



## Energizers

Energizers are quick activities to put energy back into a group or 'warm-up' in the morning. You can run them before every session or in the middle of a session if energy is low.

### Fair Trade Energizer

Ask the group to dance around the room and when the music stops follow the facilitators' instructions. Explain that there are five different actions, depending on what word the facilitator calls out:

**Banana:** Lie on the ground in a curve.

**Coffee bean:** Crouch down and jump up and down.

**Tea:** Mime drinking a cup of tea.

**Cocoa pod:** Get into groups of 3, two people hold hands, the third is the cocoa bean inside the pod.

**Fair Trade:** Everyone holds hands in a circle, and runs towards the centre - calling out 'Fair Trade' - then back out.

When everyone starts getting tired, finish the game, and bring everyone together to briefly explain the concept of Fair Trade.

### Homelessness Energizer

Give a sock (or other material) to 2/3 of the group. Explain that this means they have money and are either house owners or tenants. All those without socks are homeless. Everyone with a sock should put them in their back pocket or waistband and either form a house with someone else (standing face-to-face with each other with their hands together over their heads), or stand in a house (between two house-owners). Everyone with a sock should form a house or be in a house. People without a sock are not allowed to be a house-owner or a tenant. A facilitator will shout out different words and participants should find a new place. When someone is not a tenant or house owner, the people without socks can try to steal a sock from them. If a homeless person successfully steals a sock, they can become a house-owner or a tenant, the person who has lost their sock becomes homeless. The situations are:

**Earthquake:** Everyone changes position.

**House owners:** Houses need to change position (form a house over another tenant).

**Tenants:** Only the tenants change position and move into another house.

If a sock falls to the floor, the facilitator should pick them up so that they are out of the game. The facilitator can also decide to take some more socks away to make it more difficult.

### The Banana Song

Everyone needs enough space around themselves to move their arms. The facilitator starts chanting the song, everyone can join in easily. While chanting, they move their bodies accordingly.

Form – ba-na-na – form, form ba-na-na

Form – ba-na-na – form, form ba-na-na

*(Slowly move up your arms until the hands meet over your head)*

Peel – ba-na-na - peel, peel ba-na-na

Peel – ba-na-na - peel, peel ba-na-na

*(Slowly move down your arms again)*

Mash –ba-na-na - mash, mash ba-na-na

Mash –ba-na-na - mash, mash ba-na-na

*(Move the whole body as if you mash a very big banana)*

Shake – ba-na-na - shake, shake ba-na-na

Shake – ba-na-na - shake, shake ba-na-na

*(Shake your body)*

Split – ba-na-na - split, split ba-na-na

Split – ba-na-na - split, split ba-na-na

*(Move as if you split a very big banana)*

Cut-ba-na-na – cut, cut ba-na-na

Cut-ba-na-na – cut, cut ba-na-na

*(Move as if you cut a very big banana in small pieces)*

Eat-ba-na-na – eat, eat ba-na-na

Eat-ba-na-na – eat, eat ba-na-na

*(Move as if you eat a very big banana)*

Bananas of the world – Unite!

*(Stand still, clap all at once into your hands when you shout 'Unite')*



## Big Fat Pony

The group stands in a circle and sings the following song over and over again:

*Here comes the one and only,  
Riding on a big fat pony,  
Here comes the one and only,  
We're going to have a party  
Front, front, front, banana  
Back, back, back, banana  
Side, side, side, banana  
We're going to have a party.*

One participant starts to 'ride' around inside the circle. When the group sings 'front, front, front', the 'rider' stops in front of another person and they shake their bodies in front of each other. At 'back, back, back', they turn their backs to each other and continue dancing. At 'side, side, side' they dance side by side. At 'we're going to have a party' they link arms and swing each other around. When the song starts again, both of them are riders who will dance with another person in the next round, and so forth until the whole group is riding and dancing.

## Ulee-leh

The group has to repeat everything the facilitator says and does. The facilitator acts as if they have something between their hands. They will repeat the same words several times while they move the imaginary object in their hands; every time the object becomes either bigger or smaller. In each round, they should

also vary their voice and talk more loudly or more quietly. The words go as follows (the group repeats line by line).

*Oh – uh leh-leh  
Oh massa massa massa  
Oh tiki tiki tonga  
Oh aloheb – aloheb – alohaha!*

## Singing in the Rain

The group is standing in a circle, all facing one direction. They walk in the circle, singing the following song:

*I'm singing in the rain  
Just singing in the rain  
What a glorious feeling  
I'm happy again.*

Then the facilitator stops, saying 'Hold it'. The text is repeated by the group. Then the facilitator commands and demonstrates a special movement: *Hands up* (they demonstrate by stretching their hands forwards). The group repeats the command and does as demonstrated. Then everybody is dancing where they are standing (swing one's hips) and singing the following text:

*A zumzaza, A zumzaza, A zumzazaza-aba*

*A zumzaza, A zumzaza, A zumzazaza-aba*  
Then they start again to walk and sing. The facilitator repeats all movements and adds another one (One movement in the first round, two in the second, three in the third, etc.). Movements are:

- Hands up (stretch arms forwards)
- Thumbs up
- Elbows back (press elbows against your hips, but stretch forearm still forwards)
- Knees together
- Toes together
- Head back
- Tongue out

## Evolution

Everyone starts the game as a small tadpole, making themselves small and creeping on the floor. When they meet another participant, they play a game of 'stone, paper, scissors'. The winner becomes a chicken and continues going round like a chicken, making chicken noises. When they meet another chicken, they play 'stone, paper, scissors' again. The winner

becomes a monkey and makes monkey movements and noises. When they meet another monkey, they play again. The winner becomes human and can stop playing. The game is over when everyone is human.