



DIGITAL SOCIETY SCHOOL

Energiser Workbook

First edition



An energizer is an energy-booster.

It is commonly used as an ice-breaker to loosen up to the people around you and get to know them by playful interaction.

In a working environment, it can be used to clear everybody's heads of negative energy and take a break.

Energizers play a vital part in the SCREAM methodology developed by the Digital Society School and are a great way to create a community and safe working environment.

Use them for:
clearing the head,
an ice-breaker,
an energy boost,
& goofing around.

SYNC CLAPS



KEEP THE RYTHM GOING!

Make a small circle.

The goal is to clap hands after each other and complete a round.

If two people clap at the same time, the entire circle makes a cheerful jump.

After a round is completed, you can choose to pick up the pace, go in reverse direction or stop playing.

Increase complexity by introducing different actions or gestures while clapping.

FIND THE KILLER



DETECTIVE: FIND THE KILLER!
KILLER: DON'T GET CAUGHT!
VILLAGERS: TRY NOT TO DIE...

Get everyone in a circle and make them close their eyes. Assign the killer and detective by poking them:

1 poke for the detective,

2 pokes for the killer,

The others will represent the villagers.

There will be 3 rounds of 30 secs. The group walks around and the killer can kill villagers by poking them.

The villager dies very noticeably. Drama is allowed.

When a villager has died it becomes a zombie.

The detective can walk around with the villagers and zombies. At the end of each round the detective gets a chance to guess who the killer is, 3 chances total.

If the detective gets it wrong, the next round will start. The killer must stay anonymous until the end to win. The detective wins by finding the killer.

(You can make it harder by adding more killers)

ROCK

PAPER

SCISSORS

SORS

2.0



YOUR OWN ROCK-PAPER-SCISSORS, BUT WITH DIFFERENT GESTURES AND CALLS!

Create 3 unique calls to replace rock-paper-scissors (for instance fire-water-wind).

Divide the group in couples.

Play a round of your new game.

Winner taps the loser after each round.

If the loser closes their arms before the tap there are no points.

But if the winner taps first they will get a point.

The first to two points advances to the next round.

Continue until there is only one couple left.

STORY



OF BUT



AND



THERE

FORE



SPARK THOSE CREATIVE STORYTELLING JUICES!

Make a small circle.

Put a timer on 10 minutes.

The story starts with the first person saying:
We are in the middle of a forest, a path is in
the middle of us, and then...

The next person has to continue the story and
ends with: But!

The next person starts and ends with: There-
fore.

The next person continues and ends with: But!

Alter between But and Therefore to continue
the story.

Try to make it as creative as possible for the
next speaker.

THE
MILE
OF
CHEER



OF



CHEER



DANCE



O



METER



MEMORISE A DANCE CHOREOGRAPHY

Make a small circle.

The first person does a small dance move.

The next one adds one small dance move.

The next one adds one small dance move.

If you forget a dance move, you have to dance in the middle of the circle.

Continue until you have a dance party!

POP

A

BAL

LOON



PROTECT YOUR TEAM MEMBERS AND YOUR BALLOON!

Divide the group in teams of 5.

Each group is given another coloured balloon and pieces of rope.

Instruct everyone to tie a balloon to their left foot.

The goal is to pop the balloons of the other team, without being eliminated yourself.

Put a timer on 10 minutes!

The team with the most balloons intact after 10 minutes wins!

COUNT

'N'

SQUAT



HIT
TING
HANDS



USE YOUR SMARTS & MUSCLES!

Divide the group into couples.

Everybody stands across from each other.

Get into push-up position.

Try to hit each other's hands, without getting hit.

First to 5 points wins.

