



**ERASMUS+ PROJECT 2020 -2022 (2023)**  
**„Active learning outdoors – implementing Forest school approach“**

# **ENERGIZER GAMES**

**A common energizing activities book that includes games and activities to build up teams and cooperate.**





**1. "I fill the boat with....."**

You will need: a ball and space to create a circle

Children create a circle. They can sit down or stand up. The teacher explains to the children that they are going to play a game and fill a boat with examples of all things that are fruits. The one that receives the ball names a fruit. They continue a game e.g. by naming things starting with a certain letter, naming things that are... vegetables, fruits, forest animals, vehicles... or naming things that are of a certain color...

**2. "Sea, river or creek!"**

What you need: space to move around.

The teacher explains the game to the children: when the teacher says sea - then children create a circle by holding hands because the sea is wide and large. When the teacher says river – then children create a line by standing behind each other because the river is long and narrow. When the teacher says creek – then children squat on the ground because the creek is small. Children start to run around and when the teacher shouts sea, river or creek, then children act according to game rules.

**3. "Find a mate!"**

Children create a circle. Children move around in a circle singing traditional children's songs. When the teacher claps hands, children let go of their hands and find themselves a mate and continue in pairs. Children can have different assignments in pairs: tell their names, do something that is also agreed.

**4. "Singing game – crooked tree"**

Children sing a song about a crooked tree with their teacher and show movements (dance) according to the words in the song. After singing the teacher gives the children an assignment to find a crooked tree from the forest. Children start observation and search for a crooked tree.

**5. "A race with hula hoops"**

What you need: hula hoops

Children create teams. The teacher stands in front from a distance of every team. Children run to the hoop and crawl through the hoop. Then they run back to the team and the next children repeat everything.

**6. "Move the hula hoop through the bodies"**

What you need: hula hoops

Children create a small circle. The hula hoop is placed in the circle. Children start to move the hoop through their bodies without letting go of their hands.

**7. "Sun around the tree"**

What you need: a tree or stump, cones

Children start to collect cones in the forest. They find a tree or a tree stump. Children place the cones around the tree to feature a sun image.

**8. "Throwing cones to the rope circle"**

What you need: cones, a rope

Children gather cones in the forest. Teacher creates a circle out of a rope. Children start to throw cones inside the circle from a distance one by one.

**9. "Team game – ropeworm"**

What you need: ropes

Children create teams. Every team has a rope. Children hold the rope and create a long worm. The head of the worm leads the body.

**10. "Obstacle course with ropes"**

What you need: ropes, trees

Teacher creates a portable obstacle course out of ropes using trees. Children pass through the obstacle course one by one.

**11. "Round game: blow the balloon"**

Children hold hands and create a small circle. Teacher guides children to start blowing the air into balloons. Children imitate blowing with their mouths and move the circle bigger and bigger, until it breaks.

**12. "Round game – hot potato"**

What you need: a ball

Teacher says to the children that in this game the ball is a hot potato. Whoever catches the ball has to throw it to another child quickly because it is too hot to hold.

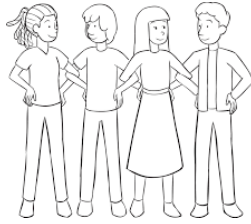
**13. "How tall is the tree"**

Children find a fallen tree. One group of children will lie down next to the tree from bottom to the top. Other groups of children will count how many children can make the size of the tree.

**14. "HUMAN KNOT"**

Participants stand in a circle and introduce themselves one by one to two other people in the circle. As they introduce themselves, they grasp the hand of the other person and hold on. When everyone has introduced him/herself, each person should

be holding hands with two other people. You have now created a human knot. Their task is to untangle the knot without letting anyone in the circle go!



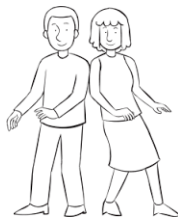
### 15. "MOVE TO THE SPOT"

Ask everyone to choose a particular spot in the school yard. They start the game by standing on their 'spot'. Instruct people to walk around the room and carry out a particular action, for example, hopping, saying hello to everyone wearing blue or walking backwards, etc. When the facilitator says "Stop", everyone must run to his or her original spots. The person who reaches their place first is the next leader and can instruct the group to do what they wish.



### 16. "DANCING ON PAPER"

Facilitators prepare equal sized sheets of newspaper or cloth. Participants split into pairs. Each pair is given either a piece of newspaper or cloth. They dance while the facilitator plays music or claps. When the music or clapping stops, each pair must stand on their sheet of newspaper or cloth. The next time the music or clapping stops, the pair has to fold their paper or cloth in half before standing on it. After several rounds, the paper or cloth becomes very small by being folded again and again. It is increasingly difficult for two people to stand on. Pairs that have any part of their body on the floor are 'out' of the game. The game continues until there is a winning pair.



### 17. "FIVE ISLANDS"

Draw five circles with chalk on the floor, big enough to accommodate all of the participants. Give each island a name. Ask everyone to choose the island that they would like to live on. Then warn participants that one of the islands will sink into the sea very soon and participants on that island will be forced to move quickly to another island. Allow the suspense to build and then call out the name of the island

that is sinking. Participants run to the other four islands. The game continues until everyone is squashed onto one island.



### 18. "DRAGON'S TAIL"

Ask the group to divide into two. The two groups form dragons by holding on to one another's waists in a long line. The last person in the line has a brightly colored scarf tucked into his/her trousers or belt, to form the dragon's tail. The object is to catch the tail of the other dragon without losing your own tail in the process.



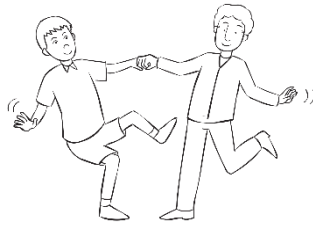
### 19. "KNEES UP"

Participants stand in a close circle with their shoulders touching and then turn, so that their right shoulders are facing into the center of the circle. Ask everyone to put their hand on the shoulder of the person in front and to carefully sit down so that everyone is sitting on the knees of the person behind them.



### 20. "GROUP BALANCE"

Ask participants to get into pairs. Ask pairs to hold hands and sit down then stand up, without letting go of one another's hands. Repeat the same exercise in groups of four people. Then form into groups of eight people holding hands in a circle. Ask members in each group to number off in even and odd numbers. At a signal, ask the even numbers to fall backwards while the odd numbers fall forwards, achieving a group balance.



### 21. “THE SUN SHINES ON”

Participants sit or stand in a tight circle with one person in the middle. The person in the middle shouts out “the sun shines on...” and names a color or articles of clothing that some in the group possess. For example, “the sun shines on all those wearing blue” or “the sun shines on all those wearing socks” or “the sun shines on all those with brown eyes”. All the participants who have that attribute must change places with one another. The person in the middle tries to take one of their places as they move, so that there is another person left in the middle without a place. The new person in the middle shouts out “the sun shines on...” and names a different color or type of clothing.



### 22. Forest animal roundup

Ask students to think of a forest animal—don’t make it too easy! They then have to mime that animal to show their friends what their animal looks like without using any words. Then ask your students to stand next to a wall and arrange themselves by the animal’s size, but once again they can’t tell their friends what animal they are; they have to show and mime what the animal looks like and how big it is. Afterwards, the students reveal what animals they were. It’s usually really fun, some come out with strange animals that nobody has heard about.

### 23. Body letters

Split your class into small groups (4-5 students per group). Each group has to think of an acronym about what they have learned so far. The acronym can’t be longer than the number of people in the group. If there are 4 people in a group, the acronym will only have 4 letters.

When they find an acronym the groups have to use their bodies to spell the letters. Other groups have to discuss what the letters stand for.

Afterwards, you write the words on a piece of paper or on the ground. You pass them around the space and refer to them in the rest of your lesson. With this energizer, you can see what your students remembered and give your students a tool to fall back on.

### 24. Yoga poses

The teacher can use simple yoga poses for students to hold for a minute or 30 seconds. That's a great way for them to calm down, or a good way for them to prepare for the day ahead. A morning routine helps your students stretch and be ready physically for the class ahead.

They can do jumping jacks, knee lifts, flap their arms like a bird, hopping, reach for the sky, runners' stretch, or rotate their ankles, wrists and necks. Repeat these simple activities to physically prepare them for the day ahead, or when they need a break during the day.

### 25. Buzz

Ask the group to stand up and to form a circle. Everyone takes turns saying a number starting with 1, 2, 3 and so on. Of course, there is a catch. At every number with a 4 in it or a multiple of 4, that person needs to say BUZZ instead of the number. The next person just continues the series as normal.

*For example: 1 - 2 - 3 - buzz - 5 - 1 - 2 - 3 - buzz - 5*

You can choose any number that might be relevant and replace the *buzz* with another word. This game is great when teaching the time tables, or teaching how hard it is to do two things at the same time (thinking while listening for your turn).

### 26. Blind artist

Have your students form pairs. The students can't see each other. One student gets a drawing you have prepared earlier. Ideally, the drawing should be something that you can find in a forest mushroom, tree, or flower.

The student holding the drawing needs to give good instructions to the other student. The other students need to draw it without being able to see the original picture. If you want to spice up the game, you can put a variety of conditions on it. *For example: no asking questions, must draw with your non writing hand etc.* Aren't you curious about the results?

When you use this energizer as a revision activity, you let the pair explain to the rest of the students what the drawing is about.

### 27. Crazy cubes

Sometimes students struggle to use the right prepositions when giving instructions. Playing Crazy Cubes helps them practice prepositions. Write some words, for example, write on **Cube 1**: stone, wood, moss, stick. Then, on **Cube 2**, write some places: on wood, earth, stone, moss, grass. Students then line up; you can even split them into teams if you want to make it more competitive.

One student then has to throw the dice twice and give instructions to the partner, depending on the rolled numbers. For example, if they throw a one and a four, they have to tell their partner to place a stick on the grass; and then when they throw it again, place a stone next to the tree. It's even more fun for the students if you place them in teams and they have to compete with each other to complete all the activities and finish first.

### 28. Ten seconds

Split the class into smaller groups and give them an object or phrase that they have to form, using their bodies to demonstrate the object and with only ten seconds to

assemble it. The best group gets a point. This is a fun team building activity and it requires students to think fast and innovative.

So, for a start give them easy objects. Challenge advanced students with some abstract things. Teams compete to see who is the best; give them 10 seconds and then they have to make the object. After the countdown of ten seconds, shout "freeze!" and give them a point.

### 29. **Stork and penguins**

Children are assigned roles:

One child is a stork and the other children are penguins. The movement of the stork is faster and by clapping its hands forward and with large steps, unlike children who are penguins, they move slowly with their legs together with small steps.

The game goes like this, the stork has to touch the penguins. When the stork touches it, the penguin turns into a stork.

### 30. **"Prrr" and "pukutu"**

This classroom game is more suited for the little kids. Ask everyone to imagine two birds. One named "prrr" and the other named "Pukutu". If you call out "prrr", the students need to stand on their toes and move their elbows out sideways. When you call out "Pukutu", the students have to stay still and may not move. If a student moves, he is disqualified. This student may distract the other students.

### 31. **Get on that chair**

For this classroom game, students need to be flexible and balanced. For every student, the teacher places a chair. All the chairs should be lined up in a single line. Every student has to stand on a chair. Then, the teacher asks them to go stand in a certain order. *For example: "I want you to organize yourselves from young to old."* The students now have to change places without touching the ground. With this energizer, the students get to know each other better in an interactive way. The teacher can give other orders like: *"from tall to small."* or *"from A to Z."* Every time the students have to change their positions without pushing someone off the chairs. If you want to make it more challenging, you can set a time limit.

### 32. **What's my Job?**

Ask for a volunteer and advise him/her that they will have to leave the room for 2 minutes. Once the participant is outside, the group will agree on an occupation for him/her like a carpenter, gardener,...etc. Let the volunteer back inside and now he/she has to guess what his job is while the rest of the group mime activities to give him/her clues.

### 33. **Dancing on paper**

Facilitators prepare equal sized sheets of newspaper or cloth. Participants split into pairs. Each pair is given either a piece of newspaper or cloth. They dance while the facilitator plays music or claps. When the music or clapping stops, each pair must stand on their sheet of newspaper or cloth. The next time the music or clapping stops, the pair has to fold their paper or cloth in half before standing on it. After several rounds, the paper or cloth becomes very small by being folded again and



again. It is increasingly difficult for two people to stand on. Pairs that have any part of their body on the floor are “out” of the game. The game continues until there is a winning pair.

#### **34. Touch something blue**

Ask participants to stand up. Explain that you will tell everyone to find something blue, and that they have to go and touch it. This could be a blue shirt, pen, shoe or whatever. Continue the game in this way, asking participants to call out their own suggestions for things to touch.

#### **35. Pool noodle balloon game**

Cut the pool noodles with the knife into the correct size, depending on the height of the child, so they can hold the pool noodle safely. Inflate the balloon(s). The game can be played in pairs or in small groups of three or more children. The children throw the balloon into the air and one of the children starts the game by hitting the balloon with the pool noodle in order to pass the balloon to the other child(ren). The balloon should not fall down to the ground. This game is so simple to make and fun for all ages!

#### **36. A rabbit hole game**

Balance a hula hoop on top of the cones so that it is elevated off of the ground. Tell the children that they are all rabbits and they have to get into their rabbit hole to hide before the fox finds them. They must step over the hula hoop with each foot to arrive in the hole without knocking the hula hoop from the cones. One by one, each child enters the hole until as many as possible are inside! When everyone is in, ask them to slowly start exiting the hole, one by one, again being very cautious not to disturb the hula hoop.

How to change it up: Jump into and out of the rabbit hole.

Leap into the rabbit hole. Only one foot may land in the rabbit hole and then immediately leap out. Make this into a game of tag. Designate one child as the fox and have them chase the other children into the hole. If a child knocks the hula hoop down, they join the fox. Continue the game until all of the rabbits have been caught! Crawl under the hula hoop into the rabbit hole. This is very challenging and an excellent test of body awareness and control!

#### **37. Balance Games**



Walking without dropping the ball between two sticks.

Walking with a stick on the foot, without dropping.



Balancing on a tree branch.



### 38. Survivor Games



Playing games by creating obstacles from natural materials.



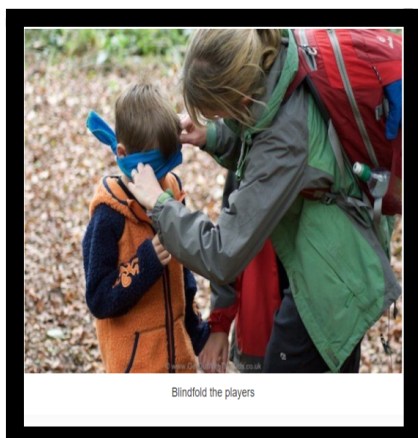
### 39. The String Walk



Tie a line between two trees.



Blindfold the players.



See if they can follow the route through the trees.



Follow the string.



## 40. Yoga



## 41. Building Bridge Game



#### 42. Obstacle Game

Create obstacles by placing a stick on top of two plastic obstacles and ask the children to go through the obstacles without dropping the sticks.



#### 43. Hula Hoop Lasso Challenge

Tie some string to the end of a hula hoop and leave enough extra string so they can throw the hula hoop like a lasso. Gather a bunch of balls like basketballs, footballs or anything that can roll and spread them out over a large surface. Finally use the hula hoop lassos to try and catch the balls and bring them in. The person who catches the most balls wins.



#### 44. Find Your Tree Game



#### 45. Pass the balloon

Children form a circle with the chairs or stand in a circle facing each other's backs. The teacher or one of the children starts the game by passing the balloon to the child behind his/her back. The balloon must pass from one child to another using hands only. The balloon should not fall down to the floor/ground. The game can be repeated several times.

How to change it up: when a child gets the balloon, he/she runs around the circle and passes the balloon after he/she sits down on the chair.

#### 46. Hula Hoop pass

Designate a play space in which everyone can stand in a circle. Have the group form a circle, holding hands. Demonstrate how to get your body through the hula-hoop without using hands. Check for understanding. Place the hula-hoop over two people's interlocked hands so it cannot escape the circle. Explain that the goal of the game is to get the hula-hoop all the way around the circle without anyone letting go of their teammate's hands.

How to change it up: Have the group beat a chosen time. Play with eyes shut. Divide the group in two circles and have them compete.

#### 47. Hula Hoop and chairs game

Designate a play space – inside or outside. Form a line with chairs on each side facing with their backs and connect them with hoops. Demonstrate how to overcome the obstacles – the children must lift their legs to get over the hoops or they can crawl

under the hoops. Children should not touch the chairs or hoops while doing the activity.

**48. Pass the ring with a straw**

Children form a circle with the chairs or stand in a circle facing each other. Each child gets one straw and puts it in his/her mouth. The teacher hangs a ring on the straw of the child chosen to start the game. The child has to pass the ring to the neighboring child. The children pass the ring to each other with a straw. The ring mustn't fall to the ground and they must not help each other with their hands or any other part of the body.

**49. Rolling the toilet paper**

Children can stand or sit on the ground. Unroll the toilet paper for each child to the desired length. The teacher places the objects/fruit at the end of the paper. We can choose different kinds of objects (toys, pens, erasers....). Children stand/sit behind the line that marks the beginning and end of the task. At the signal, the children begin to roll the paper and must be quick and precise. The objects must not fall off the paper.

The winner is the child that finishes the task first.

**50. Blindfolded cone walk on the snow**

Children form pairs. One child is blindfolded, while the other guides him through the obstacles/cones. Afterwards they switch roles. The task is complete when each child successfully crosses all the obstacles and reaches the other side.

How to change it up: each child walks between the cones by himself, while the others guide him with words.

**51. Hit the snowman**

Place the cans painted into a snowman on the ground into a pyramid shape structure. Each child makes his/her own snowballs or uses small balls to hit the snowmen on the ground. The game is over when the child hits all the snowmen.

How to change it up: children can play this game in pairs or small groups. Children can compete against each other. The winner is a child/pair/group that hits all the snowmen to the ground with fewer (snow)balls.