



Energiser 2s & 3's

- Individual
- Pairs
- Small group
- Whole group

Uses: For the participants to find commonalities between them.

Resources: None – or paper if participants wish to make notes.

Time: 5-10 minutes.

What to do:

1. Ask the participants to get into groups of five (if this is not possible then a group of three also works).
2. Call one group to be a demonstration group.
3. Ask the other participants to look at the group and find a way of splitting them into a 'two' and a 'three' by things that they can observe.
E.g. two girls and three boys.
Two light hair and three dark hair.
Two wearing glasses and three not wearing them.
4. Now ask them a few questions such as "Have you been to France?"; "Have you got a cat?" and use the answers to these questions to group them into a 'two' and a 'three'. Explain that these things are not observable and will need discussion.
5. Once this has been demonstrated, ask the whole group in their fives to do the same thing. Encourage them to find unusual and interesting things. You might want to challenge them to find as many as possible.
6. At the end of the time, stop the group and ask them to quickly decide which two things they will feed back. A good way is to feed back one thing they think every group has thought of, and one thing only their group has thought of. Give a short time to decide these.
7. Feed back to the whole group with the leader facilitating.

Make it different:

- Work in threes to find a 'two' and a 'one'.
- Link the divisions to the content of the session.

Points to make:

- Some differences between people are easily observable, but what makes us interesting and different or shows how we share things require us to talk to each other!

