Contents

Preface	9
Introduction	11
Tips for working with energisers and games	13
Part 1 Warming up the Imagination	19
This is my Ear	21
Two Rings	22
Zip Zap Boing	23
Applause!	24
The Emperor's Toys	25
Mirror and Mime	26
My Baltimore Hat	30
Walk like an Egyptian	31
King or Queen Alex	33
Statues with Feelings	34
The Sound of Feelings Charades	35 37
In the Manner of the Word	38
Junkyard Dog	39
Gibberish	40
Not like That like This	41
Animal Walking	42
So Brave	43
Billy Bob	44
One Two Three Four Five Six Seven Eight	45
Part 2	
The Joy of Play	47
Grandmother's Footsteps	49
Huspa Hoo	50
Gun Fight	51

The Purple Book of Energisers and Games
52
53
54
55
56
57
59

75

Part 3 Communication

6

Magnets Robots

One Two Jump Predator and Prey Shared World Everybody Is 'It'

Fax Machine	61
Ask Questions	63
Aeroplane Coach	64
Unique	65
Silly Tasks	66
Mafiosi	67

Part 4 Collaboration

Heads or Tails	77
Musical Chairs	78
Chain of Pencils	79
Helium Stick	80
Knots	81
Lap Sit	82
Maximum Fun	83
Stand up!	85
Six Word Poem	86
Mini-Project	87
Count to Ten	88
Drawing Machine	89
Who Lives Where?	90
Bulls and Gorillas	92
The Maze	93
Life Raft	95
Skipping Games	96

Contents		7
Jontenis		/

Part 5 Individuality and Belonging	99
Hidden Bird	101
The Ring	102
The Camel's Friends	103
What is the Secret?	104
Red Balloon	105
Diversity	106
One Minute Secret Conductor	107
Secret Number	108 109
Humless	110
Can I Play?	111
Part 6 Problem Solving	113
Paper Tower	115
Mega Keyboard	116
Knot in a Rope	118
Line-up on Chairs	119
Acid River	120
Chocolate River	121
Low Electric Fence	122
High Electric Fence	123
Gridlock	124 126
Group Puzzles Blind Square	129
Construction on Mars	131
Nine Dots	133
The Chair Game	136
101 Uses for a House Brick	139
Part 7 Trust and Contact	141
Back to Back	143
Massage and Hugging Exercises	144
Playful Group Massages	147

Lap Lap	149
Skyscraper	150
Partner Calling	151
Minefield	152
Willow in the Wind	153
Blind Surrender	154
Yurt Circle	156
Conveyor Belt	157
The Opening Forest	158
A Fine Balance	159
Face-to-Face	160
Tower Bridge	161
Final Resting Place	162
Floating Hands	163
Hands	164
Belly Laugh Chain	165
The Dragon Bites his Tail	166
Best Friends	167
Part 8 Evaluation and Ending	169
Farewell Flower	171
In a Word	172
Starting on your Right	173
Reindeer Assessment	174
Evaluation Web	175
Snowball Evaluation	176
Star Evaluation	177
Triangle, Circle, Square	178
Alphabetical list of the energisers and games	179