



## Energiser

# Keep it up....

- Individual
- Pairs
- Small group
- Whole group

**Uses:** This is an opportunity to expend some energy and work as a team.

**Resources:** Inflatable beach ball or some other soft ball. Even a balloon would work.

**Time:** 5-10 minutes.

### What to do:

1. The players form two or more teams with ten-twelve players on a team.
2. Each team gets into a circle.
3. Each team is given an inflatable beach ball (or similar type ball of any size).
4. The players attempt to keep their ball in the air the longest. When a team wins, they get a point. The team with the most points wins.
5. Do not allow players to catch the ball during play.

