



Energiser

Fruit bowl

- Individual
- Pairs
- Small group
- Whole group

Uses: It is active and fun! This is a fun activity for mixing up the group and encouraging concentration and teamwork.

Resources: Chairs and space.

Time: 5-10 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. They then name all the participants either apple, pear or banana.
3. Now the tutor calls out either apple, pear or banana and everyone who is that fruit has to stand up and change places. Meanwhile the tutor tries to get a seat too!
4. Whoever is left in the centre calls out the name of another fruit or two fruits. If they want everyone to move they then call out "fruit bowl"!

Make it different:

- Change the fruits for something more exotic!
- Change the fruits into words associated with the topic of the session or course.

Points to make:

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