

Activity 6:

Energiser: Pass the can

Aims:	<ul style="list-style-type: none"> → To use as an icebreaker → To get the group focused again after a break and working together as a team
Resources:	2 large, catering-size baked bean tins
Time:	5 minutes

Instructions:

Begin with everyone in a seated circle. We suggest 2 catering-size baked bean tins, but you could use other objects. Begin with 1. Outline the objective of this challenge which is to pass the tin around the circle, back to where it started. Not difficult? You can't use your hands! If the tin falls to the floor, we start again. Ask the person to your right to begin to pass the tin.

As with many of these games, you can add in an element of competition by timing the group – how long will it take them to get the tin back to the beginning? Can they improve on their own previous best as a team? It's easy to draw parallels with learning here – what do you compare your performance with when you are learning - other people's performance, or your own previous best? What's most useful?

Add in a complication by introducing another tin – send it the other way round the group and watch as the group anticipates who will have to deal with 2 tins at once!

Learning to be drawn from this activity:

- ✓ A quick activity like this helps to energise a group at the start of a session or after a break or when people are flagging. As a Peer Tutor, it's important to be able to gauge the energy within the group and think about how to manage it.
- ✓ It's interesting to note how different groups approach this task – some may self-impose other rules; e.g. most will remain seated, even though they were never asked to.