



## Energiser

# The sun shines on...

- Individual
- Pairs
- Small group
- Whole group

**Uses:** This is a good game for mixing up the participants and separating groups and cliques before doing other activities. It is active and fun!

**Resources:** Chairs and space.

**Time:** 15-30 minutes.

### What to do:

1. Arrange the chairs so that everybody is sitting in a circle.
2. The tutor removes their chair and stands in the middle. The tutor then calls, for example, "The sun shines on everyone wearing a watch."  
If the statement applies to a participant, they must get up and change places. Try to insist that people cross the circle and don't just move to the chairs next to theirs.
3. The tutor also tries to get a seat! Whoever is left standing becomes the new caller.
4. Continue playing the game – what you call out can move from safe to more personal things.  
e.g. "The sun shines on everyone wearing trainers."  
"The sun shines on everyone who's got a pet."  
"The sun shines on everyone who can explain how plants get energy to grow."

### Make it different:

- Restrict what the caller can say e.g. nothing to do with what people are wearing.
- Make the calls questions to do with the content of the session.
- Ask the question "Have you ever?" instead of "The sun shines on..."

### Points to make:

- Encourage co-operative behaviour and use problems that occur to discuss good teamwork and consideration for others.