Energisers are a good technique for using during health and wellbeing lessons. Learn three energisers.

Reading: The Gamesters Handbook

Hard copies available in the library and online at: <https://books.google.co.uk/books?id=rPxz9BaBfDIC&pg=PR3&source=gbs_selected_pages&cad=2#v=onepage&q&f=false>

**Evidence: Collect copies of your energisers and reflect on how you could use these effectively within the classroom**

Class energies are good to use to before the beginning of a lesson or as a break. It can be ideal for pupils who are showing signs of tiredness or boredom. Energisers should be a fun activity to get the pupils up and out of their seats and move around. They can also be used to get pupils to work together, get to know others and create a relaxing/friendly environment/atmosphere.

**Energiser 1**

This type activity would be ideal to get the pupils to work with others or get to know someone new, enabling them to work with different peer groups.

For example: Match the Cards/Find the Other Half

This specific activity involves each pupil obtaining a piece of paper/card/jigsaw and having to communicate with other in order to find their partner. This partner will have the corresponding object. They will then be matched together to enable further activity. eg. “Happy” matched with “sad”

**Energiser 2**

This type of activity would be good where the pupils have space to move about. It requires the children to be actively engaged whilst listening carefully to instructions. It also requires a degree of thinking.

For example: Travelling Compass

Each child is to be in a space, not too close to another pupil. If appropriate, tell them a little story about travelling around the world. Seeing places and meeting people from everywhere; from the South, East, North and West. 

Start walking on the spot and count from 1-7, using your fingers: one, two, three, four, five, six, seeeeeven! Then the children jump to the front, say: NORTH … Jump to the back, say: SOUTH … Jump to the left, say: WEST … Jump to the left, say: EAST

Following this, ask them: “Do you know where the NORTH is?” They should then jump to the front … “Do you where the SOUTH is?” Jump to the back …“Do you where the WEST is?” Jump to the LEFT “Do you where the EAST is?” Jump to the RIGHT

Other egs: Rubber Chicken – <https://www.youtube.com/watch?v=aT_9vzHDZOc>

Go Bananas – <https://www.youtube.com/watch?v=ytnbGpRmOqE>

Bim Bum (Hand Clapping) - <https://www.youtube.com/watch?v=hz0dSnaTs2g>

**Energiser 3**

This type of energiser could be used to lift the mood amongst the children as well as increasing their mental wellbeing. It is simple but effective to do and VERY infectious.

All you need is a little bit of laughter!!

The leader chooses a type of laughter (eg. cheeky, loud, creepy and belly laugh). The pupils then create the laughter. This could be done individually or all together.

\*may have to warn other classrooms of noise!

**Other Energisers which could be used:** <http://www.slideshare.net/vickthorr/100-energizers>

[http://www.realclassroomideas.com/resources/Tribes-60+Second+Energizers.pdf](http://www.realclassroomideas.com/resources/Tribes-60%2BSecond%2BEnergizers.pdf)