

## Appendix D

# ENERGISERS

During training sessions, there may be times when energy levels fall and people's attention wanders. This is particularly true just after lunch or towards the end of the day, or during sessions that involve presentation of new material and require a high level of concentration.

Energisers are short games or activities that can help refresh people when they are tired. They can help build relationships between the participants, by bringing them together to relax and do something enjoyable together. Ideally, the energisers should relate in some way to the content of the session, and have a learning component which participants can easily identify. In this way, learning is reinforced and those who are less comfortable with games are reassured that they are actually an important part of the training! However, no one should be forced to participate, and sensitivity and wisdom will be needed when deciding which energisers are appropriate to the culture, age and gender of the group.

Some ideas are given here.

### **BUZZ**

Ask people to turn to the person next to them and talk about what has just been covered, an issue that has just arisen or a decision that has to be made.

### **COUNTING IN THREES**

Participants stand in a circle. They take it in turns to count out loud around the circle. Every time a number is reached that is a multiple of three or contains the digit 3 (3, 6, 9, 12, 13, 15 etc) that person must clap instead of saying the number out loud. If someone makes a mistake, they drop out of the circle and the next person starts from number 1 again.

### **RANKING**

One person is asked to leave the room. The remaining participants choose something on which

to rank themselves. This could be their height, their hair colour or length, the month in which they have a birthday, and so on. The participants line up according to the ranking system they have secretly chosen and ask the person outside to come back into the room. This person then has to guess how the participants have been ranked.

### **KEEP MOVING**

Ask participants to get up and speak to someone sitting on the other side of the room. You could ask them, for example, to share one thing they have learnt so far in that training session, or one thing they are still not sure about. You can also ask the group to stand and move to where they can look at a chart stuck on the wall or to where they can stick up their own ideas.

### **MIRRORS**

Put people into pairs. One person is the actor, the other is the mirror. The mirror does whatever the actor does, mirroring their actions. After a few minutes, change roles.

### **CAROUSEL**

Stick up four pieces of blank flipchart paper in different places around the room. On each piece of paper, write one different word that relates to that particular session. It might, for example, be a word describing a concept that has just been presented, eg: PILLARS, or Participation. Divide participants into four groups, and give each group a pen. Ask each group to stand in front of a piece of flipchart and write down three things that come to mind when they think of the word written there. After one minute, ask the groups to move to another piece of flipchart and do the same, adding three different ideas to the list started by the previous group. Repeat until all four groups have written on all four pieces of flipchart. Then ask one person to read out each complete list, so the ideas can be shared with all the participants.