

Bijlage 1

Energizers in het Engels



Gebaseerd op de boekjes van
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Energizers

English version

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Based on the books 'Energize 2 - Erwin Tielemans' and 'Energize! - Carol Apacki'

(Translated by Marja van Ballegooij)

Contains:

1. Well known pairs
2. Drums
3. Hands up!
4. Put your legs up!
5. Supporting each other
6. Complete silence
7. The namegame
8. What is this?
9. Giant clocks
10. One minute
11. Truth or lie?
12. The sitting cirkel
13. Which word do you see?

1. Well known pairs

Goal: This can help you to make pairs in a different way and at the same time involve the students.

Preparation:

Write on small pieces of paper all kinds of things that belong together.

Put the little papers in a box or a plastic bag.

1. The students each take one piece of paper.
2. When all the students have taken a piece of paper they have to look for the other piece of paper that another student has.
3. When they find the missing half they form a pair!

Examples:

- Big letters and small letters: A-a, B-b, C-c, etc.
- Opposites: warm/cold, big/small, hard/soft, clean/dirty, old/new etc.
- Persons: can be out of a movie or from television: Micky-Minnie, Batman-Robin, Beauty-Beast etc.

Tip: You can also let the students write pairs on pieces of paper. This way you can involve them in making pairs.

2. Drums

Goal: This helps the students to concentrate better and at the same time it gives them a short break.

Preparation: Make sure there is enough space for the students to move around.

1. The teacher plays music or taps a rhythm on the board or desk so that the students can move.
2. The students move through the classroom and when the teacher stops the music or the tapping, the students must be standing as still as a statue. Students that are moving in any way after the music or tapping stopped, have to sit down.
3. The teacher plays again and the statues come to life again!

Tip: You can also let the students be musicians. Also changing the rhythm can surprise some students and the game becomes more of a challenge!

3. Hands up!

Goal: This helps the students concentrate and using their memory. At the same time it creates a quiet atmosphere in the classroom.

Preparation:

There is no preparation needed for this energizer.

1. Ask the students to stand up and let them touch their toes with their hands.
2. When all the students are down touching their toes, you start counting from 1 to 10. With every count the students have to raise their arms slowly. They have to remember where their hands are with every number.
3. When everybody is with their hands up in the air you call the numbers 1 to 10. But now you call them in the wrong order.
4. The students have to place their arms exactly there as when you were counting the first time.

4. Put your legs up!

Goal: This is a good way to give your students new energy and in the same time a short break.

Preparation:

Make sure that you have the song on a piece of paper before you start.

Take a short break and teach the students the following song:

Hands on your hips and jump up and down

Hands on your knees and act funny like a clown

Touch your toes with both hands

turn around and dance

And stretch your arms high up in the air

Tip: You can repeat this a few times and then continue with class.

5. Supporting each other

Goal: Students learn how important it is to be supported by a group and how to work together to achieve a goal. At the same time it's a great stretching exercise!

Preparation:

Make sure there is enough space in the classroom.

1. Make pairs and spread them over the classroom.
2. The pairs sit with their backs against each other. The legs are bended and the arms are entangled. The pairs try to stand up in this position. They have to support each other while doing this.
3. When this works in pairs you can try it with 4, 5, 6, 7 or maybe with the whole class!

6. Complete silence

Goal: It helps the student concentrate before the class starts or in between workforms.

Preparation:

There is no preparation needed for this energizer.

1. Ask the students to put their head on the table for exactly 3 minutes. When they think the 3 minutes have passed they have to raise their hand without saying a word.
2. Write down after how many minutes the students raise their hand and discuss the differences.

7. The namegame

Goal: Student learn to be creative with their own name and other words.

Preparation: make sure that the students all have a piece of paper and a pencil.

1. Tell the students to take a pencil and a piece of paper. On the left side of the paper they put the letters of their names:

M

A

R

I

A

2. The students are going to write down a quality that belongs to them for every letter of the name.

Tip: You can also do this with other words. It helps to understand a word better, because for every letter of the word they have to write down a quality.

8. What is this?

Goal: Students get trained to listen very well and they find out why they get confused.

Preparation: Make sure you have enough space in the classroom.

0. Every student points to a part of the body or a piece of clothing that the previous student said. In the same time the students have to say something else that they are not pointing at. The teacher stimulates the students to do this fast.

1. All the students are standing in a circle (also the teacher).

2. The teacher starts and points at his stomach and tells the students next to him to ask: What is this?

The students ask the teacher: What is that?

The teacher responds: That's my ear.(Still pointing at the stomach).

The student next to the teacher points at his ear and another student next to him asks: What is that?

The students responds: That's my ear.

Tip: After the game you can ask the following questions:

- How does it feel to point at something and say another thing?
- How does it come that you get confused very easily?

9. Giant clocks

Goal: Students learn how to tell time by expressing time with their own bodies. In this way they 'feel' what time it is and they will remember it better. It's also a good game to give the class more energy.

Preparation:

There's no preparation needed for this energizer.

1. The students stand next to their desks. They are going to be giant clocks and are going to use their arms for that.
2. The left arm represents the small indicator and the right arm represents the big indicator.
3. The teacher is telling a few different times and the students have to express the times.

Example:

Twelve o'clock

Six o'clock

Half past nine

A quarter to seven

10. One minute

Goal: Students learn not to let themselves get influenced by others. It also brings peace in the classroom.

Preparation:

Put a line on the floor made of paper or tape. It has to be long enough so that all the students can stand on it.

1. The students are sitting in their seats.
2. When the students think that 1 minute has passed they stand up and stand on the line.
3. The teacher gives the start sign and the students start counting in their heads.
4. When the last student is on the line the teacher tells who was the closest to 1 minute.

Tip: After this game you can ask the following questions:

- How was it like to do this game?
- Did you use tricks?
- How was it like when you wanted to stand up when nobody was standing?
- What was the effect of other students on your own choice to stand up?

11. Truth or lie?

Goal: The students learn how to listen to a story and to be critical of it.

Preparation:

Make groups of 6 students before you start.

1. Every student in the group has to come up with a story. It can be a true or false story. When a student chooses a false story it has to be really false even the details.
2. When they are finished thinking about the story they write on a little card if their story is true or false. The cards can't be shown to anyone.
3. Every student tells their story in the group. The other group members have to find out if the story is true or false.
4. In the end everyone can show the cards to let the others know if it was a lie or if it was the truth.

12. The sitting circle

Goal: Students learn how to work together as a group and they learn what teambuilding is.

0. The students have to sit on each others lap without the use of chairs.
1. Tell the student the following:
Make sure that everyone sits on someone elses lap at the same time. So not one by one sitting down.
2. It can happen that they don't get it right the first time. No problem, let them practice a little bit.

Tip: After this game you can ask the following questions:

- What did you think of the result?
- What does the result say about the group?
- What does it take to do this correctly?