

ENERGIZER: TELL A STORY



All participants



10 min

Arrange participants in a circle.



Participants should tell a fearful story and a reaction to it – lead trainer may give key words to build the story around, i.e. toddler, well, mother, village. Depending on a number of participants each should give one sentence to build in the story. The purpose of this activity is to build a story with each participant contributing one sentence that must make sense, build on to the last sentence, and be grammatically correct. The activity continues until all of the participants have contributed or until the facilitator feels that the group has been energized.



Apart from energizing purpose, this activity will smoothly get you and the group of participants into your next topic – how we face the fears.