

Energisers

Energisers are designed for those five to ten minute gaps you have in a divisional programme, or when that lesson you are taking is not running as good as expected and youth members need to refresh.

They can take five minutes but with some adjustments you can make them last longer if preferred. These are great for getting the blood flowing and maybe kick-start your lesson with a group of unknown youth members. Use them wisely to avoid repetition as they could have the opposite effect.

Included Energiser Games

- Balloon Hacky
- The Human Pyramid
- Hokey Pokey Quicky
- Catch the Tail
- Tied Up
- Pull Ups
- Up Close and Personal
- Warm and Cosy
- Bendy Knees
- The Great Shoe Challenge

Balloon Hacky

Submitted by: Paul O'Connell

Equipment:

- Balloons (per number of groups)

Directions:

- In small groups, players must keep the balloon in the air by using any part of their body except their hands or arms. See how many touches can be made before the balloon hits the ground.
- Players cannot hit the balloon twice in a row. It must be hit by two other players before the previous player can hit the balloon again.
- Give them a minute to practise, and go around the circle showing their movements and get synchronised.

Variations:

- Use two or more balloons.
- Have players assigned a number to sequence balloon touches.
- For an end activity, the group could be asked to demonstrate their most creative way of popping the balloon that involves their whole group.

The Human Pyramid

Submitted by: Paul O'Connell

Equipment:

- None

Directions:

- Using the numbers that the group have, they must form a vertical triangle with a base of four people (depending on numbers).

Safety Precautions:

- Have some catchers ready for unstable pyramids to protect the players at the bottom.

Hokey Pokey Quicky

Submitted by: Shanelle Johnston

Equipment:

- None

Directions:

- Form up in a circle holding hands.
- Number everyone off "1, 2, 1, 2, 1, 2..."
- On a set signal (eg: "Go") the '2's lean out and the '1's lean in.
- See if they can hold it for 5 seconds, 10 seconds, 20 seconds..?

Catch the Tail

Submitted by: Pauline Dixon

Equipment:

- None

Directions:

- Split youth members into groups of 5 - 8 and place them in 'files/lines', placing their hands on the shoulders of the person in front of them. The first person is the head of the dragon; the last is the tail of the dragon.
- The challenge is for the dragon's head to tag its tail on "1, 2, 3... Go!"
- At "Go!" the head tries to catch the tail, and if they succeed, or if the body breaks apart, the head goes to the tail to become the new tail, and the next person in line behind the original head is the new head.
- It is harder than it appears, so to prevent exhaustion and boredom, when heads get tired of chasing their own tails and you have more than one dragon, dragons can chase each other's tails.

Tied Up

Submitted by: Paul O'Connell

Equipment:

- None

Directions:

- Get the group formed up standing in a circle. Players put their left hands in the middle and grab the left hand of someone else's who are not standing next to them. They next put their right hand in and grab the right hand of someone else who are not standing next to them, and not the same hand of the previous player.
- Their task is to get untangled into a circle, without breaking hands.

Variations:

- Try this without talking.
- Blindfold a couple of players.

Pull Ups

Submitted by: Paul O'Connell

Equipment:

- None

Directions:

- Split your group into pairs of approximate height and weight sitting facing one another. Toes touching, heels on ground, knees bent, and tightly holding the partners hands. From the sitting position, pairs try to pull each other into an upright position.
- Once successful, ask them to add another pair to see if the can get all four standing upright, and so on. Something that begins as a small co-operative accomplishment could soon become an initiative problem for the entire group.

Variations:

- Ask pairs to sit back to back with their peer, and try to stand as a pair.
- Once successful, pairs could be combined in the same manner.

Up Close and Personal

Submitted by: Paul O'Connell

Equipment:

- 1 tennis ball or 'koosh' ball.

Directions:

- Get the group formed up in a circle. The starting person must put the tennis ball under their chin, and pass it to the next player's throat without using their hands.
- See if the ball can travel round the entire group with touching it and the ball hitting the ground.

Variations:

- Give every player a toothpick to put in their mouth. The starting player is given a lifesaver (or something similar) to put on their toothpick. They then have to pass the lifesaver to the next person's toothpick without using hands, or letting it fall to the ground.

Warm and Cosy

Submitted by: Paul O'Connell

Equipment:

- Newspapers

Directions:

- Split the group up into pairs, and hand out a piece of newspaper to each pair. The pairs must lay the newspaper on the ground (A2 size), and see if they can both fit on the piece of paper, and hold it there without touching the ground for 5 seconds (which is quite easy).
- Now fold the pieces in half to create an A3 size and repeat the challenge.
- Keep challenging the pairs to fold the piece of paper until it is the size of a TV Guide - or even a lotto ticket!

Increase the challenge:

- Do this with the whole group on an A4 piece of paper as part of a team building exercise!

Bendy Knees

Submitted by: Paul O'Connell

Equipment:

- None

Directions:

- Form up in a circle so that youth members are shoulder to shoulder.
- Have everyone turn to their right and shuffle sideways into the circle so that there is no gap between bodies.
- The challenge is to see if they can balance as a group on the knees of the person behind them.
- See how long they can hold it for.

The Great Shoe Challenge

Submitted by: Emily Bruce

Equipment:

- None

Directions:

- Form everybody up in a circle.
- Each player takes off one shoe and places it in the middle.
- Get the group to hold hands as a group.
- Their challenge is to figure out how to get everybody's shoes on without breaking the link of their circle.

(This should probably be used on a mufti-night as a lot of black shoes can be confusing to find the owner!)

Increase the challenge:

- With an experienced group on a camp or similar activity, have them create and eat their own sandwiches with their hands tied. This can be a great co-operative activity and effective for getting strangers talking to each other!