











## Animate your Audience with Energizers

8 ideas to engage your workshop participants

Idea	Explanation
 Draw your mood	<p>Draw a table with 3 rows and as many columns as participants. In the first column of each row write the commands: name, write a few words about yourself, and draw what mood you are in. Then ask participants to complete the table.</p>
 Introduce your partner	<p>Divide the participants into pairs and ask each person to ask the other person in their pair three questions. Each partner can then present their new acquaintance to the rest of the group. You could prepare a list of questions or let participants think of them.</p>
 Suitcase Discussion	<p>Ask participants to draw a suitcase and label it with:            Inside the suitcase - what they bring with them e.g., hopes, worries etc.            Outside the suitcase - what they don't need for their learning journey (e.g., negativity and stress) and what they need, but don't yet have (e.g., a specific skill).</p>
 Fact or Fiction?	<p>Ask participants to think of 3 things about themselves to tell the group: 2 should be true and 1 should be false. The rest of the group can then guess which statement is false.</p>
 Desert Island	<p>Ask participants to imagine they are going to a desert island and can only take three items with them. Give participants 5 minutes to think of the three items they would take and then ask them to present their choices to the rest of the group.</p>
 Question web	<p>Get a ball of string and make a list of questions – the same number as the number of participants. The questions can be silly or serious. For example, if you were an animal, what would you be and why? Or what is your favourite film and why? Get the participants to stand in a circle. Hold on to the end of the string and throw the ball to a participant asking them a question. Once they have answered, ask them to throw the ball to someone else and to ask them a question and so on. At the end, they will have created a unique web. Point this out and observe that if just one person was not there the web would look different – everyone is important, and it is important that everyone participates.</p>
 Who am I?	<p>Give each participant a Post-It note with a famous person's name on it – don't let the participant see the name on their Post-It. Participants must ask the other participants questions to work out who they are.</p>
 Mug stories	<p>Get three mugs. In each mug, put cut-up phrases/words in one of these three categories: hero, setting and character trait. Get each participant to choose a piece of paper from each mug. Ask the participants to tell a short story based on the selected words/phrases.</p>

