



## Energiser

# Squirrels & trees

- Individual
- Pairs
- Small group
- Whole group

**Uses:** This is an energiser that encourages lots of moving around.

**Resources:** Plenty of space.

**Time:** 5 minutes.

### What to do:

1. Divide up the group into threes. Hopefully there will be one or two extra people who are not in a threesome. These will be extra squirrels. If you have an exact number of trios, then nominate one trio to be some squirrels.
2. For the rest of the group, in each trio there are two trees and one squirrel. Two participants stand in front of each other, with arms outstretched, holding hands. In between their arms stands the third person, the squirrel.
3. As you know with squirrels, they are constantly running around looking for nuts. In this game, only one squirrel can sit in each tree.
4. When the leader (or you could ask a treeless squirrel to do this) shouts, "NUTS," the squirrels leave their trees and go hunting, moving around the room. When the facilitator shouts "SQUIRRELS IN TREES," squirrels have to find a new tree to sit in. Trees raise their arms and release their squirrels. Remember there are extra squirrels, who also needs trees!
5. Play a few rounds, and then swap a few squirrels with trees to give others a go.

### Points to make:

- It is important for our learning for us to be energised. More oxygen to our brains makes us more alert.