



Energiser

Swords & shields

- Individual
- Pairs
- Small group
- Whole group

Uses: A run-around energiser guaranteed to get more oxygen flow to the brain!

Resources: Plenty of space.

Time: 5 minutes.

What to do:

1. Ask each participant to point their right hand, making their very own sword.
2. They put the back of their left hand on the small of their own back; this is their shield.
3. The object of the game is to defend yourself, whilst at the same time to gently tap the shields belonging to the rest of the group. Once your shield has been tapped you are out.

Make it different:

- Instead of using swords and shields you may prefer pen and paper; the object being to mark the paper/card of the other people.

Points to make:

- Again, like the 'Squirrels & trees' (exercise 75) activity, this is one for getting the energy levels back up.
- You could ask participants to rate their energy level before and after to see if this sort of activity helps to raise it. Also consider mood and readiness to take on new learning.

