



Brain Break

Reach for the sky

- Individual
- Pairs
- Small group
- Whole group

Uses: This is another 'Follow the leader' energiser that allows participants to stretch and move to get a bit more oxygen to the brain.

Resources: None.

Time: 3 - 5 minutes.

What to do:

1. The facilitator says and completes an action, which the participants copy:
"The sky is full of stars, so reach out to grab one in both hands".
Raise both arms towards the sky. Shout "AAAAAAGH."
"There's a lovely flower growing by your feet; pick it up".
Bend down to pick something off the floor. Shout "OOOOHHH."
2. Repeat a couple of times. Now ask participants to always do the opposite to what the facilitator is doing.
3. Add two new actions:
Point to yourself with both arms, shout "ME."
Point to the audience with both arms, shout "YOU."
4. Create a sequence using all four actions. Participants always have to do the opposite of the pair.

Make it different:

- You could add other pairs of actions to this. Remember to use a combination of action and sound!

Points to make:

- Encourage participants to let go and shout out loud. Releasing any pent-up sound can be useful for breaking the ice, giving confidence and lifting mood.

