

# Top 10 Workshop Games and Energizers

2021 Edition #1 by Pioneers.io

**This presentation shows a collection of short & fun group activities that get participants energized and in the zone for the workshop.**



# WORKSHOP GAMES

## ENERGIZERS

- #1 The Fitness Coach
- #2 Do what I don't say
- #3 Ninja Warriors
- #4 Rhythm Time
- #5 Human Bingo

## WARM-UP EXERCISES

#6

#7

#8

#9

#10

Coming soon in Edition #2

# #1 The Fitness Coach

## 🎯 Goal

Make people laugh  
Wake people up  
Make'm move

## 📁 Categories

FUN  
SHORT  
MOVE

## 👥 # of People

Unlimited

## 🕒 Time

5-10 Minutes

## ✂️ Stuff you need

Fitness Exercises  
(best are  
mobilisation or small  
& easy workout  
exercises)

## 📘 How to do it

1. Gather all present participants (either virtual or onsite).
2. You are the one showing the exercises, so they should see your whole body (see pictures).
3. Start with the first exercise and ask them to imitate you.

### Examples for exercises:

Deep Squat, split squat, downward-facing dog, cobra

## 💡 Results

This fun body activation exercises help to get your participants fresh and ready for a long workshop day. Ask people to also invite other working colleagues, if they are with them in the office and want to start the day in a fun way.



Oh yes, we do this!



# #2 Do what I don't say

## 🎯 Goal

Make people laugh  
Wake people up  
Make'm move

## 📁 Categories

FUN  
SHORT  
MOVE  
SINGLE WORK

## 👥 # of People

Unlimited

## 🕒 Time

10 Minutes

## ✂️ Stuff you need

Series of commands

## 📌 How to do it

**INTRO:** Tell people to stand up and follow your commands in **4 rounds**:

Round 1: Repeat the command and do what it says e.g. I say “Jump to the front”, everybody repeats “Jump to the front”, everybody jumps to the front.

Round 2: People say opposite command and do the opposite. (e.g. “Jump to the front”, people say “jump to the back”, and then they jump to the back).

Round 3: People repeat command but do the opposite. (e.g. “Jump to the front”, people say “jump to the front”, and then they jump to the back).

Round 4: People repeat opposite command but do the first command. (e.g. “Jump to the front”, people say “jump to the back”, and then they jump to the front).

Repeat each round with several commands and people will for sure make lots of mistakes ;)

## 💡 Results

People really enjoy this short and sweet activity and are awake.



# #3 Ninja Warriors

## Goal

Make people laugh  
Wake people up  
Make'm move

## Categories

FUN  
STRATEGY  
MOVE  
SINGLE WARRIOR

## # of People

6-20

## Time

10-15 Minutes

## Stuff you need

Lots of space  
(more than one arm  
lengths between all  
people in a circle)

## i How to do it

Tell people to stand up. Tell them in order to wake up and get some energy we will play a championship/olympic game called “Ninja Warrior” with only winner in the end.

Then create a big circle of all people in the room. Each person needs more than one arm length space to the people on the left and right, so if the room is too small, put chairs to the walls and flipcharts away.

### How the game works:

The game goes around in the circle (always in the same order of people even if circle is gone) and each person has one fluent move to attack (touch) another person's arm with his hand. After one person the next in the circle can make a move. After every move the person has to freeze (see picture) and for example cannot pull the arm back after an attack. Each person has two lives which are represented by the two arms. If an arm is hit by another person, it “dies”. If a player loses both arms he/she is out of the game. The game ends with one player that still has life (lives) = arms not touched by other players.

## 💡 Results

It's a super fun, strategic and also wake-up game with lots of laughter (and competitive people) :D



# #4 Rhythm Time

## 🎯 Goal

Make people laugh  
Wake people up  
Make'm move

## 📁 Categories

FUN  
SHORT  
MOVE  
SINGLE WORK

## 👥 # of People

Unlimited

## 🕒 Time

5-10 Minutes

## ✂️ Stuff you need

Prepared rhythm  
consisting of several  
easy parts

## 📌 How to do it

**INTRO:** Tell people to stand up. Tell them that for every team performance, harmony between the team members is important and this activity will test how harmonic the group can be:

Tell them that together you will create a rhythm based on three different parts.

Part #1: Hit with hand on shoulder, hit with hand on breast, snap finger

Part #2: Hit with hand on shoulder (2x), Hit with hands on thighs, clap hands

Part #3: Hit with hands on thighs twice

Practice each part with the group several times and then do all three in a row. In total it will result in a nice 4/4 stroke, that can be repeated and sounds awesome.

## 💡 Results

This activity is just a lot of fun, people will love it and 50% won't even manage part #2 :D



# #5 Human Bingo

## 🎯 Goal

Get to know other people  
Wake people up  
Make'm move

## 📁 Categories

GET-TO-KNOW  
CHALLENGE  
MOVE  
SINGLE WORK

## 👥 # of People

30+

## 🕒 Time

15-20 Minutes

## ✂️ Stuff you need

15 Bingo questions  
Printed sheets for everyone  
Pens for everyone

## 📘 How to do it

**INTRO:** Ask who of the people knows “Bingo” and that today you will play the cooler version called “Human Bingo”. Explain them the game (see below) with a timer of 15 minutes.

Every person has a sheet with 15 statements about things people have done or are e.g. “Has climbed 20 mountains”, “Is a big fan of rock music”, “Has been to all continents”. The goal of the game is to walk around the room, introduce yourself to new people and find a statement the other person fulfills. If you find one the other person has to sign below the statement. The goal is to fill all 15 boxes with 15 different signatures. Who achieves that first shouts “Bingo” and wins. Bring this person on the stage and walk through some of the statements letting people explain the stories behind it.

## 💡 Results

This activity is a great way of getting to know other people while moving and having fun.





If you like this collection or would like to be informed when part #2 is out, connect with us on LinkedIn, so we can keep in touch and exchange on further great workshop techniques & tools.



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