



Knowledge to lead

Using Energizers

Guidelines

- Prepare the material needed.
- Plan the length of activity and reserve enough time.
- Outline the expected results of the activity.
- Give clear instructions.

Web Resources

Below you have a list of selected websites where you can find some interesting examples of energizers:

| Link | Content |
|---|---|
| http://www.kstoolkit.org/Ball+around+the+world | A very simple energizer to replace the boring round of table of self-introductions at the beginning of an international workshop: Ball around the world. |
| http://www.corporatedrumming.co.uk/energisers/talking-drums-energisers-02.htm | A wide variety of energizers that can enliven, enthuse and focus conference delegates. |
| http://www.rezaayati.com/IMG/pdf/games.pdf | A series of games and energizers that can be used in a workshop, helping participants to regain energy and also to create a bonding positive atmosphere. |
| http://www.trainingmakescents.com/assets/pdf/Newsletter-Seriously Fun Training Tips.pdf | An icebreaker exercise proposed by Christie Stearns in the newsletter "Seriously Fun Training Tips". The related website provides trainers, facilitators, and teachers with various activities to incorporate into their workshops. |



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| http://www.wilderdom.com/games/Icebreakers.html | Several examples of energizers descriptions and websites. |
| http://www.unssc.org/web/images/downloads/Games & Exercises VIPP UNICEF.pdf | UNICEF - Games and Exercises, section I and II have several examples of energizers. |



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