

# Ice Breakers and Energizers FEI 2014

## Getting to know each other's names.

Make a circle. One person is the start of the circle. He/she says the name. The person right has to mention the names from the start plus his/her own name. Continue until you have completed the whole circle.

Then one person stands in the middle, throws a tennis ball in the air and mentions someone's name. That person has to catch the ball, throw it in the air again and mentions someone's name who will have to catch the ball. etc.

## Making drawings.

Make two circles (outer and inner) of an equal amount of people who sit down on a chair and face each other: one person is the 'artist', the other is the 'model'. All the artists get a pen and a paper on which they have to draw the 'model', but only when the music plays. Play music for 10 seconds, then stop it. Now the artist has to give the paper to the model, and all models go one place to the left. They hand over the paper to the new artist. The new artist has to continue the drawing (only allowed during the music, which will be played for 10 seconds only). Continue until the models passed all artists once, or twice when it's a small group. Switch roles. In the end, you write down the name of the person on the drawing and place it on the wall

## Cow/Shed/Earthquake.

Two people stand across each other, they put their arms in the air, and touch the tips of each other's hands. They are the shed. One person stand in between them, this is the cow. One person is standing alone and tries to take over someone's position, after giving the command:  
COW: now all the cows need to change shed,  
SHED: all the sheds need to rearrange into another shed, with another person  
EARTQUAKE: now everyone has to rearrange into shed or in cow.

## Duck Duck Geese

Sit in a circle with all the groups together. One person walks around the circle, tapping people's head, saying 'duck duck duck....geese'. The person who is tapped 'geese' has to quickly stand up and try to tap the person that tapped him-her. The tapping person has to run away around the circle and sit in the free space.

## Blowing Card.

Stand in a circle with all the groups together. All participants have their hands at the back. The first person sucks a play card with his/her mouth and passes it on to the next. When the card drops, the person who could not suck the card, is out and leaves the circle. Continue until two people are left, they are the winners.

Variety: groups against each other. Every group gets 10 cards, the group who stay in the game longest, is the winner.

## 'Run if you..'

Make a circle of chairs, where all people sit on, except one person in the middle. He/she has to say 'Run if you...*are married/wear something black/are single/wear ear rings/..*' Everyone who has to run, needs to find a chair again to sit on. The person who can not find a chair, has to stand in the middle and say 'Run if you...'

## **‘Finish the sentence circle’**

Make a circle. The leader has a list of sentences that he will ask to one person per sentence. The person has to answer very quick and spontaneous. Keep up the speed, so people are forced to answer spontaneously. Examples of phrases:

- My dream is...
- In a year I'll be...
- Out of anywhere in the world, the place where I'd like to be right now is...
- I find true happiness in...
- I strongly believe in...
- My favourite music is...
- You can wake me up in the middle of the night for...
- When I come home after university/work I first...
- The last time I called my mum was...
- My favourite animal is...

## **My best friend.**

Start in the beginning of the day by handing out papers, where everyone has to write his/her name on. Collect the papers in a hat and distribute them again. (If they have their own name, they have to take another paper). The name on the paper is your best friend. You have to give some *extra attention* to this person during the day, e.g. by talking, offering a snack, helping out etc.

At the end of the day, stand in a circle – everyone has to guess who had you as your best friend. When you guess wrong, the true best friend has to reveal him/herself.

## **Human Machine.**

Make a human machine, e.g. a tractor or a plough. You can also make sound and move around if you like.

## **Laugh session in couples**

Make a circle, the person across you is your partner. Walk towards each other, sit down on the floor and look at each other. Both start fake laughing. Go on until you really start to laugh. Do this for two minutes.

## **Two Truths, one lie.**

Make a circle and hand out papers and pens. Make everyone write down 2 truths and 1 lie about him/herself. One by one, everyone presents the three statements as if it were truths. The group has to shortly discuss which one is not true. Have a vote (who votes for statement 1/2/3 to be false) and then the person reveals the false statement.

## **Pat on the back.**

Everyone gets a big paper, put your name on it and redistribute the papers. The person who gets the paper has to draw the outline of his/her hand on the paper and also write down something nice about the person who wrote down the name on the paper. Tape this paper on the back of the person without showing him/her what's on it.

## **Human knot.**

Stand in a circle, all very close to each other. Close your eyes and put your hands forward.

Move your hands and after 5 seconds try to hold hands. Open your eyes and try to make a circle now, without letting go of the hands.

### **Storytelling with arms.**

Make couples. Person one tells the person two his/her story (how was your internship). Now 2 has to repeat this story to the audience. But he/she has to stand with the back towards person 1 with the hands along the body. Person 1 puts his arms under the armpits of person two and move the arms in an expressive way while person 2 is telling the story to the audience. (so it looks like the arms of person 1 are from person 2 – who is telling the story).

### **Crowd surfing.**

Everyone lays down on the ground with their feet up. One person has to lay on top of the feet. Now this person slowly has to be turned in the direction of the clock.

### **Human chair.**

Make a circle. Hold the hips of the person in front of you. Now move: left leg – right leg – left leg-... After 20seconds, you all sit down and try to continue walking left leg – right leg – left leg..

### **Wave.**

Make two rows of people standing opposite to each other. They put their arms horizontally towards each other. One person has to run through this – just before you tend to hit the arms, the arms go up and down afterwards. In this way you create a wave.

### **Ass slapping energizer.**

Playing tag while hitting each other on the ass. ‘Based on capoeira philosophy to get energized and become more familiar with your own body.’ – Adrian ;)

### **Dragon Dreaming.**

Sit down or lay down in a circle. Everyone closes their eyes and takes one minute to think about a certain question (e.g. what do you, personally, want to achieve in 10 years, related to food production). While keeping the eyes closed, everyone now has to answer this question one by one until the circle is completed. Everyone opens their eyes and you could choose to further discuss this in the circle. What was inspiring for you to hear? How are we going to bring this into practice?

### **Molecules.**

Mention certain conditions that the participants have to form, e.g.:  
3 elbows/ 2 noses (watch out a bit with this one ;p)/ 5 feet/ 2 hands/...