



Energiser Prisoner

*Introduced to the UFA by Peer Tutor
and Katherine from UFA Norfolk*

- Individual
- Pairs
- Small group
- Whole group

Uses: This is a good game to get the group focused and energised at the same time.

Resources: Circle of chairs – half as many as there are people.

Time: 5-10 minutes.

What to do:

1. The aim of the game is to escape from the guard who is holding you 'prisoner'.
2. The group is divided into half. Half the people sit on chairs in a circle and the other half stand, one behind each of the people sitting on the chairs. One chair is left empty.
3. The idea is that the people behind the chairs are 'guards' and the people sitting down on the chairs are 'prisoners'. The prisoners are trying to escape.
4. The guard with the empty chair, starts the game off by winking at one of the prisoners. That prisoner has to try and escape from their chair before the guard realises and holds them down by putting their hands on their prisoner's shoulders. If they don't get away, the winking guard has to try someone else.
5. If the prisoner does escape, they sit in the empty chair and it carries on.
6. The game ends when everyone has moved at least once or when time is up.

Points to make:

- Explore through discussion how people stayed focused; what strategies did they find useful?

