

ENERGIZER: NAME&ACTION SYMBOL



All



10 minutes



Standing up participants form a circle or U-shape. First person says their name and then come up with an action symbol (ex- karate move or dance movement). The next person repeats the name and action symbol of the person before them, then says their names and adds their action symbol. The next person repeats the name and action symbol of everyone before them and then adds their own.

Repeat until everyone in the group has gone.



Name&action symbol will be kicking off your second training day. Participants already know each other, but know they also introduce some new action features to their portfolio.