

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.



#6 The Elephant

Goal

Make people laugh
Foster creativity
Introduce lean
startup

Categories

FUN
SHORT
CREATIVITY
SINGLE WORK

of People

Unlimited

Time

5 Minutes

Stuff you need

1 White A4 Paper
per participant

i How to do it

1. Tell all participants to grab a standard A4 white paper.
2. Tell them they have now 60 seconds time to build an elephant out of it.
3. Have fun looking at the elephants..

💡 Results

People really enjoy this short and sweet activity. They also should take away 3 learnings:

- 1) In a short period of time impossible things can be built.
- 2) Fast prototyping and iterations are better than building for ages.
- 3) Elephants can either be cute or monstrous.



#7 Lego Fun

Goal

Inject playfulness
Let people create something
Multiple use cases depending on workshop

Categories

FUN
SHORT
CREATIVITY
SINGLE WORK

of People

unlimited

Time

10-60 minutes

Stuff you need

Lego set for every participant

i How to do it

You can use Lego in multiple activities to engage people in a workshop. For each activity first split people in groups of max 5 (on a table or through a breakout room), then give people 5 minutes to build something in Lego and then present it to the group (1-2 min per person). Here a list of things to be built depending on the workshop setting and teams:

- 1) Get-to-know each other: Create your favorite hobby; Create what you are proud of in your job / company; Create your secret skill
- 2) Inspire team spirit/ Connect people: Create what is most important for you in team work;
- 3) Do a team check-in or retro: Build something that represents how you feel at the moment; Build your highlight, low-light of the day / month / year regarding this project / team / company
- 4) Many other things like solving conflicts, building strategy...

💡 Results

For whatever you use it, Lego really helps people to open up and share with each other.



#8

Creative Assembly Line

Goal

Inspire creativity
Inspire team spirit
Warm-up for
creative work /
brainstorming

Categories

FUN
SHORT
CREATIVITY
GROUP WORK

of People

5 People per group
unlimited groups

Time

10 minutes

Stuff you need

1 White A4 Paper
per participant
Pens in same color
for each participant

i How to do it

INTRO: Tell people that Assembly Lines are the best example of strong team work. Every person plays a key role and only together the product can be finished perfectly. Today we want to challenge if we can also use the assembly line model for creativity and jointly with the help of each team member create a final creative product.

HOW IT WORKS

Separate people into groups of 5 and let them sit around a table each with an white A4 paper in front of them.

Tell them to follow 5 simple instructions of you to jointly get creative.

- 1) Draw a form/ shape, *pass it on to the right*
- 2) Make something out of the form (person, object, animal, - be creative), *pass it on to the right*
- 3) Add environment to the form (forrest, universe - where could the object be in?), *pass it on to the right*
- 4) Add action or drama to the paper, don't use text, but drawing, *pass it on to the right*
- 5) Add text (speech bubble, description)

💡 Results

The groups will fun and creative drawings and have a great laugh about their joint outcomes.



Picture originally by Session Lab

#9 The Circles

🎯 Goal

Foster creativity
Think outside the
circle ;)

📁 Categories

CREATIVITY
SHORT
FUN
SINGLE WORK

👥 # of People

Unlimited

🕒 Time

5 Minutes (3 Minutes
Exercise - 2 Min
Outcomes)

✂️ Stuff you need

1 White A4 Paper
per participant with
30 circles

📘 How to do it

1. Tell all participants to grab a standard A4 white paper. They should sketch 30 empty circles on it.
2. Tell them they have now 3 minutes time to sketch different objects out of these circles
3. The objects don't have to be in the circles, but the circles should/could be part of the object itself (e.g. clock, wheel, football, planet, etc.)

💡 Results

People really enjoy this short and sweet activity. They take away one major learning: Ideation is about quantity in the beginning. The participants come up with as many ideas as possible in a short period of time, therefore also forcing themselves to think out-of-the-box.



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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