



Classroom Energizers

Activity	Description
10 Simple Questions	Students get a copy of 10 questions which they have 3 minutes to answer. At the end of the 3 minutes review answers to see who has the most correct.
Anagrams	Show participants the slide with the 6 anagrams. We recommend arranging them into pairs or small groups of three. Explain that their task is to solve the six anagrams as quickly as possible. Point out that the clues are in the questions.
Mirror Me	Place participants into pairs and ask them to face one another. The participants should take turns to make an action (i.e. raising their left arm), which the other must copy. They are not allowed to talk why they do this. After several actions, one person should call stop and they both go back to the start and try to carry out the actions in the same order. As they progress they will become more in time with each other and almost act as a real mirror.
Hand off	<p>Ask participants to pair up with someone. They should face each other and then place their hands against each other's hands at about shoulder height.</p> <p>Now they close their eyes and turn around in a circle and try to find the other player's hands again, placing them as before, while continuing to keep their eyes closed.</p>
Smile Please	<p>The idea is to ask people to pair up and stand with their backs towards each other. On the count of three they must turn and face each other and keep a straight face. The first person to smile or laugh is 'out'.</p> <p>Once participants have done this, you should ask them to switch pairs and continue the energizer. You usually end up with one pairing that is particularly good and in this case you should encourage everyone in the room to try and make them laugh.</p>

For Training Purposes Only

