they value among the things they have with them. These things can be anything at all. Place them on your table and begin thinking about what you will tell us about what any or all of them mean to you and your value system. A volunteer shares their items and then chooses another person in the group to share theirs.
- ◆ GOAL: To learn about what we value by looking more closely at what we carry with us.
- ◆ HOW TO PROCESS: How did you feel sharing this with us? How long have you carried this particular item?

Workshop: *Youth*

- ◆ **TITLE:** Compliment Sheets
- ◆ **TYPE:** Working
- ◆ **MATERIALS:** Plain white paper, Markers: water-soluble/small tip, Masking tape
- ◆ **OUTLINE:** Tape sheets of paper to each person's back. Each person chooses a marker. Members write a compliment about each person on that person's back. No peeking until all are finished. Then sheets are taken off and each person reads the sheet to herself/himself. Allow time for quietness and then spontaneous discussion.
- ◆ **GOAL:** To enhance closeness, team-building, and positive feelings within the group.
- ◆ **HOW TO PROCESS:** Discuss the process of writing messages:
 - cooperation when several people are writing and being written on at the same time.
 - how it felt to have someone writing on your backDiscuss feelings when sheets were read.

Workshop: *Youth*

- ◆ TITLE: Pass the String
- ◆ TYPE: Working
- ◆ MATERIALS: A large ball of kite string
- ◆ OUTLINE: Ask the group to sit in a circle. Place the ball of string in the middle. Explain that the first person to talk must pick up the string, hold onto one end, and pass the ball to whoever speaks next. Every time someone speaks, the string is passed to her or him.
- ◆ GOAL: To reveal the established pattern of group/individual communication.
- ◆ HOW TO PROCESS: Ask the group to process who was the initiator. Who talked the most? The least? What was the tone of conversation? How did it change after the string was introduced to the process? Did anyone feel pressured to speak, to stop speaking, or not to speak?

Workshop: *Youth*

- ◆ TITLE: Life Line
- ◆ TYPE: Working
- ◆ MATERIALS: 8x14 paper, pencil or pen
- ◆ OUTLINE:

Draw a horizontal line across paper, put birth date at the left end. Put today's date at the right end. Along the line put marks to represent significant life events. Under each mark; write a brief description and approximate age (e.g., 3 years/mumps; 4 years/brother born; 5 years/kindergarten; 6 years/1st grade...).

After life line is complete, write beside each event whether it was within your control or not (N=No Control, C=Control). Once the group completes their life lines, take turns sharing.
- ◆ GOAL: To share life events which influenced development, build empathy and trust among group members, gain understanding that some events were beyond our control (how to cope, etc.), to gain insight into events which are within our control (problem solving), and to realize that others may have had similar events (not alone, feel group support). The difference lies in how individuals cope and problem-solve.
- ◆ HOW TO PROCESS: Encourage and achieve listening among group members and self. Probe to find out how they coped or resolved problems (if appropriate). Point out similarities; if grief is a central theme, discuss what this was like for them.

Workshop: *Youth*

- ◆ TITLE: Push Me-Pull Me's
- ◆ TYPE: Working
- ◆ MATERIALS: None
- ◆ OUTLINE: Have the group get in a circle and hook elbows. One person at a time will keep his/her feet in the same spot and remain still while he/she leans forward. The people to each side should lower themselves slowly, each with the knee closest to the person on the floor, while they lower the middle person until his/her nose touches the floor. Next they raise him/her to a standing position. The whole group will feel the weight and therefore will need to assist at all times.
- ◆ GOAL: The goal is to show group cooperation used to achieve a goal, and to promote trust within the group.
- ◆ HOW TO PROCESS: Ask participants to identify how the group worked together. Little processing is needed.

Workshop: *Youth*

- ◆ TITLE: Shapes
- ◆ TYPE: Introductory
- ◆ MATERIALS: Two pipe cleaners for each member of the group
- ◆ OUTLINE: Pass out two pipe cleaners to each member of the group. Ask the group to shape the pipe cleaners into a symbol which represents them. Have group members share their pipe cleaner shape and explanation with the group.
- ◆ GOAL: To assist group members in becoming acquainted with each other.
- ◆ HOW TO PROCESS: How does it feel to share this with the group? How would you like the pipe cleaners to look?

Workshop: *Youth*

- ◆ **TITLE:** Forced Choice
- ◆ **TYPE:** Introductory
- ◆ **MATERIALS:** None
- ◆ **OUTLINE:** Members form two lines, each representing a position/opinion. Each student must make a choice from the questions such as the following:

Would you rather:
 - a) Have good grades or be popular?
 - b) Take a date to a party or to the zoo?
 - c) Be considered a “big mouth” or “loose”?
 - d) Have an allowance of \$50 a week or work?
Do you:
 - a) Think the drinking age should be raised or lowered?
 - b) When someone says something that makes you angry, hold it in and hope it blows over or get angry and yell back?
- ◆ **GOAL:** To open up communication and explore the different opinions in the room.
- ◆ **HOW TO PROCESS:** Use the least threatening choices first. How did it feel to take an unpopular position? Did the group influence your position?

Workshop: *Youth*

- ◆ TITLE: My Best Friend
- ◆ TYPE: Introductory
- ◆ MATERIALS: None
- ◆ OUTLINE: Members sit in a circle. Each person introduces the person next to them on their right (even though they may never have met them). The introductions are made up and a minimum of three things must be said about the person, i.e., “This is my best friend, Rob. He was the third man on the moon. He is 95 years old, and he had brain surgery two years ago.”
- ◆ GOAL: Reduces group anxiety. Is relatively non-threatening. Allows for silliness and laughter. Gives everyone an opportunity to break their personal ice.
- ◆ HOW TO PROCESS: No processing necessary

Workshop: *Youth*

- ◆ TITLE: Drawing Your Feelings
- ◆ TYPE: Introductory
- ◆ MATERIALS: Pencils and paper (8½x11)
- ◆ OUTLINE: Have participants divide paper in thirds. First section: draw a picture of something that scares you. Second section: draw a picture of something that gives you peace. Third section: draw a picture of something that bores you. Allow each to share and discuss his/her pictures. Allow the right to “pass.”
- ◆ GOAL: A chance to express feelings. To let participants know that everyone can draw and there is no right or wrong way.
- ◆ HOW TO PROCESS: Allow adequate time because some participants will go into a great deal of detail.

Workshop: *Youth*

- ◆ TITLE: Human Knot
- ◆ TYPE: Energizer
- ◆ MATERIALS: None
- ◆ OUTLINE: The members need to stand in a close circle, shoulder to shoulder, and place hands in the center. Everybody then grabs a couple of hands, being sure not to hold both hands with the same person or to hold the hand of the person right next to them. Now try to untangle the knot without letting go of anybody's hand.
- ◆ GOAL: To build teamwork skills, problem solving, and relieve frustration.
- ◆ HOW TO PROCESS: Discuss the feelings of working together. Who initiated the process? Who did the least talking?

Workshop: *Youth*

- ◆ TITLE: Close to the Edge
- ◆ TYPE: Energizer
- ◆ MATERIALS: Masking tape or string
- ◆ OUTLINE: This depends on the trust you have in the group. Take string or tape and construct a square with 5-foot sides. Tell the group that the space inside the square is a cliff 300 feet in the air. They have been stranded there while mountain climbing, and must spend the night because the rescue party can't reach them until morning. The group must find a way to sleep so that no member's body extends over the cliff's edge. If it does, they are doomed. Hold position for three minutes.
- ◆ GOAL: To build trust and teamwork amongst the group.
- ◆ HOW TO PROCESS: Ask group members how they felt working that closely together. Was it uncomfortable?

Workshop: *Youth*

- ◆ TITLE: Pass A Smile
- ◆ TYPE: Energizer
- ◆ MATERIALS: None
- ◆ OUTLINE: Tell group members to get up and move around the room shaking hands with as many people as possible. The participants cannot smile at all until someone smiles at them first. Once they “catch a smile” they can smile at everyone they meet. Return to your seat when you think everyone is smiling.
- ◆ GOAL: To acquaint members, get people refreshed and feeling positive rather than down and negative.
- ◆ HOW TO PROCESS: Tell them how long it took to pass a smile around the room. Talk to them about having a positive attitude and smiling at other people.

Workshop: *Youth*

- ◆ TITLE: Drop the Handkerchief
- ◆ TYPE: Energizer
- ◆ MATERIALS: One clean handkerchief
- ◆ OUTLINE: Ask the group to sit in a circle. Place a handkerchief in the center. Explain that no one is to talk during this exercise. Anyone from the group may pick up the handkerchief after it lands and then release it into the air. While it is “free-floating,” members of the group may laugh. All the laughing must stop when the handkerchief lands.
- ◆ GOAL: Group should become focused; centered on the “now.” Attentive.
- ◆ HOW TO PROCESS: Who initiated the throw? Who participated in throwing the handkerchief the most? The least? Did anyone think people would not laugh if they threw up the handkerchief? Was this a fun/stupid exercise?

Workshop: *Youth*

- ◆ **TITLE:** Scavenger Hunt
- ◆ **TYPE:** Introductory
- ◆ **MATERIALS:** See handout on following page (one per person); pencil or pen for each person
- ◆ **OUTLINE:** This is a person-to-person scavenger hunt. Walk around and try to find someone in this group who matches each question. Have them sign their name in the space next to the question. This is your chance to get to know everyone here. Have fun!
- ◆ **GOAL:** To get everyone in the group to sign your sheet. To learn a few things about each member and familiarize yourself with the names of the others in the group.
- ◆ **HOW TO PROCESS:** Make sure everyone has signed each other's sheets. Note any interesting things you learned about other members of the group.

SCAVENGER HUNT



Find someone:

1. With the same color of eyes as you -
2. Born in the same state as you -
3. Who lives in a house where no one smokes -
4. Who has the same astrological sign as you -
5. Who likes to sing in the shower -
6. Who has lived outside of the U.S. -
7. Who has 7 or more letters in their first name -
8. Who likes to exercise (what kind?) -
9. Who watches less than 5 hours of TV per week -
10. Who has been told in the last week that he/she is loved -
11. Who has the same favorite dessert as you -
12. Who can cross their eyes -
13. Who feels it is okay to cry -
14. Who walks to school -
15. Who has 6 or more people in their family -
16. Who is the youngest in their family -
17. Who loves video games -
18. Who would like to write a book (about what?) -
19. Who can speak two languages (which ones?) -