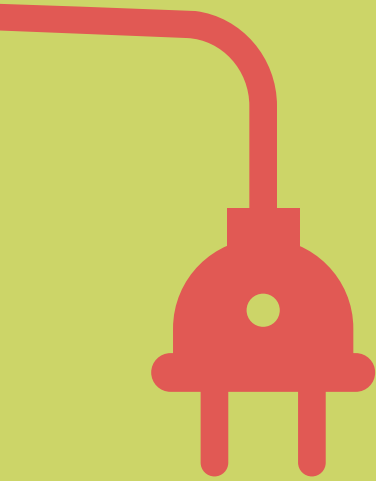




RECHARGE YOUR CLASSROOM!

**INTERACTIVE ENERGIZERS
FOR ACTIVE LEARNING**





Introduction

Keeping students engaged and focused throughout the school day can be a challenge, but the right energizers can make all the difference. Energizers are short, interactive activities designed to boost energy, improve concentration, and create a positive classroom environment. Whether used as a brain break, a transition between lessons, or a way to refocus students, these activities help enhance learning by stimulating both the body and mind.

This booklet provides a collection of simple yet effective energizers that require minimal preparation and can be easily adapted for different age groups and subjects. By incorporating these activities into your daily routine, you can create a more dynamic and engaging learning experience for your students. Let's get moving, thinking, and learning together!

Nikolina Jelečević

NO-PREP ENERGIZERS

1 »

LEFT – RIGHT

Students stand up and follow the teacher's instructions - the teacher names the body parts that the students must touch with the opposite hand.

EXAMPLE: "left knee (students touch the left knee with their right hand), right ear, right shoulder, left arm, left hip, right leg, left foot, ..."

» *Useful for practicing body parts*



The teacher gives the students commands - the students mustn't do what the teacher is saying, but what she said before.

TEACHER: "Stand up!" (Students do nothing)

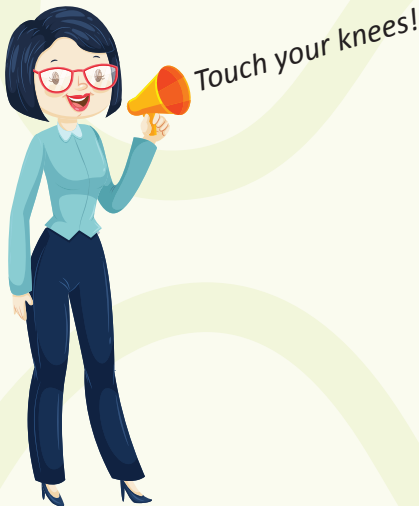
TEACHER: "Hop on one leg! (Students stand up)

TEACHER: "Pat your heads!" (Students hop on one leg)

TEACHER: "Touch your knees!" (Students pat their heads)

TEACHER: "Sit down and put your hands on the desk! (Students touch their knees)

TEACHER: "Sit down and put your hands on the desk! (Students sit down and put their hands on the desk)



3 »

BOOM – CLAP – SNATCH

- » Students sit in pairs, facing each other with the object (e.g. a pencil, an eraser, a bar of chocolate, ...) between them on the desk.
- » They will listen to your words “BOOM”, “CLAP” or “SNATCH” and do the appropriate movement (boom = hit the desk, or knees) (clap = clap) (snatch = grab the object).
- » Repeat 5- 7 rounds; the winner is the student with the most successful „snatches”

4 »

MIRROR

- » Students sit or stand in pairs
- » One student is the „mirror” – „the mirror” copies the partner’s moves / actions / facial expressions
- » After some time (the teacher gives a signal), partners swap roles so that the other person can be the „mirror”



5 »

TAXI RIDES

- » Ask students pretend they are at the party. Play some music and let them move around the classrom or dance.
- » When the music stops, they must get into taxis that will take them home. But, the taxis can only hold a certain number of people (two, three, four, ...eight)
- » The teacher will stop the music and shout out the number of people the taxis can hold – students must get into the right sized groups to get a taxi ride.
- » The students who are left behind must „walk home” - leave the game!
- » The teacher repeats it with different number each time. The last number must be number two. So, in the end, the remaining pair of students wins the taxi ride!

6 »

6 TOUCH SOMETHING „BLUE”

- » Ask students to stand up.
- » Explain that you will tell everyone to find something „blue”, and that they have to go and touch it (e.g. a blue shirt, pen, bag, shoe, ...)
- » Continue the game in this way, changing the colour of the things they have to touch (you can also ask some students to say the colour)

7 »

GO – STOP – JUMP – CLAP

» Students stand in a circle, moving according to the teacher's commands:

- 1 GO (walk), STOP, GO, STOP, ...
- 2 GO, STOP, JUMP, CLAP – in different order
- 3 The meaning of the first two commands changes: GO means STOP, and STOP means GO
- 4 The meaning of all the commands changes:

GO means STOP, STOP means GO, JUMP means CLAP and CLAP means JUMP

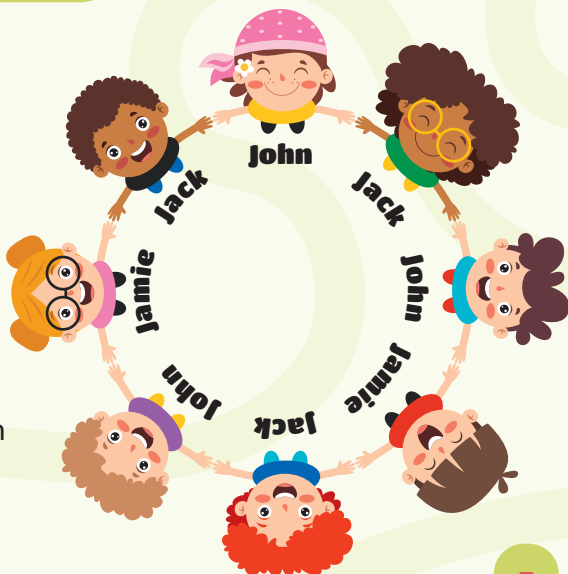
8 »

JACK – JOHN – JAMIE

» Students stand in a circle – they are given names: JACK – JOHN – JAMIE

» The teacher says the name (Jack, John or Jamie) – all students with the same name switch places

(Repeat several times with all the given names.)



9 »

FRUIT SALAD

- » Students stand in a circle.
- » The teacher divides students into an equal number of three to four fruits (or colours, vegetables, animals, etc.) – e.g. an orange / an apple / a pear / a banana
- » The teacher shouts out the name of one of the fruits, such as „oranges“, and all of the „oranges“ must change places with one another
- » When the teacher shouts out „FRUIT SALAD!“ , everyone has to change places.

10 »

HUMAN KNOTS

- » Students form two groups – each group stands in a circle.
- » Players (students) reach out and grab hands with people opposite them. Each hand should go to a different person (first, they join left hands, and then right hands with other students in a circle)
- » They must „untie the knot“ without letting go of one another's hands – they can move in any way they want, twisting and turning until they form a circle again, without their hands being tangled.

The group that finishes first, wins the game!

11 » JUGGLING BALL GAME

- » Everyone stands in a close circle (if the class is large, split the students in two circles)
- » The teacher starts by throwing the ball to someone in the circle, saying the name of the student that catches the ball
- » Continue throwing and catching the ball, establishing a pattern for the group (each student must remember who they receive the ball from and who they have thrown it to)
- » Once everyone has received the ball and a pattern is established, you can introduce one more ball, so there are two balls being thrown at the same time, following the set pattern.

12 » PASS THE ENERGY

- » Students stand in a circle, hold hands and silently concentrate (they can close their eyes if they feel comfortable)
- » The teacher discreetly squeezes the hand of the student standing next to him / her (JUST ONCE!), sending „the pulse of energy”
- » Students pass the „pulse” round the circle, as in an electric current, by squeezing the hand of the student next to them
- » If you / they squeeze the hand TWICE, that means that the „pulse” goes back, in the opposite direction – the energy is passed both ways round the group and literally energizing the group

LOW-PREP ENERGIZERS

1 »

THE ANIMAL GAME

- » This game helps to divide a large group into smaller groups
- » Make slips of paper for each member (student) of a large group (class).
- » Write the name of an animal on each slip (be careful with the choice of animals, avoid possibly „offensive” words), using as many different animals as you need smaller groups.
- » Hand the papers out at random and ask students to make the noise of their animal (dogs barking, cats meowing, hens clucking, sheep bleating, snakes hissing...) to find the other members of their smaller groups.
- » The same „animals” then get / sit together.

2 »

FOOTBALL CHEERING

- » The class pretends they are attending a football game
- » The class is split in 4 sections (groups) – the teacher allocates specific cheers to each section: PASS / KICK / DRIBBLE / FOUL
- » When the teacher points at a section, that section shouts their cheer
- » When the teacher raises his / her hands in the air, everyone shouts „GOAL!”

3 »

UNTANGLING

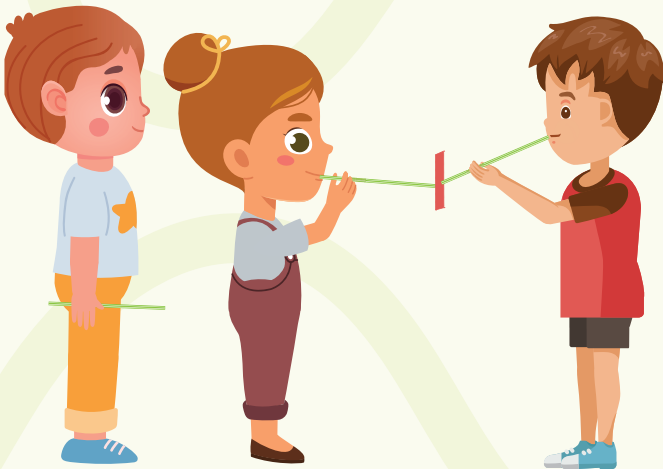
- » Students stand in a circle.
- » The teacher holds bundles of rope (there should be as many ropes as there are students, and the ropes must be connected in as many bundles as the numbers of groups we want to form)
- » Each student grabs one end of the rope, holds it tightly (they mustn't let it go) and steps back
- » When all students have their ropes, the teacher releases the bundles – the students untangle the ropes to see who they are connected to; these are their group members, so they sit / stand together as a group



4 »

CARDS AND STRAWS

- » Students are split into groups of 5 - 7.
- » Each group forms a line and the teacher places a card at the beginning of each line.
- » Each group member gets a drinking straw.
- » When the game starts, the first student in the line has to pick up the card by sucking on the straw.
- » The card then has to be passed to the next student in the line using the same method.
- » If the card drops, it goes back to the first student and the whole sequence has to start again.
- » The winner is the first group that manages to pass the card from the first to the last student in the line.



5 »

MIME A LIE

- » Everyone stands in a circle.
- » The teacher starts by miming an action and saying that he / she is doing something completely different (e.g. the teacher mimes „swimming” and says „I’m washing my face”)
- » The student to the teacher’s right then has to mime what the teacher said that he / she is doing (washing face), while saying that he / she is doing something completely different (e.g. „I’m riding a horse”)
- » Go around the circle in this way until everyone has had a run.
 - » *Useful for practicing Present Continuous and action expressions*

6 »

SHOPPING LIST

- » The students form circles of 7 – 10.
- » One student starts by saying „I’M GOING TO THE MARKET TO BUY FISH.” The next student says „I’M GOING TO THE MARKET TO BUY FISH AND POTATOES”
- » Each student repeats the list and then adds an item.
- » The aim is to be able to remember all of the items that the students before have listed.
 - » *Useful for practicing vocabulary related to food, drinks, fruit and vegetables, clothes*

7 »

PASS THE BALL SECRETLY

- » Students stand in a circle with their hands behind their backs.
- » One student volunteers to stand in the middle.
- » The teacher walks around the outside of the circle and secretly slips the ball (or any other small object) into someone's hand.
- » The ball is then secretly passed round the circle behind the students' backs
- » The job of the volunteer in the middle is to study students' faces and moves and figure out who has the ball.
- » When successful, the volunteer takes that place in the circle and the game continues with a new student in the middle.

8 »

GRAB YOUR NAME!

- » Ask your students to write their names onto post-it notes
- » Then, take all the post-it notes from them and redistribute them – put them on the back of the students randomly
- » After that, say „go” and the students walk around (no running!) and try to find their own name – when they find their name, they have to put it on their chests and stand in a line so you can see who has won (who is first) and who is last

- » Ask a volunteer to leave the room for a minute.
- » While the volunteer is away, teacher writes the occupation on the blackboard for the students in the classroom to see it, and then wipes it away (e.g. a bus driver, a doctor, a nurse, a hairdresser, a teacher, etc.)
- » When the volunteer returns, the rest of the students mime activities.
- » The volunteer must guess the occupation that has been chosen for him / her from the activities that are mimed.
- » *Useful for practicing job related vocabulary*



10 » PEEL THE ONION

- » Students can sit or stand in a circle or remain in their usual places in the classroom
- » The teacher prepares a „paper onion” so that each layer has a written task on it. There must be as many layers as there are students in the classroom.

(e.g. clap your hands, rub your tummy, hug the person in front of you, snap your fingers, stamp your feet or any other actions students are familiar with)

- » The students pass the „onion” around the circle or from one to another – when the teacher claps hands (or stops the music) the student holding „the onion” must peel one layer of „onion” and perform / mime the task that is written on that layer.
- » The game continues until all the layers are peeled off.



- » Everyone writes their name and four pieces of information about themselves on a sheet of paper (e.g. Nikolina likes dancing, has two cats and enjoys long walks. – Present Simple, 3rd person singular)
- » Students then crumple their papers into a ball and throw them in the air
- » Each student picks up one paper ball, reads the information out loud and tries to guess which information is a lie.

VERSION 2: *Students circulate with their sheets of paper, meet in pairs, show their paper to each other and try to guess which of the „facts“ is a lie.*

- » *Useful for practicing Present Simple Tense – 3rd or 1st person singular*



Everyone stands in a circle quietly – the teacher makes the movements / sounds and the students pass the sounds from one to another

- 1 The teacher rubs her palms to create THE SOUND OF RAIN – the S to his / her right makes this sound, and then the next person until everyone in the group is making the same sound.
- 2 Once everyone is rubbing their palms, the teachers snaps her fingers to MAKE THE RAIN SOUND LOUDER. That sound in turn is passed around the circle.
- 3 The teacher claps hands to create A RAINSTORM – the sound is passed around
- 4 The teacher slaps her thighs to create A STRONGER RAINSTORM – the group follows
- 5 The teacher stamps her feet to create A HURRICANE – the group follows
- 6 To indicate the storm is stopping, the teacher reverses the order (THIGH SLAPPING, HAND CLAPPING, FINGERS SNAPPING AND PALM RUBBING) ending in silence.



My notes

