



Energizer Week 1

Rock, Paper, Scissors War

Battle it out to see who is the rock, paper, scissors champion of the group – as the losers of each mini-round cheer the remaining winners on!

Running the Activity:

Have each member of the group pair up for the first round of rock, paper, scissors. If there is an odd number, add the odd person out to another pair and have them do a quick knock-out match to form a pair. Everyone should be in pairs. Ask them to play 1 games. You should act as a referee during this time in case there are any disputes or confusions. Instruct the losers of the match to start cheering the name of the person who beat them and following that person around to their next game. Have all the winners pair up and face off against each other while the ones they beat are cheering for them. When one winner beats the other, all the people behind the losing player should start cheering for the winning player. Repeat this process in elimination, tournament style, until there are only two players left. Each should have a large group of people cheering them on from their previous wins. Let them play the final match. The game is over after one player wins the final match



Energizer Week 2

Insepctor Bullfrog

One student- Inspector

One student- Bullfrog

Rest of the students- Flies

- All students gather into a circle
- Teacher selects a student to be the “inspector”
- Send the inspector to the hallway until you select a bullfrog
- To select a bullfrog, either have students turn around or have them all close their eyes. Walk around the circle and tap the person you choose to be the bullfrog. *Important: NO ONE should know who the bullfrog is at first!
- Bring in the inspector
- The bullfrog starts sticking their tongue out at the “flies”. They are trying not to get caught! Each flies that gets “eaten” has to take a seat.
- The inspector gets 3 guesses before they lose and the bullfrog wins
- The bullfrog can be the inspector next, or you can just select a new inspector



Energizer Week 3

Who's the Leader

One student- Leader

One student- Guesser

Rest of the students- Followers

- All students gather into a circle
- Pick a student to be the guesser
- Send the guesser to the hallway until you select a leader
- Select a leader by simply pointing to a student
 - **IMPORTANT** - Everyone *EXCEPT* the guesser should know who the leader is
- Bring in the guesser
- The leader makes different movements and the followers copy them. The leader is trying not to get caught doing the motion first by the guesser!
- The guesser gets 3 guesses before they lose and the leader wins
- The leader can be the guesser next, or you can just select a new guesser

Energizer
Week 4

Rumplestiltskin

One student- Rumplestiltskin

One student- Asker

Rest of the students- Themselves

- Students need to be sitting in chairs in a circle (you need enough chairs for the whole class)
- Select one student to be the asker. Send them to the hallway until you pick Rumplestiltskin
- Have the students still sitting bow their heads and close their eyes
- Walk around the circle and tap the knee of the student you select for Rumplestiltskin.
- Tell everyone to open their eyes and have the asker come back in.
- The asker will go around asking everyone “What is your name?”
 - ALL students EXCEPT the one you chose as Rumplestiltskin will respond “My name is _____” and insert their own name.
 - Rumplestiltskin will respond “My name is Rumplestiltskin”.
- Once Rumplestiltskin is revealed, ALL students including the asker will try to find a new seat. They cannot choose a seat right next to them.
- The person left standing becomes the asker.



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