

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

Coming soon in Edition #2

- #9
- #10

#1 The Fitness Coach

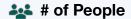




Make people laugh Wake people up Make'm move



FUN SHORT MOVF



Unlimited

① Time

5-10 Minutes



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

How to do it

- 1. Gather all present participants (either virtual or onsite).
- You are the one showing the exercises, so they should see your whole body (see pictures).
- 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.



#2 Do what I don't say





Make people laugh Wake people up Make'm move



FUN SHORT MOVF SINGLE WORK



Unlimited

① Time

10 Minutes

Stuff you need

Series of commands

n 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





Make people laugh Wake people up Make'm move



FUN STRATEGY MOVE SINGLE WARRIOR



6-20



10-15 Minutes



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

1 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

#4 Rhythm Time





Make people laugh Wake people up Make'm move



FUN SHORT MOVE SINGLE WORK



Unlimited



5-10 Minutes



Prepared rhythm consisting of several easy parts

1 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





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



GET-TO-KNOW CHALLENGE MOVE SINGLE WORK



30 +

Time

15-20 Minutes



15 Bingo questions Printed sheets for everyone Pens for everyone

1 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.



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



#6 The Elephant





Make people laugh Foster creativity Introduce lean startup



FUN SHORT CREATIVITY SINGLE WORK



Unlimited

Time

5 Minutes



1 White A4 Paper per participant

1 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. The also should take away <u>3 learnings</u>:

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



#7 Lego Fun

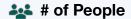




Inject playfulness Let people create something Multiple use cases depending on workshop



FUN SHORT CREATIVITY SINGLE WORK



unlimited



10-60 minutes



Lego set for every participant

1 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





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



FUN SHORT CREATIVITY **GROUP WORK**



5 People per group unlimited groups



10 minutes



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

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
- 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
- Add text (speech bubble, description)





Picture originally by Session Lab

#9 The Circles





Foster creativity
Think outside the circle;)



CREATIVITY
SHORT
FUN
SINGLE WORK



Unlimited

Time

5 Minutes (3 Minutes Exercise - 2 Min Outcomes)



1 White A4 Paper per participant with 30 circles

1 How to do it

- 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.)

Page 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.



#10 Startup Challenge





Get people in the mood of thinking business ideas Inspire creativity Fun



CHALLENGE CREATIVITY GROUP WORK FUN



3-5 People per group unlimited groups



30 minutes



Number of teams X 5 random physical objects (or objects shown on a slide)

1 How to do it

INTRO: Tell people that we will do a warm-up activity called "Startup Challenge" to get everybody into the startup and creative mood.

HOW IT WORKS

- 1) Split people into groups of 3-5 people depending on size of group
- 2) Either give them 5 random objects or virtually show them 5 objects on a slide
- 3) The team needs to select 2 of the 5 objects and create a business idea out of it
- 4) Each team has 10 minutes time to come up with a company name & 2 minutes pitch
- 5) After 10 minutes all teams present and most creative and convincing pitch wins

♀ Results

The activity creates lots of team spirit, fun and inspires creativity. Definitely one of our most favorite warm-up challenges.



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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