



Energiser

Stop that rhyme!

- Individual
- Pairs
- Small group
- Whole group

Uses: For getting a bit of laughter, fun and energy into the learning.

Resources: None.

Time: 5 minutes.

What to do:

1. Participants work in pairs.
2. One person is the 'reciter' whose role it is to recite a well-known nursery rhyme of their choice all the way through. Their challenge is that each word of the nursery rhyme has to be interspersed with the word **EGG**.
E.g. Humpty EGG Dumpty EGG sat EGG on EGG the EGG wall EGG.
3. Their partner's role is as the 'distractor'; they have to distract their partner from getting to the end of the rhyme, but they are not allowed to physically touch their partner...they can however, pull as many funny faces as they want!
4. Swap roles.

Make it different:

- Replace the nursery rhyme with the lyrics of a favourite song.

Points to make:

- Laughter is great, not just for our immune systems but for our learning too.
- If we are in a good mood we are more likely to engage with learning than if we are in a bad mood.
- Consider how mood affects your learning.
- Explore how participants kept focused as others tried to distract them.
- Is this strategy useful in any other contexts?