

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

 **Participants:** 15 – 30

 **Duration:** 5 – 10 minutes

 **Required Material:** none

 **Category:** Ice breaker exercise / Energizer

## THINGS TO CONSIDER

Before starting, consider if you have time to reflect on a couple of questions after the energizer or if you just need the energizer to build up the energy as a break from the workshop.

## STEPS

### Preparation

Ask the participants to stand on the floor in pairs.

### Activity (5 - 10 minutes)

The two people face each other and take turns to count to three.  
 Person A says: '1'.  
 Person B says: '2'.  
 Person A says: '3'.  
 Person B carries on by saying: '1' and so forth.  
 They continue to count until everyone has settled into a rhythm.  
 Then they replace '1' with a clap, while '2' and '3' remain the same.  
 This is repeated a couple of times. Then '2' is replaced with stamping a foot. And finally, three is replaced with a jump. The exercise carries on for a few rounds until the energy is built up.