



Energiser

Chicken wings!

- Individual
- Pairs
- Small group
- Whole group

Uses: This is an energiser with a bit of teamwork thrown in.

Resources: Plenty of space needed.

Time: 10-15 minutes.

What to do:

1. The aim of this activity is for the whole group to quickly create different sized circles, symbolised by various animals.
2. Illustrate what each animal denotes:
 - Chicken wings:** everybody stands with their hands on their hips, creating their 'wings'. The circle is made with the tips of the wings (elbows) touching.
 - Elephants:** Right arm is outstretched as far as it will go, creating a 'trunk' that touches the left shoulder of the person next to them, making a circle.
 - Eagles:** Both arms are outstretched as far as they will go, creating 'large wings' that create the largest circle.
 - Sardines:** Arms are held close to the body as compactly as possible, making the smallest of circles.
 - Dodo:** an extinct animal that has to find a space in the room as far away from everyone else as possible. Dodos don't make a circle at all.
3. Play some music and ask everyone to move around the room, perhaps browsing some posters that are there.
4. When the music stops, call out one of the animals. The group has to respond by making the appropriately sized circle, as quickly as possible.
5. When the music starts, everyone begins their roaming again.
6. Play as many rounds as you have time for.

Make it different:

- Add some more animals:
- A snail: sit on the floor with your legs outstretched.
- A worm: lie on the floor.
- A monkey with baby: one person has to stand, whilst their 'baby' (next person in circle) sits next to them.
- Make up some of your own.
- Can they do it with their eyes closed?

