



# Top 10 Workshop Games and Energizers

2022 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** Grandma, Tiger, Samurai

**#2** Helium Stick

**#3** The Viking

**#4** Diamond Dance

**#5** Stand-Up

**#6** Bonus: Blind Square

## WARM-UP EXERCISES

**Part #2**

# #1

# Grandma, Tiger, Samurai

PIONEERS

## Goal

Make people laugh  
Wake people up  
Make'm move

## Categories

FUN  
MOVE  
INDIVIDUAL /  
GROUP

## # of People

Unlimited

## Time

10 Minutes

## Stuff you need

Nothing  
Just your  
instructions and  
enough space

## i How to do it

1. Gather all present participants.
2. Explain that we will play a special version of stone, scissor, paper which is called Grandma, Tiger, Samurai. Tiger eats Grandma, Samurai kills Tiger, Grandma scares Samurai because she is the mother of him.
3. To play the game, people can walk in the room and need to find an opponent. They play the game until 2 winning points by saying '1,2,3' and then making the move of either grandma (with stick), tiger (put hands like claws and roar) or samurai (put hand up with the imaginary sword).
4. The loser goes with the winner and has to cheer for the winner in the next fight. Then the two losers go with the winner, (so now he has 3 people to cheer him up) and so on, until one overall winner is left.

## Results

Lots of fun, noise and cheering. Cool and funny moves, laughing and energized people ready for the day ahead.



# #2 Helium Stick

## Goal

Foster teamwork  
Wake people up  
Make'm move

## Categories

TEAM GAME  
MOVE  
GROUPS

## # of People

5-6 people per stick  
Unlimited people

## Time

10 Minutes

## Stuff you need

Straight wooden sticks (one stick per 5-6 people)

## i How to do it

1. Gather all present participants and divide them into groups of 5-6 people.
2. Give each team a stick (e.g. bambus, PV pipe, broom, anything straight around 2-3m long and light).
3. Explain the game: All team members need to put their hands and index finger under the stick (see picture on the right) and the team needs to lower the stick to the ground while everybody has to always touch the stick with both fingers all the time.

## 💡 Results

It's quite difficult to lower the stick as people will naturally lift it up by having to touch it, so teams need to be very coordinated and work together to manage the challenge. It usually requires somebody to take the lead and make clear commands to the group to achieve it, so it provides many aspects to reflect about teamwork afterwards.



# #3 The Viking

## Goal

Make people laugh  
Wake people up  
Energize people

## Categories

FUN  
NOISE & MOVE  
GROUP

## # of People

Generally unlimited  
but best with min 10  
max 30 people

## Time

10-15 Minutes

## Stuff you need

Space to make a  
circle of people

## i How to do it

1. Stand in a circle. You start off by shouting 'Árás!' (attack) while making an angry face, a downwards "O" with both arms and bend the knees. The rest of the group copies the shout and move.
2. The ARAS-initiator starts air-punching the person to the left or right making a loud "HUH" sound. The receiver copies this in the same direction. The second receiver can do the same or choose to throw a spell to any person in the circle by raising the hands above the head and throwing an imaginary item to that person shouting " TUNGUR KNIVUR!".
3. The receiver across the circle may either continue with a "HUH" or " TUNGUR KNIVUR!". or, he/she may reject the spell, by raising his hands in the air and making a roof shape while shouting "PAKKA PE!". The spell sender continues in this case.
4. Any time a receiver hesitates or uses the wrong words, he or she is out of the game.
5. After a person is kicked out, anyone can start the game again with a new cry of "ARAS" shout.



## 💡 Results

As you can imagine, it's getting loud, wild and lots of fun. Great to wake up people and increase the energy in the room.

# #4 Diamond Dance

## Goal

Make people laugh  
Wake people up  
Get people out of  
their comfort zone

## Categories

FUN  
DANCE  
GROUPS

## # of People

Unlimited  
Min. 15-20 people

## Time

15-20 Minutes

## Stuff you need

A playlist of cool or  
fun songs to dance  
to (at least  
15-20 min of songs)

## i How to do it

1. Divide all participants into groups of around 10 people. Let those 10 stand in a circle.
2. Turn on the music. One person starts to make a dance move (literally anything) and all others need to copy it.
3. Do this until everybody in the circle has done 1 dance move.
4. Have the group select the coolest, most fun dance move and go to a battle with the other circle(s).
5. All participants then form a huge circle. Turn on the music and have the representatives do their circles' best moves. Again everybody needs to do the move as well.
6. After all "best moves" have been performed, have a NOISE voting for the best dance move and circle going one by one. The move and circle with the loudest NOISE (voting) wins.

## 💡 Results

You can imagine how many fun, cool and weird dance moves will be performed. People will feel awkward at the beginning but great and energized at the end. Just tell them that this is great for their brain performance and they will join. Many of the moves will stay in people's memories, be talked about during the day or performed during afterwork. Great fun!



# #5 Intro Chain

## Goal

Make people laugh  
Wake people up  
Get to know each other's moves ;)

## Categories

FUN  
DANCE  
GROUP

## # of People

Unlimited  
Best 10-15 people

## Time

15-20 Minutes

## Stuff you need

Space to make a circle of people

## How to do it

1. Start in a circle of all participants or split in circles of 10-15 people per circle.
2. Tell people that we will introduce each other with the first name + a self-selected move.
3. Have one person start their intro & move - the others have to repeat the name and the move.
4. The next person introduces him/herself with the first name and move. Now everybody needs to repeat the first ones name + move and second ones name + move - the full chain of intros up to now.
5. Go on like this until the chain has the full number of names and moves.

## Results

It's fun and at the same time you will remember all names of new people in the circle. People will long be associated with their move and it will bring many laughters to the group during but also after the game. Great to get to know each other!





# #6

# Bonus: Blind Square

## Goal

Foster teamwork and strategic thinking and make people move

## Categories

TEAM WORK  
OUTDOORS  
GROUPS

## # of People

Unlimited  
Best 6-7 people per group

## Time

20-25 Minutes

## Stuff you need

Outdoor space (grass/garden), 20m string per group  
Blindfolds for all participants

## i How to do it

1. Divide the participants into groups of 6-8 people and give each group 20m of string (tied into a circle) and the blindfolds.
2. The goal of each group is to form the rope into the shape of a perfect square (optional circle, equilateral triangle etc.) while being blindfolded and every group member always touching the string.
3. To achieve that, the team has a 5 minutes planning time where they can discuss but not touch the rope.
4. Then all participants are blindfolded and the group has to create the form. Once the group feels it finished (max 10 minutes), they have to lay the rope / string down on the floor.

## 💡 Results

Although this activity requires some more materials and space, it's a great game to reflect and touch on many important collaboration topics (leadership, communication, planning, execution etc.) while moving and energizing people.



If you like this collection connect with us on LinkedIn, so we can keep in touch and exchange on further great workshop techniques & tools.



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