

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.
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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