

## Appendix C : WARM UPS AND ENERGIZERS

We have found it very effective to use warm-ups and energizers throughout the program to keep the sessions lively and fun. Warm-ups serve two basic purposes:

1. They can serve as a metaphorical introduction to the topic of the session. You can choose a warm-up that evokes some of the issues you will be exploring in that day's session. The general categories noted to the right of titles will help to guide you if you are looking for a specific topic.
2. They can simply be lively exercises to bring the energy back into the group when they are feeling tired or too serious.

There are fun warm-ups, games, and energizers in every culture, so spend some time adding local favorites to the ones listed below, and do not use those that do not seem appropriate for your community. After the first few sessions, consider having peer educators or other participants to lead the warm-ups and come up with creative new ones on their own!

### **Rhythm Clap.....Introduction**

Start off a rhythmic clap by clapping your hands, slapping your thighs, snapping your fingers, in time to an introductory statement, such as "My name" clap, clap - "is Sonal"- snap, snap - "I live" clap, clap-"in Mumbai" slap, slap- Go around the circle in this way until all participants have introduced themselves.

### **"Everybody with..." .....Introduction**

Form a circle of chairs one less chair than the number of participants. (If there are 18 participants, you have 17 chairs.) Appoint a volunteer who stands in the center of the circle of chairs. That person calls out, "Everybody with..." For example, "Everybody with black shoes" or "Everybody who ate bread this morning" or "Everybody who has a pencil." Then everyone who fits the description stands up and switches chairs as quickly as possible. They cannot stand up and sit back down in the same chair, and they cannot sit in the chair next to them. They should stand and run to a chair across the room. The volunteer tries to sit, too. Whoever is left standing should be the next to call out "Everybody with..."

### **Spider Web...Leadership, commitment, teamwork**

Participants stand close to each other in small circles-about five or six people. The participants take the hands of the people in the circle. They cannot take the hand of the person next to them, and they must be sure to have the hands of two different people. They then try to untangle themselves to return to a continuous circle again without letting go of anyone's hands. After all groups have successfully untangles, process the exercise. Did any leaders direct the rest of the group? What was the process? Did anyone give up? Why? What make the group finally succeed?

### **Follow the Leader... Leadership or Peer Pressure**

Ask participants to stand in a circle. The leader stands inside the circle, starts to run on the inside of the circle, and calls out, "Follow! Follow! Follow!", to which the group replies "Follow! Follow! Follow!" as they run on the outside of the circle. The leader repeats, "Follow! Follow! Follow!". The group repeats, "Follow! Follow! Follow!" Leader: "Follow! The leader." Group: "Follow! The leader." Now the leader starts to do some other action such as dancing, jumping, sitting, or singing, and says, "I dance! I dance! I dance!" (or "I jump! I jump! I jump!") The group responds by mimicking everything the leader does. The leader continues with "Follow! Follow! Follow!" and the entire process is repeated until everyone is exhausted.

### **Mother-Child Trust Call .....Communication, Trust**

Ask the participants to divide into pairs. The pairs should select one person to be the “mother” and one to be the “child” Each pair should also choose an animal. The “mother” should make the sound that the animal makes so the child will know the mother's voice. Now separate the groups - all mothers on one side of the room and all children on the other side. Children must close their eyes. Mothers will make the animal sound while moving about the room. With their eyes closed, the children must try to find and touch their mothers.

### **Rumors, Telephone.....Communication**

Ask everyone to stand in a circle or a line. Think of a phrase to whisper beforehand, such as, “How many people like to work in the garden?” or “I wish I could walk to the river.” or any other phrase. Whisper this line quietly to the person to your right. This person whispers it to the person to his or her right and so on all the way around the circle. Each person should only whisper what he or she hears, and he or she is not allowed to ask for the phrase to be repeated. Finally, when the phrase has been whispered all around the circle, the person to your left should be the final one to receive it. Ask him or her to say it out loud. Then announce to the group what you had originally whispered. The original phrase is usually very different from the final product! Discuss how this relates to communication skills and the importance of good communication.

### **Banana-Banana-Coconut.....Just Plain Fun!**

Ask participants to sit or stand in a circle. One volunteer walks behind the chairs and touches the participants on the head while saying, “Banana,” “Banana,” “Banana,” on and on and on. When the volunteer finally touches someone and says, “Coconut!” that person must chase the volunteer around the circle. The volunteer tries to get into the empty spot before being caught. Whoever is left standing outside the circle leads the next round.

### **Musical Chairs.....Just Plain Fun**

You will need a radio or some tapes for this warm-up. Place a set of chairs in a line. Put another set of chairs in a line. Put another set of chairs directly behind those with their backs touching the first set of chairs. There should be one less chair than participants. The participants must dance around and around the chairs. When the music stops, they must quickly sit. Whoever is left standing is out. Remove one chair and start again. Whoever is left at the end is the winner. (This game is great fun if you vary the types of music on the tapes, and have everyone dance appropriately to each type of music on the tape.)

### **Water-Land-Sky.....Just Plain Fun!**

Take chalk and draw three long lines down the center of the room. Mark “Water” on the first line, “Land” on the middle line, and “Sky” on the third line. All participants should stand on the Water line. The caller cries out Water, Land, or Sky repeatedly, and the participants are supposed to hop from one line to the other. Any participant who fails to hop, hops to the wrong line, falls, or wavers, is out. The participant who remains in the game till the end is the winner.