



**AIM:** The aim of the exercise is to break the ice through laughter which strengthens the energy and spirit within the group.



**Participants:** 20 – 30 participants



**Duration:** 5- 10 minutes



**Required Material:** none



**Category:** Ice Breakers exercise / Energizer

## THINGS TO CONSIDER

Consider the fact that it can be very embarrassing for some people to sing, so this energizer may be easier to do after the group has spent some time together.

## STEPS

### Preparation

Ask participants to each find something small (a pen, phone, battery, toy car, or the like).

Place participants in a circle with the chosen items in their hands.

### Activity (5 - 10 minutes)

Each participant turns to the person on their right while singing:

*This is a pen!* (if that's what the participant concerned is holding in their own hand).

Then everyone turns to the left and sings:

*A what?* Then they turn right and answer:

*A pen!* (if that's what the participant concerned is holding in their own hand).

*A what?* (singing to the left)

*A pen!* (singing it to the right at the same time as they pass on their own small item to the person on their right).

	<p><i>Ahhh...! A toy car!</i> (if that's what the person to the left hands the participant at that very moment).</p> <p>In principle, this game can continue forever, or until the participants' items have made a full circle and come back to the same person. The pace of the game and singing can be accelerated along the way.</p>
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